



## Head Teacher's Message

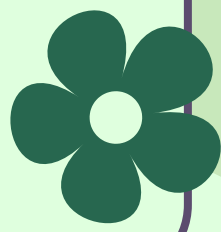
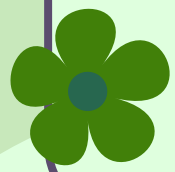
Hello everyone!

I hope this message finds you well as the vibrant colours of autumn surround us! October is a month filled with excitement and learning in our Centre. Our little ones are discovering the wonders of this season, from crisp fallen leaves to the joys of Halloween preparations.

This month, we have been planning engaging activities that will continue to stimulate children's curiosity, creativity and inquiry. As always, 'Thank You' for entrusting us with your precious Little Ones, it's a privilege to be part of their early years of explorations, growth and development.

Kindest Regards,

*Justin*



# Staff News



**Shahana**

We are delighted to welcome Shahana to the team at Hazeldene Family Centre. Shahana is joining us as a Playworker/ Pupil Support Assistant Trainee and will be with us until the end of March. She will work across both playrooms.



**Rashmi**

We are delighted to introduce Rashmi as our Playworker who will work 3:00 - 6:00, Monday to Friday. Rashmi will work across both playrooms and with all the children.



**New  
Hedgehogs Keyworker**

Following a very successful interview, I am delighted to say that Alice Leslie will be joining the team at Hazeldene Family Centre as our full-time, permanent Child Development Officer. Alice will oversee the Hedgehogs Group and I'm sure you will join me in making her feel welcome. Alice has previous experience of Hazeldene Family Centre and we're delighted to welcome her back.



# Packed Lunches at Hazeldene

As part of our commitment to promoting healthy eating habits, we encourage those families that choose to provide packed lunches for their children to ensure that they align with the Care Inspectorate's 'Setting the Table' guidance. This ensures that our little ones receive the best possible nourishment to support their growth and development.

## What to Include in Packed Lunches:

1. *Fruits and Vegetables*: Aim for at least one portion of fresh fruit or vegetable. Consider easy options like apple slices, carrot sticks, or cherry tomatoes.
2. *Whole Grains*: Choose whole grain bread, wraps, or crackers. These provide essential fiber and energy for active play.
3. *Protein*: Include a source of protein, such as lean meats, cheese, hummus, or beans. These help keep children full and support their development.
4. *Dairy or Alternatives*: A small serving of milk, yogurt, or a dairy alternative contributes to their calcium intake for strong bones.
5. *Limit Sugary Snacks*: Try to minimize items high in sugar. Instead, opt for healthier snacks like unsweetened yogurt or whole grain rice cakes.

## Helpful Tips:

- Involve your child in the packing process! Let them choose from healthy options to encourage them to try new foods.
- Consider portion sizes appropriate for your child's age to prevent waste and promote independence in eating.
- Keep it colourful and varied to make lunchtime exciting!

Thank you for your support in fostering healthy habits. Together, we can ensure our children are well-nourished and ready to learn and play!





## Macmillan Coffee Morning

We would like to invite you to our annual Coffee Morning in aid of Macmillan Cancer Support on **Friday 4th October** at **9:30 - 11:00 / 1:30 - 3:00**



## Rag Bag

Our next Rag Bag collection is scheduled for **Tuesday 8th October** between 9am and 3pm. Through Rag Bag you are able to help recycle textiles and clothing that may have ended up going to landfill. It is estimated that approximately **1.75 million tonnes** of clothing waste is produced in the UK **every year**.

Rag Bag can accept the following items:

- Wearable Clothing
- Paired Shoes
- Handbags
- Belts

## Session Times

Can we politely remind families of the correct pick up and drop off times for the sessions:

**Core** 9:00 - 3:00

**AM/PM** 8:00 - 12:45 / 1:00 - 5:45

**2.5 days** 8:00 - 5:30 on full days

**Full Time** 8:00 - 6:00



## East Renfrewshire ELCC Consultation

East Renfrewshire Council is consulting with families on the provision of early learning and childcare and out of school care services across our communities.

We have placed a QR code on the door in the foyer for ease of access to the consultation form.

Alternatively please copy the following link:

<https://forms.office.com/e/Fi9GW96GFG>

HAVE

YOUR

SAY



## Halloween

We will have all sorts of spooky activities happening on Thursday 31st October

If your child attends nursery on Thursdays then children can dress up on this day. If your child doesn't attend nursery on Thursdays then they are free to dress up on a day that they do attend.

If we can politely ask to refrain from as many 'props' as possible and that any masks aren't too scary - Justin is easily scared!

## Toys From Home

We kindly ask that you refrain from bringing children's toys from home into the nursery. This helps us prevent any mix-ups, lost items, or potential distractions during our activities. We greatly appreciate your understanding and support as we work to create a positive and focused environment for all the children.

Thank you for your cooperation!





## Mearns Neighbourhood Group

Hazeldene Family Centre is part of the Mearns Neighbourhood Group who is offering a **Parent Workshop** on supporting children's healthy food choices, including healthy food swaps and toothbrushing.

This workshop will take place on **Wednesday 2nd October, 2pm** at Crookfur Family Centre, 200 Ayr Road. G77 6DT



## Restart a Heart

Join us at: Clarkston Community Fire Station

On: Tuesday 22nd October 2pm - 4pm

Learn CPR, act fast,  
save lives.

 Resuscitation  
Council UK

Registered Charity No.1168914



#RestartAHeart

## Community Events

Our friends at Clarkston Fire Station have made us aware of a Community Event that you may be interested in attending as a family. Please see poster opposite with all relevant information.

Also, our friends at Early Years Scotland are running the HENRY Programme in Neilston Church Halls in the near future. See below for more information.



**A great start in life**

# Do you have a child under 5?

## Would you like to:

- feel more confident as a parent?
- reduce mealtime stress?
- enjoy being active as a family more often?
- encourage your child away from screens and TV?
- see your child eat more fruit and vegetables?
- gain ideas to help with family routines?

*"I will be recommending this course to everyone.*

*Thank you for this life changing opportunity."*


**Free HENRY programme starting soon:**

Auchenback Resource Centre (ARC)  
Friday 13 September, 10.00am - 12.00pm (8 weeks)  
Neilston Church Halls  
Dates to be confirmed

Scan the QR code to complete a referral form or call Louise on 07387 414 287, email [info@earlyyearsscotland.org](mailto:info@earlyyearsscotland.org)







# Dates for your Diary

Event	Date
Teachers return	Monday 12 August
In-service	Monday 12 August
In-service	Tuesday 13 August
Pupils return	Wednesday 14 August
Last day of school	Thursday 26 September
September weekend	Friday 27 September
September weekend	Monday 30 September
Re-open	Tuesday 1 October
Last day of school	Thursday 10 October
In-service	Friday 11 October
Re-open	Monday 21 October
Last day of school	Friday 20 December

