

MEARNS NURSERY CLASS

FEBRUARY 2019 NEWSLETTER



WELCOME

Where does the time go? I cannot quite believe we are now into February. It has been a very busy start to the New Year.

I would just like to take this opportunity to welcome all our new families to Mearns Nursery Class. It has been a pleasure to open our doors to you and look forward to building a very strong partnership during your time here.



EVENTS

Last month, the children learned some Scottish songs and wore something tartan to celebrate Burns' Day. Our Yellow Group also had the chance to share the traditional tunes with our Intergenerational Group (JOY – Joining Old and Young) from Mearns Kirk Church and even enjoyed some shortbread with them.



Many thanks to Mrs Conway for organising a visit to the nursery from PC Dillon and police puppy Elvis. We were very impressed by Elvis' listening skills for commands, even at 14 weeks old. We all think he is going to make a great police rescue dog. Some of the children also enjoyed having a seat in the police van. One boy suggested he could get one for his birthday!



This week, the children have enjoyed finding out about some different Chinese celebrations as we enter the Year of the Pig. Our Mearns Master groups (Green) even had the chance to make some Chinese fruit salad and have a go at eating it with chopsticks.



VOLUNTEERS

We are looking for helpers for the following jobs/initiatives that unfortunately cannot run without your support. If you can spare some time, please let us know.

- **Home Learning Bags** – Mondays and Tuesdays @ 9.00am & 11.30am and 1pm & 3.30pm
- **Credit Union** – Mondays @ 9.30am (many thanks to Mrs Conway) and 1.30pm
- **Outdoor Tuesdays** - @ 9.30-11.30am and 1.30-3.30pm.
- **AM & PM Representatives** – two reps from each session who would be happy to help with communication and coordination of events.



HOME LEARNING

Throughout this term, we will be sending home a Rhyme Card/ Language Challenge each week. The purpose of these tasks is to further develop the children's skills and confidence in literacy and language, but to also encourage you to have more fun together as you play and learn.



SNACKS

It is important that we encourage the children to eat in line with nutritional guidance from 'Setting the Table' and NHS Scotland and would welcome your support in providing snacks and/or lunches accordingly. Please note the suggestions for snack/ lunch in the table below and especially whether these are recommended as daily/ on occasion, or not recommended at all.

DAILY	ON OCCASION	NOT RECOMMENDED
Fruit <i>(chopped)</i>	Cheeses	Dried Fruit <i>(inc. raisins)</i>
Vegetables <i>(chopped)</i>	Oatcakes	Confectionery <i>(inc. biscuits)</i>
Rice Cakes	Plain Breadsticks	Savoury Snacks <i>(i.e. Crisps)</i>
Breakfast Cereals <i>(low in salt and sugar)</i>	Scones/ Pancakes <i>(small)</i>	Processed Meat
Bread: Pitta, chapatti, baguettes, bagels <i>(wholemeal, brown, granary)</i>	Potato/ Soda Scones	ANY PRODUCTS CONTAINING NUTS
	Natural Yoghurt/ Plain Fromage Frais	
Sandwich Fillings: salad, banana, cucumber, tomatoes, fish <i>(fresh or canned in water)</i> , egg <i>(not egg mayonnaise)</i> , meat, chicken, turkey	The logo for 'Setting the Table' features the text 'Setting the Table' in green, with 'Nutritional guidance and food standards for early years childcare providers in Scotland' in smaller text below it.	The NHS Scotland logo, featuring the letters 'NHS' in blue above a blue wave-like shape, with 'SCOTLAND' in blue below it.

NUT FREE ZONE

Mearns Primary School and Nursery are nut free zones. Please help to keep everyone safe by not bringing in any snacks or lunches that may contain nuts.



CLOTHING

The winter weather is now upon us. Could you please ensure that your child is clothed adequately for the cold and rain as they have daily access to outdoors and require to stay as warm and dry as possible. We have rain suits available but would appreciate the children wearing hats, scarves and waterproof gloves. A full change of clothes in bags would also be useful.

If all children wear wellies to nursery and keep these with their bags in the playroom cloakrooms, we can help prevent the loss and mix up that often happens when they are left in the main cloakroom. This also helps when staff are encouraging children to independently get ready at the end of sessions. Unfortunately, our cloakrooms are not equipped with the space to leave items overnight.



LOST PROPERTY

On the subject of missing items, could you please check our collection of clothing and possessions that have been left in the nursery. Remember, label everything clearly with your child's name. It is the only way we can help ensure all lost property is returned to its rightful owner.



OUTDOOR LEARNING

We will be starting Outdoor Tuesdays this month where all children will be learning at different outdoor spots within the school grounds and Hunter Drive. If you are interested in finding out a bit more about the learning opportunities that will be available on these days, then please pop along to our information session – time and date to be confirmed.


**OUTDOOR
LEARNING**
The Extended Classroom 

NSPKU

In Mearns Nursery Class, we have children who live with the condition known as Phenylketonuria (PKU). People with PKU can't break down the amino acid phenylalanine, which then builds up in the blood and brain.

In partnership with one of our families, we would like to raise awareness of the condition and funds for NSPKU. As a result, we plan on having a 'Tiger Came to Tea' Day (Naomi's favourite book) on **Thursday 28 February 2019** – **Rare Diseases Day**. Children are invited to dress as they please (tiger themed, if they wish) and there will be different themed experiences on offer throughout the day. Donations will be able to be made through ParentPay at the time.

NSPKU

WRAP

This session, Wrap has proved to be very popular. Currently, we have no lunchtime places but do have morning and evening availability. Please speak to Mrs Aitken if you are interested in purchasing any of these places.



DATES FOR YOUR DIARY

- Outdoor Tuesday Drop-in - TBC
- Thursday 28 February – Rare Diseases Day (Supporting NSPKU)
- Saturday 27 April – Spring Fayre

