

Dear Families,

Hello! We hope that you have all been enjoying your Summer holidays so far! Before the new term begins on **Monday, 3rd September**, we would like to welcome the new families and children that are joining us this term, and provide a few pieces of extra information and helpful reminders for families new and old, to help you make the most out of your time with us at the Kindergarten.

Firstly, to ease traffic congestion and in consideration of our neighbours, we use a one-way traffic system when travelling to and from the Kindergarten, exiting via the side road and car park around the back of The Hiltonbury Farmhouse. Please also be sure to always reverse park, and to remain vigilant at all times for children on the road, thank you. More information about the one-way system can be found on the door of the Kindergarten. Please be sure to label all of your child's possessions, such as water bottles, boots, sunhats, sun cream, clothes, lunchboxes, etc. clearly with their name, in order to help us avoid confusion, and to hopefully stop things from becoming lost. Children are welcome to bring in small toys from home to help them settle, if needed, but do so at their own risk. Check the 'home box' on the main registration desk regularly if you are missing anything, as lost things usually find their way sooner or later!

Keep an eye on Tapestry, as usually every week we send out a 'weekly update', with information on what we have all been up to, as well as important information and reminders about the coming week. It's the best way to stay in the loop, and we absolutely love to see comments and discussion from parents on Tapestry too!

In order to minimize potential choking risk, Please can we ask that you slice your child's grapes, mini sausages, baby tomatoes etc. lengthways (not widthways), if they bring any in in their lunchbox. Also, please remember to avoid products with nuts when packing lunchboxes, as we have allergies and are strictly a nut-free setting.



We open at **8:00 AM** and close at **4:00 PM**. The day is split into two sessions; the morning session runs from 8 till 1, and includes morning snack at 10:20, and lunch time at 12:00. The afternoon session runs from 1 till 4, and includes afternoon snack at 2:20. A typical day at the Kindergarten involves free flow play, both inside and outside, as well as structured activities, such as and group time, board games, creative art activities, music, or cooking. We also love trips to the woods and around the local environment, and these walks are often spontaneous, so please do pack boots & coats accordingly, weather dependant! Please make sure to pack at least one full spare change of clothes for your child, *including pants and socks*, as even if your child is fully toilet trained, outside water or mud play may result in clothes getting messy and a change being needed. Providing a separate pair of 'outside shoes' for your child to change into, such as clogs or sandals, is a great idea for children who find it difficult to keep clean and dry while out in the garden. If your child is still in nappies, we ask that you please provide nappies, wipes, cream etc. in their schoolbags, thank you.

By keeping us informed of your child's current interests and hobbies, you will allow us to adapt our planning to ensure the children are being provided with engaging and interesting activities. The more enjoyment a child gets from an activity, the more they will learn from it! In the first few weeks of term, your child will be assigned a 'Key Person'; a Team Member who will assess and track your child's progress and development through the 'Early Years Foundation Stage' during their time at the Kindergarten. They will also be completing a baseline assessment for your child, and will invite you in to read through it and share your input and thoughts during a consultation. Please do feel free to speak to this person (or any Team Member) if you have any questions or concerns, we will be more than happy to talk to you! Our focus for the first few weeks will be getting to know and welcoming the new starters to the Kindergarten, as well as welcoming back our current families.

All children are eligible for 15 hours per week (for 38 weeks) of universal grant funding from the start of the term after their 3rd birthday. If you think you are eligible for the extended grant funding of 30 hours per week (for 38 weeks). Please apply now on [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) to obtain a 30 hour eligibility code. You must have applied for this code before the 31st August to be able to claim the extra grant hours in the Autumn term. Please also return your completed grant claim form in the first week of term. If you have any questions, please contact Sarah Weare by email [sarahw@yellowdotnursery.co.uk](mailto:sarahw@yellowdotnursery.co.uk) .

We're very much looking forward to seeing you all in September!

Kind regards,

The Kindergarten Team

# Top Tips

## Lunch Box Ideas



Yellow Dot provides a mid-morning and afternoon snack consisting of a varied range of fruit, vegetables, crackers, breadsticks, etc. For a full list of snacks provided, please ask the Team.

We ask you to bring a healthy lunchbox with a manageable amount of food for your child, packed in a lunchbox with an ice pack. A portion for a child is based on what they can hold in their hand.

### **We are Nut Free!**



Please could we ask that you refrain from putting anything with nuts in, as we may have children with nut allergies, **we are a nut free environment!**

### **Get them involved**



Get your child involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

Variety is the spice of lunchboxes! Be adventurous and get creative to mix up what goes in their lunchbox.

Top Tips from <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>



### **Keep them fuller for longer**

Base the lunchbox on foods like wholegrain bread and pasta. Choose wholegrain where you can. If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



### **Freeze your bread**

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



### **DIY lunches**

Wraps and pots of fillings can be more exciting for children when they get to put them together. Dipping foods such as hummus are also fun and make a change from a sandwich each day.



### **Less spread**

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



### **Cut back on fat**

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



### **Ever green**

Always add salad such as cucumber to sandwiches - it all counts towards your child's 5 A DAY.



### **Always add veg**

Cherry tomatoes, or sticks of carrot (please cut Carrots in sticks as circles are a choking hazard), cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus help with getting children to eat vegetables.



### **Cut down on crisps**

If your child really likes crisps, try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.

# Top Tips

# Lunch Box Ideas

Top Tips from <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

- ★ **Swap the sweets**  
Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).
- ★ **Go low fat and lower sugar**  
Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.
- ★ **Check your cheese**  
Cheese can be high in fat and salt so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties of cheese.
- ★ **Add bite-size fruit**  
Try chopped apple, peeled satsuma segments, strawberries, blueberries, blackberries, raspberries, chopped pear, quartered grapes or melon slices to make it easier for them to eat.
- ★ **Watch the teeth!**  
Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

For a healthy lunchbox: Choose a main dish



Add some fruit or salad



Add a little something else



And a drink!

## focus on

# Personal, Social and Emotional Development

The Early Years Foundation Stage recognizes different areas of learning. Personal, Social and Emotional development is one of the 3 Prime Areas.

**Personal, Social and Emotional development:** As children become aware of themselves and others, they learn self control, how to share, to be kind, and to join in activities at their own pace. They need opportunities to build their self esteem and security within boundaries.

It is a vital element in your children's development. Your role as your child's primary carer is the most important one in providing them with a model for making relationships, managing their feelings, self confidence and awareness.

**These are our Top Tips to help you enjoy your child's journey of learning together...**

- ★ Using information from the notice board, newsletter and feedback, talk to your child about what has happened at Yellow Dot today and listen to what he or she has to say. Help prepare your child in advance, by discussing planned events and activities.
- ★ Help your child to build up skills such as hand washing, dressing and putting things away after use by giving him/her time to have a go and resist the understandable temptation to do it all for him/her, because it's easier and quicker.
- ★ If your child does not always behave the way you would like her to, try to help her understand what is wrong and why. Label the feelings, i.e. are you feeling cross? Talk to your child about what you would like to see i.e. walking feet as opposed to stop running.
- ★ Listen to what your child says when talking about what has happened at Yellow Dot, the people and activities there. Help him to talk positively and respectfully about all the different kinds of people in the group.
- ★ Choosing is a skill to be learnt. Encourage your child to make small choices, for example, about what to wear today or what book to have read to him/her.
- ★ Give your child some help, if necessary, in getting along with other children. Keep her company while she plays at first so that you can help her find ways to share and take turns.
- ★ Encourage your child when tackling a difficult activity, like doing a new puzzle or looking at a book. Having you nearby, not doing it for him but showing interest, will help him keep going to the end, building up confidence and perseverance.

**Above all remember your child wants to be grown up like you. Children are more likely to develop personal, social and emotional skills if they see the adults around them behaving respectfully, sharing, persevering, talking and thinking positively.**

More information about the Early Years Foundation Stage is available from the foundation years website: [www.foundationyears.org.uk](http://www.foundationyears.org.uk)