

September News Letter



Welcome back!

We hope you had a good half term and have sadly come back to the very sad news of the passing of her Majesty Queen Elizabeth. The children wrote to the Queen as part of our jubilee celebrations and received a letter back which we will hang with pride within the setting.

Healthy Lunches

As part of our playgroup curriculum, we learn and promote healthy eating and the benefits of drinking water and milk but also having a varied healthy diet.

Last term a lot of the children had within their lunch boxes a lot of unhealthy items ie Chocolate bars and fruit shoots. We understand children like a little treat but maybe these are things that they could have at home with you. An excellent example is a homemade fairy cake or a homemade biscuit instead.

We also ask for no fruit juices in lunch boxes please this includes pure apple and orange juice.

Also, in regard to grapes we please ask for these to be cut up into 4's as this reduces the risk of choking.

We have been advised in line with the healthy eating scheme that children should only be provided with water and milk during their times at nursery. Please could we ask all children to be provided with a bottle which is clearly labelled with their name and the contents to only be water, this is a great start as when they transition into school water is only allowed. We understand this may be difficult and challenges may arise, but children are very resilient and will adapt very well.

[Preparing Food Safely for Young Children - YouTube](#)

[Avoid round food - cut grapes, cherry tomatoes, cherries etc in half lengthways and ideally in quarters. If you get the fruit bags with grapes when out – ask for a knife to go with it \(capt.org.uk\)](#)

[Choking hazards in the home and how to avoid them \(rospa.com\)](#)

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Book Bags

We will be giving out book bags over the next couple of weeks. Please can children bring them back once a week to be changed? Please note the children do not need to bring them in every day.

Committee members

Royston Playgroup is still recruiting new committee members as the playgroup is a 'parent-run preschool'. What that means is that there's a small committee of parents who meet once a term to ensure the provision runs safely, efficiently, and legally. We also have general meetings, where all parents can come together to help ensure our future. If you would like to find out more, please visit our website or email roystonplaygroup@hotmail.com

You Tube

One of our parents has been filming some stories and making craft activities which are really good. I have shared his link below for you to have a look at and as support maybe you can like and subscribe.

<https://www.youtube.com/channel/UCuH9...>

Nursery Story

Please make sure you are signed up to Nursery Story, if you have not received a notification please check your junk mail. If you still cannot find any notifications, please speak to a member of staff.

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Royston Playgroup Holiday Dates 2022 – 2023

Autumn Term 2022

Monday 5th September – Friday 14th October

Half term 17th – 28th October

Return Monday 31st October – Friday 16th December

Spring Term 2023

Tuesday 3rd January – Friday 10th February

Half term 13th – 17th February

Return Monday 20th February – Friday 31st March

Summer Term 2023

Monday 17th April – Friday 26th May

BANK HOLIDAY 1st MAY

Half term 29th May – 2nd June

Return Monday 5th June – Friday 21st July
