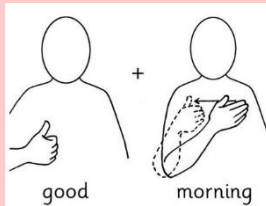




Dear Parents and Carers 20/9/21

Dear Parents and Carers, as we are continuing to have really nice weather, please ensure that your child comes to the nursery with a sun hat for them to wear in the outside areas as well as some sun cream. These need to be named clearly to help try and avoid any loss of property and upset. We will be trying to make the most of this lovely weather and taking the children in the garden as much as possible and for walks in the school ground to see the ducks and chickens. Don't forget a raincoat too for the unexpected rain showers!

Sign of the Week



This week...

Over the next week, we would like to create a display about our family using photos from home. Please feel free to email a photo to the nursery email

nursery@robsackwoodprimaryacademy.org.uk

These photos will be added our nursery family tree.



Healthy Eating

When sending your child to the nursery with a packed lunch, it is important that they have a healthy and balanced diet to support their growth and development.

Here are some suggestions of what to include for a balanced diet in lunches.

To support our healthy eating policy, we would ask that you provide a balanced packed lunch containing the following:

- 1 carbohydrate such as pasta or bread
- 1 dairy product or alternative
- 2 Fruit and/ or vegetables
- 1 Source of protein.

Nursery will provide water and milk, so please do not bring any additional drinks.

For further information about healthy eating please visit the following link to the NHS website.

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Top Tips for Separation

- Practise short separations from your baby to begin with
- Talk about what you'll do together later
- Communicate to the staff what your child find comforting
- Make saying goodbye a positive time