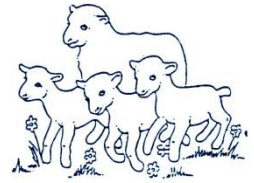


Little Lambs
Pre-School
Centre

Weekly Notices
For week commencing
21st October 2024



**Afternoon Parents - 2yr check
meetings and Parents Evening
appointments**

If your child starts school **September 2026**, 10-
minute appointments are available to book a
meeting with your child's key person on

Thursday 24th October.
3.30 onwards

Please speak to Jen, Clare or Emma to book a slot
with your child's Key Person



If your child starts school **September 2025**,
parents evening will be after half term on
Thursday 14th November, appointments are now
available to book.

Half Term Break

Nursery is closed for training days **Friday 25th October and Monday 4th November.**

Half Term Break is
Monday 28th October – Friday 1st November

Therefore, please be aware that the last session nursery is open is Thursday 24th October.

Nursery reopens on Tuesday 5th November.

Enjoy your break!



Uniform



Lots of new uniform has been purchased, so please be sure that it is **clearly labelled** either in indelible ink or with an iron or sew on tag.

Could you also please write your child's name in their **coats** and **shoes**, as many children have the same style, size and width-fitting shoes at this age and confusion can easily arise, especially during role-play situations.

Outdoor Play

At Little Lambs we encourage children to spend time outdoors daily, as time spent engaged in physical activity in the fresh air is essential for healthy children. With this in mind, we ask parents to bring appropriate outdoor clothing for your child. **Warm, waterproof coats are a must each day** and if you have one, please send an all-in-one waterproof suit for your child to wear to keep them dry in all weathers.

Café

We would like to remind parents of **Early Education Funded children ONLY** (the funding that each child is entitled to from the **term after their third birthday**) that a contribution of £2.50 per week is payable for a lovely variety of healthy snacks and fruit/vegetables daily.



Payments to nursery

Please pay any snack contributions or fees by bank transfer if possible.

Our bank details are as follows:

Account name: Bethel Chapel

Account number: 00757698

Sort Code: 30 93 75

Only if a bank transfer is not possible, then pay by cash using a blue envelope in entrance. This will avoid any mix-ups with cash given to staff on the door.



Please complete envelope with child's name, amount and what cash is for.

*Sorry we cannot accept cheques under £30 due to high bank charges for them. Any cheques over this amount should be made payable to **'Bethel Chapel'***

Thank you for your help with this matter.

For This Half Term



Snack Contributions

8 weeks @ £2.50 = £20.00

Music Time

6 weeks @ £2.00 = £12



This half term is

4th September – 24th October

This payment is now due

We would be grateful if the **£32.00** could be paid **by bank transfer** for this half term (4th September – 24th October) as soon as possible.

Please note, unlike schools, we do not receive a free fruit allowance from the government.

Changes to our Café

Recent research has highlighted that eating ultra processed food has a detrimental effect on children's health, wellbeing and behaviour. Ultra processed foods are defined as foods which contain ingredients that we would not find in our home kitchen, such as preservatives, emulsifiers, sweeteners and artificial colours. These foods include most supermarket bread, breakfast cereals and most pre-packaged food.

At Little Lambs the children's health and wellbeing is always at the forefront of our minds. We have therefore made the decision to incorporate more whole foods into our café menus and reduce ultra processed foods on offer.

We also realise from discussions during our home visits, that many parents struggle with children being fussy eaters. Research shows that if children are involved with the food preparation this gives them a sense of control and keeps their curiosity piqued when trying new food. With this in mind, the café menus that we have planned will enable the children to be involved daily in the cooking and preparation of the food, which will also begin to teach them skills for life as well as understanding where the food that they eat comes from. This will be embedded as they move through nursery and become involved in both the growing of fruits and vegetable in our nursery garden and the trips throughout the year to our local allotment to see a wider variety of produce.

We hope you will support this decision, and we attach a sample menu that we will be using this half term. If you have any queries, please do not hesitate to ask.

Café Menus (incl. allergens contained in *bold*)

This term our 5 daily cafe menus are detailed below and we hope your child will enjoy these healthy food options daily. Special dietary requirements are catered for.

Menu Day 1

Banana Pancakes
(milk,egg)
Peach slices

Menu Day 2

Avocado Hummus (**sesame**)
Cucumber sticks

Menu Day 3

Popcorn
Banana Chunks

Menu Day 4

Spinach and Apple Pancakes
(milk,egg)
Apple slices

Menu Day 5

Pumpkin muffins (**egg**)
Vitalite Spread
Carrot sticks

