



## Newsletter – September 2025

**Nursery Trustees** – Lisa Maddock (nominated person), Joanne Ikin, Tracy Austin, Helen Brockliss and Mary Marriott.

**Registered Charity Number** - 1152421

**Ofsted Number** – EY488889

**Telephone:** 01772 456304

**Email** - info@stcatherinesnursery.co.uk

**Website** - [www.stcatherinesnursery.co.uk](http://www.stcatherinesnursery.co.uk)

Dear Mums, Dads and Carers,

We would like to take this opportunity in “WELCOMING” all the new children and their parents into the nursery.

The government funding for two to five-year old children is a maximum of 30 hours per week (15 universal hours and 15 extended hours), for thirty-eight weeks of the year. This terms entitlement is for 14 weeks, and nursery is open for 16 weeks. Those children accessing the funded hours – Term Time only will have a one-week holiday, commencing Monday 27<sup>th</sup> October, and returning to nursery on Monday 3<sup>rd</sup> November. All children will finish for the Christmas holidays on Friday 19<sup>th</sup> December and return on Monday 5<sup>th</sup> January 2025. For all of our term dates and our Christmas and Easter closures please see our Parent app – ‘Events’ where you can add all our events to your digital calendar.

Please feel free to discuss any of these matters with Mrs Brockliss or Mrs Handyside.

### **Blossom app**

To all of our new parents please ensure you have downloaded our Blossom app that enables you to view your child’s learning journey, as well as many other features. Such as, direct messaging your child’s keyperson and Mrs Brockliss, accessing your invoices and payment receipts, you can view your child’s current, past and future booking pattern of sessions. You can also view a list of extra sessions booked on specific dates. Accident and incident forms will also now be completed via the app too.

### **Fees cannot be paid via the app and must be paid via BACS or cash.**

Please can all parents update/complete their child’s ‘All About Me’ section on the app too. This can be altered at any time to coincide with your child’s changing interests, routine, and any other specific details.

For more information, please view the 'Blossom – Parent Guide' on our Parent Connect app, click 'Content' and scroll down to Useful Documents and go to Useful information.

### **Changes to EYFS – Nutrition**

There have been significant changes to the EYFS regarding nutrition in early years settings. It is now a legal requirement that all providers promote healthy eating within the setting and that they work alongside parents to ensure children are provided with healthy, balanced and nutritious food at home.

Our parents that have been with us for a while will know that pushing the healthy eating agenda is nothing new to us. We have a section on our Parent app under Useful Links entitled 'Healthy Eating' where you will find – 'The NHS food scanner app' which helps families find healthier foods, 'Portion sizes for children', 'Veg Power' and the NHS Better Health Campaign' (see below for more info) plus many more.

Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets to the setting to share. This can mean that some children are eating these unhealthy foods several times a week. For children's future birthdays please do not bring cakes or sweets to nursery; to keep in line with our guidelines and instead you may like to bring in a fruit platter to share or non-edible items such as bubbles, stickers or their favourite story to read at story time.

To read the new EYFS Nutrition Guidance please go to our Parent Connect app – Useful Links – Healthy Eating

### **Healthy packed lunches for early years**

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn.

#### **Suggestions for food to include in a healthy packed lunch:**

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, Pitta or wraps. Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairylea lunchables or similar products).
- Cereal bars rather than cakes and biscuits (cereal bars should not contain nuts)
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

## **Suggestions for food to include less often in a healthy packed lunch (once a week)**

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

## **Suggestions for food to not include in a healthy packed lunch.**

Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.

Nut or nut products (although they can be very healthy) because of the danger to other children with allergies.

Fizzy drinks as these are mostly very unhealthy.

A practical guide for parents and carers with some ideas of what to include to ensure that your children's packed lunch is healthy, balanced and nutritious is available to view via our parent app Content - Useful documents – Healthy Eating.

## **Better Health Campaign**

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then join Healthier Families to help you achieve your goals! To register your family please go to our app – Content - Useful Links – Healthy Eating – Better Health Campaign

## **Staff Roles**

For your information, please take note of the following staff roles below:

Nursery Manager - Helen Brockliss: Designated Safeguarding Lead (DSL), Health and Safety Officer

Deputy Manager - Jane Handyside: Deputy DSL, Equalities Named Coordinator (ENCO)

Louise Leonard: Parental Involvement Coordinator (PICO)

Emma Rawlinson: Special Educational Needs Coordinator (SENCO) and Deputy DSL

## **Nursery Rhyme of the Week**

Reading, reciting, and singing nursery rhymes are an excellent way to help children get ready to read. When a child chants a rhyme repeatedly, they develop key pre-reading skills such as the ability to hear the distinct sounds

that make up words, discern sound and word patterns and broaden their vocabulary. Studies have shown that the more nursery rhymes a child knows, the easier it will be for children to learn to read. So, next week we will be introducing nursery rhyme of the week to all our new children, which will be sung at singing time, and we encourage parents to sing the nursery rhyme at home with their child.

The week commencing 15<sup>th</sup> September it will be '1,2,3,4,5, once I caught a fish alive'.

The week commencing 22<sup>nd</sup> September it will be, 'There were ten in the bed'  
The week commencing 29<sup>th</sup> September it will be 'Five little speckled frogs'.

Please go to our Parent Connect app, click 'Content' scroll down to 'Useful links' and scroll down to 'Communication and Language Development for the words to all the nursery rhymes of the week and much more!

### **Word of the Week**

Staff will incorporate the 'Word of the week' into normal routines and activities throughout the day, and we ask parents to join in at home to develop their child's vocabulary.

w/c 15<sup>th</sup> September – 'independent'

w/c 22<sup>nd</sup> September – 'enthusiastic'

w/c 29<sup>th</sup> September – 'estimate'

### **Sound of the Week**

To all our new parents ~ Letters and Sounds is a six-phase programme designed to help teach children to read and spell with phonics. At Nursery we will be concentrating on Phase One. The aim of this phase is to foster children's speaking and listening skills as preparation for learning to read with phonics. Parents can play a vital role in helping their children develop these skills, by encouraging their children to listen carefully and talk extensively about what they hear, see and do.

Starting from 15<sup>th</sup> September we will have a 'Sound of the Week', for instance the sound of the week for the week commencing 15<sup>th</sup> September is 's', we ask parents to bring in something from home beginning with each sound of the week. Please see below for subsequent weeks thereafter.

w/c 15<sup>th</sup> September – 's'

w/c 22<sup>nd</sup> September – 'a' for instance 'apple' not 'ape'

w/c 29<sup>th</sup> September – 't'

## **What is Phonics?**

Phonics is a way of teaching children how to read and write. It helps children hear, identify, and use different sounds that distinguish one word from another in the English language.

Written language can be compared to a code, so knowing the sounds of individual letters and how those letters sound when they're combined will help children decode words as they read.

Understanding phonics will also help children know which letters to use when they are writing words.

Phonics involves matching the sounds of spoken English with individual letters or groups of letters. For example, the sound *k* can be spelled as *c*, *k*, *ck* or *ch*.

Teaching children to blend the sounds of letters together helps them decode unfamiliar or unknown words by sounding them out. For example, when a child is taught the sounds for the letters *t*, *p*, *a* and *s*, they can start to build up the words: "tap", "taps", "pat", "pats" and "sat".

For more information, please see our Parent Connect app, tap 'Content' then 'Useful Links' and then scroll down to 'Literacy' – 'What is Phonics' and 'Phonics play'.

## **Main Focus for Learning and Development - PSED**

This half term we will be focusing on Personal, Social and Emotional area of Learning and Development (PSED), which will involve settling new children into nursery, developing strong child/key person relationships, learning routines and boundaries, and encouraging friendships.

Children's PSED is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm, and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate, and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life.

We have lots of ideas for supporting children's PSED at home on our Parent Connect app, just click 'Content' on the home page then 'Home Learning' and then scroll down to PSED.

### **Family Photographs**

As we are concentrating on the "Personal, Social and Emotional" area of development, which will incorporate settling the children into the nursery routine. We will be discussing "our family, and the members of our family." We would therefore very much appreciate it if parents could send "Family" photographs via email to [info@stcatherinesnursery.co.uk](mailto:info@stcatherinesnursery.co.uk), don't worry if you don't have one of everyone together, individual photographs of members of the family are quite acceptable.

### **Used Children's Magazines**

If you have any unwanted children's magazines at home, please bring them into nursery for our book room. Thank you.

### **Nursery Policies and Procedures**

Please make yourself familiar with our policies and procedures which you are able to view from our website and through our Parent Connect app. In particular, our **safeguarding, late collection and non-collection of a child, lost child policies and procedures, and Complaints and Compliments**. If you do not have access to the internet, please request to view these policies at nursery or ask to be provided with copies. If you have any queries or would like to contribute your ideas regarding our policies and procedures, please feel free to speak to a member of staff.

The policy of the month is 'Healthy Packed Lunch', please view the policy via our Parent Connect app. Click the 'Content' tab and scroll down to 'Policies and Procedures'. Our policies are also available to view on our website

### **Suitable outdoor clothing**

Please ensure your child has suitable outdoor clothing that can be kept at nursery, for instance a sunhat for the warmer weather and woolly hat, scarf and gloves for the colder weather and a pair wellies too. If children do not have suitable outdoor wear, they won't be able to play outdoors.

### **Suitable Footwear**

Please ensure your child wears appropriate footwear for nursery, crocs and open toe sandals are not allowed, and children are only allowed to wear wellies outdoors.

### **Changes of clothes**

Please ensure your child has plenty of changes of clothes and underwear in their bag.

### **Labelling**

Please ensure your child's name is on everything they bring to nursery, including clothes, bags and packed lunch boxes.

### **Sepsis awareness month**

September is Sepsis awareness month and to make our parents aware of the signs, there is a link through our Parent Connect app, under 'Useful Links' – 'Sickness and Illness'

Kindest regards

Helen Brockliss

Nursery Manager