

Stoneygate Nursery School



April 2025

Summer Newsletter 1

Welcome back to all our families after the Easter break. We hope you all managed to have some quality family time and enjoy some of the nice weather we were lucky enough to be graced with! Apparently, there is another heatwave on the way next week for us to look forwards to!

Dates for the Diary

SEND Group: *Colourful Footsteps*

Graduation Photographs

May Day Bank Holiday

Community Stay and Play

Half Term holiday

School re-opens

Thursday 1pm–2.30pm in nursery until further notice.

Wednesday 30th April. *Photographs are for Oaks children only. If your child does not attend nursery on a Wednesday, but you would like their photograph taken, then please contact the office to arrange a convenient time.*

Monday 5th May – nursery closed for the day

Wednesday 30th April & Wednesday 14th May 1–2pm in nursery

Friday 23rd May 3.30pm

Monday 9th June 8.30am

School Placements Reminder!

Primary School offers were issued on Wednesday 16th April; we hope you managed to get the place that you wanted for your child! For anyone who has not received their placement or wishes to appeal, then please contact school admissions on 01772 532 109

or visit:

<https://www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/school-offers/>

Welcome to all our new families that have joined us so far this term! For information on how to contact us/keep in touch, please see the other side of this newsletter!

Help us spread the Stoneygate word!

We need your help! We are trying to grow our profile in the community and raise awareness of our wonderful nursery... if you can spare a few moments, please leave us a Google review!



Many thanks to those of you who already have done so– we do appreciate this!

Healthy Eating

This month, the Government have updated their guidelines for Early Years Foundation Stage around nutrition. Good nutrition is really important to make sure children:

- get the right amount of nutrients they need while they are growing rapidly
- don't consume too much food, which may lead them to become overweight or obese

Offering children a wide range of foods, textures and flavours can help increase the variety of foods children will eat and helps encourage healthier eating habits later in childhood. This is especially important during this time of early growth and development. Please find further information around the four food groups in the image below (or scan the QR code to be taken to larger version). If you would like any advice or support around healthy food choices or diet for your child, then please ask.

A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

 Department for Education



Dressing for the weather

Please can we remind you to send your child in to nursery with suitable clothing on. Although we are seeing brighter, warmer days, the weather is very changeable so please ensure you send your child in with back-up if needed! Sun-cream needs to be applied at home, before your child's session please, and sent in with your child if they are here for the full day too.

Can we also remind you NOT to send your child in with open-toe shoes (e.g. sliders/flipflops) – this is for safety reasons. Thank you!

Snack Donations

Snack donation letters have gone home with your child this week. Please support us if possible by making a donation towards snack costs. We are happy to take payment via Parent Pay, our School Bank Account or in cash if this is easier! Many thanks for your support!

How to keep in touch...

Please like and follow us on...



...and don't forget our school website is available with lots of information!

www.stoneygate-nursery.co.uk

Class Dojo keeps you up to date with your child's progress and links you directly to your child's Key Person / Class Teacher.