



HALF TERM TOPIC

Our topic plan this half term will be based around health. We will be looking at food and its impact on our bodies. We will discuss the difference between healthy and unhealthy food and help the children to understand that unhealthy food is not bad but fine as an occasional treat but that healthy food is the building blocks to help us grow and so should be the bulk of our intake. On this note, please remember that under our healthy eating policy we do not encourage crisps including other salted snacks, chocolates, sweets, sweetened drinks, or cake to be eaten at lunch times. If you would like to see our healthy eating policy for some ideas, please ask at nursery for the policy folder which is available for all parents to read.

We will tie this in with role play about dentists and tooth brushing. We will look at role play also with nurses, doctors, hospitals, opticians, and audiology.

We will consider the effects of heat and cold on our bodies and the importance of hydration as well as experimenting with different types of exercise. I would love it if you have any ideas you think we could include or if you would like to spend half an hour at nursery sharing some information with us.

IMPORTANT

Please note that we return to nursery on Tuesday 3rd January as the Monday is the Bank Holiday in lieu of New Year's Day.



If you can dream it, you can achieve it!

Happy New Year

Now that the excitement of the winter festivities is behind us we are looking forward to starting the New Year full of enthusiasm and new ideas for the Spring Term. **It is such a wonderful time of the year as we assess what were the things we liked best about what we achieved in 2016 and what were the "next time" ideas that we would like to commit to putting into place for 2017.**

A heartfelt thank you to everyone who gave my staff and I beautiful gifts and some touching cards at the end of last term. These items, particularly the handmade items will be cherished. I hope you enjoyed spending time with your loved ones and almost all the expensive gifts and food also relished some good old-fashioned special moments that cost nothing but time and energy. I know I have said this time and again but at the risk of sounding like a stuck record I promise you before you know it your young children will have grown up and be about to fly off to University like mine!!!!!! It really does go quickly.

Thank you also to the parents who took time to complete the Robins survey to help me ensure that we are providing the best service for you and your child. You are fabulous.

REMINDERS

Clothing and lunch bags must be clearly labelled so that we can ensure that they stay with the correct owner.

OTHER ITEMS

Please note that our hourly rate for 2, 3 and 4-year old's is £5 per hour.

The free funded hours for 3 and 4-year old's is applicable from the term after the child has their 3rd birthday and this will increase to 30 hours per week for eligible children from September 2017. Please check with the family information service for details. This is also the place to check if your child is eligible for the 15 hours 2-year-old funding. They can be reached on 01273 293545 or on the Brighton and Hove Council website.

I am extending the offer of a terms' free afternoon session for any referral that leads to a child starting at Robins Nursery. Please let me know if you make a referral so that I can ensure you receive these free sessions.

This is a poem that inspired me when my children were young and is still relevant for my teenagers. I thought you might enjoy it

Let Me Be A Child

Let me know when I make you proud. And help me to have pride in my own accomplishments. Let me earn your trust. Then trust me. I won't let you down. Let me try my wings. If I fail, let me know it's OK. And encourage me to try again. Let me know you love me. With a hug. Or a pat on the back, or when I need it, with a firm but gentle "no." Let me be. Let me change. Let me grow. Let me tell you when I'm feeling bad... or angry... Even at you. And let me know that even on my worst days, you still like me. Let me dream. Share my joy when my dreams come true. Share my tears when they don't. Let me feel secure in my home. Help me realize that love is always there ... that I can depend on you no matter what. Let me run ... let me laugh ... let me play.

And most of all, let me be a child!

—Anonymous



Heather Johns - Manager

Please call me with any queries or concerns on
07542 094192

For general nursery enquiries please speak to
Mrs Jan Evershed or Mrs Abi Cousins on the
nursery landline 01273 725600

If you need to contact nursery in the morning
between 10:30 – 12:00 or in the afternoon
between 13:30 – 15:00 we will be in the garden.
Please call the nursery mobile on 07483 24674

Heather

