

Winsor Primary School Newsletter

Nursery Edition



Issue 8 April 2018



The children have been having lots of fun in Nursery with books. Earlier in the term all the children received their own book pack from BookTrust. The pack included a booklet with lots of useful tips for parents and carers on sharing books with young child. We hope you found this useful.

Last week the children went on an educational visit to Beckton Globe Library, where they were read a lovely story. They then had an opportunity to explore the wide range of children's books available.

If you're child hasn't yet joined the library, please do so. Children can borrow up to 23 books for 3 weeks.



Please visit www.newham.gov.uk/Pages/ServiceChild/Beckton-Library.aspx for details of half term events at Beckton Globe Library.

Has your telephone number changed? If so, please inform the School Office.



Please remember we are closed next week for half term. The Nursery staff would like to wish you and your family a lovely break. School reopens on Monday 4th June 2018

Clothing

Please double check all items of clothing your child wears to nursery. All items should be clearly labelled to ensure that the right items go home with their rightful owners. Your continued help in this matter is much appreciated.

Important Dates

Half Term - Monday 28 May 2018 - Friday 1 June 2018

Term 6 Begins - Monday 4th June 2018

Starting Reception meeting for Parents - Wednesday 6th June - 5 - 6PM

What food groups should children be eating from?

Children aged 1-5 years need energy for growth, playing and learning.

Over the course of the day they should be offered 3 meals and 2-3 small healthy snacks. To keep healthy and to get all the nutrients they need, children should have a variety of foods in the correct proportions. Their meals and snacks should be based on the 4 main food groups:

- Potatoes, bread, rice, pasta and other starchy carbohydrates
- Fruit & vegetables - Beans, pulses, fish, eggs, meat and other proteins
- Dairy and alternatives

Foods high in fat and sugar such as sugary drinks, crisps and biscuits can fill children up between meals and snacks contributing further to fussy eating.

An ideal family mealtime should:

- last 20-30 minutes
- be relaxed and enjoyable
- have all distractions, such as toys, removed
- allow children to explore food and make a mess.

