



NEWSLETTER

April 2025

Welcome back to all our families, we hope you have all had a lovely Easter.

Last half term the children enjoyed our topics "Favourite books and stories", "Signs of Spring and new life", "People who help us" and "Easter". Thank you to everyone who was able to come and take part in our Stay and Play sessions. We invited parents and Grandparents in to share stories for World Book Day, had an afternoon tea for our mothers to celebrate Mother's Day and had a fun filled afternoon on the last day of term for our Easter Stay and Play which included fun games outside, an Easter egg hunt and an Easter themed snack. The children (and staff!) loved having Zoe from Jiggy Wrigglers back to give our children a fab Easter Party with lots of dancing and games and have enjoyed some trips to the local park. We also enjoyed a visit from the RSPCA who brought in two rescue dogs to show us. She will be returning this term to leave us some tortoises to look after for a day....we can't wait for that!

This half term is a short one with a bank holiday Monday in there too so, we have a lot to fit in! We will also be holding parent meetings with each of you to discuss your child's learning and development and how we can best support your child. For those children going to Primary school in September these meetings will focus on how we can help get your child ready for their transition to school.

Our topics for the first half of summer term will be "Growing and healthy eating", "Under the sea" and we will finish with "Pet week". Last year for pet week we invited families to bring in their pets for a visit. We would like to do the same this year so if you have a furry, fluffy, feathery or scaly pet who would like to come and say hello, please let us know and we will arrange a day and time.

Fundraising: Thank you to everyone who bought one of our sunflower growing kits. Please remember to show us your photos as they grow! Our children have been busy sowing, and we will soon have some tomato plants ready to sell too.

And lastly, We were so excited to welcome to the world Ruth's baby boy, Arthur and Oscar's baby brother Theo. Molly and Oscar are both very proud of their new siblings and we love hearing all about them!

We can't wait to start our fun filled summer term!

Laura, Jordan, Ruth, Claire,

Katie and Jasmine x

Diary Dates

Monday 28th April: Start of term

Monday 5th May: Bank Holiday (Closed)

Friday 23rd May: End of Half Term

Monday 2nd June: Start of Summer Term 2

Sports Day: TBC

Friday 18th July: Graduation celebration. End of term

Tuesday 2nd September: Start of Autumn Term 1 (TBC)

Getting Ready for School

It is nearly time to start school! Here are some things you can practise at home to help you get ready for school.



Self-Care and Independence

- I can wash and dry my hands.
- I can wipe my nose.
- I can put on/fasten my coat and shoes.
- I can use the toilet.
- I am learning to dress/undress – this will help me change for PE.
- I am happy to be away from my parents or carers. I know they will be back soon.



Playing with Others

- I join in games and activities with other people.
- I can share and take turns.

Speaking and Listening

- I can talk about my ideas, needs and feelings.
- I can ask a grown-up for help.
- I can follow simple instructions.

Eating and Drinking

- I can use a spoon, knife and fork.
- I can open my lunch box as well as wrappers and packaging.
- I can drink from a water bottle, carton or open cup.



12345 Numbers

- I can count a small number of items.
- I like singing number rhymes or songs.
- I am learning to say numbers to ten.
- I can recognise some numbers.

Reading and Writing

- I can recognise/read my name.
- I can hold a pencil to draw.
- I am learning to write my name.
- I enjoy listening to stories and rhymes.



Getting Ready for School Checklist

I can...

- recognise my name
- write the first letter
- copy my name
- write my name

I can...

- hold my pencil carefully
- draw a face
- colour in carefully
- name the colours I use

I can...

- put on my socks
- find my shoes
- put on my shoes
- do up my shoes



I can...

- count from 1 to 10
- recognise each number
- place 1 to 10 in order
- write 1 to 5 in order

I can...

- sing simple rhymes
- sing and clap to a song
- tap a beat
- move to music

I can...

- find my bag
- zip up my bag
- dress myself
- do buttons



I can...

- eat with appropriate cutlery
- pour myself a drink
- taste different foods
- wash my hands before and after meals

I can...

- tidy away my toys
- clear away things I've used
- put my clothes away
- help at home

I can...

- use phrases to describe how I feel
- use age-appropriate sentences when explaining recent events
- wait my turn to talk
- answer 'wh' questions accurately



I can...

- clean myself
- wash my hands
- dry my hands
- go to the toilet when I need to

I can...

- use the stairs hand rail
- hold hands on the street
- take turns when playing
- share toys with a friend

I can...

- cut along a line
- cut 'snips' into paper
- cut out a shape
- cut out shapes to make a picture



Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm
Fri, 9.30am - 3.30pm

No judgment, just support

Find out more here

Shropshire Supporting Families through Early Help

Shropshire Council

THE EMOTIONAL CUP

Some ways that children deal with having an empty cup:

- Steal from other people's cups
- Misbehave to get your attention and show that they need a refill
- Seem to have bottomless cups, or need constant 'topping off'
- Can't sit still for refills or actively refuse them
- Bounce off the walls when they approach 'empty'
- Think they have to fight or compete for every refill

What fills a child's cup:

- Play
- Friendship
- One-on-one time
- Love and affection
- Connection
- Succeeding
- Doing what they love



What empties a child's cup:

- Stress and strain
- Rejection by peers
- Loneliness and isolation
- Yelling and punishment
- Failing
- Fatigue
- Doing what they hate



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP 1-6!



FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)

VEGETABLES 2

FRESH CRUNCHY VEGES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Colelaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

• Cheese cubes, sticks or slice

- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, skinless chicken)
- Baked eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebabs sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritata
- Skins chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and spinach)
- Homemade pizza with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip:

- Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, noan, bagels, focaccias, flat bread and English muffins.

- Pasta dishes
- Rice, quinoa or couscous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffin)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crispbread
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikklets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.

