

# Newsletter

November 2024

During October we celebrated Black History Month with a range of activities throughout the nursery. We also embraced the topic of well-being and the children showed us that they make healthy choices and keep their teeth clean – well done children!

Here are some of the highlights from each room:

## Baby Room

We have welcomed two new children to the baby room this month and some of our older babies have moved up to the toddler room. We played our mirror game, showing the children different emotions in the mirror and seeing if they could copy them. We had a few small group sessions of small world play for social interaction, where we used some sign language. We enjoyed the mild October weather in the garden, focused on social interaction activities and well-being.

## Toddler Room

We did lots of activities around healthy eating. For example, we did fruit colour matching, a healthy food sticking collage and handling fruits and vegetables. We also looked after our teeth, learning about the importance of brushing them. We talked about how to wash our hands to get rid of germs before and after eating our meals and practiced following the steps of hand washing.

We also did some activities to celebrate black history month, making a Rosa Park bus and Windrush ship.

We ended the month with a pumpkin sticking collage.

## Pre-School

The children have been very engaged in the topic this month and it has given us lots of opportunities to look at the zones of regulation and get used to communicating how we feel. We also enjoyed our yoga sessions and listening to calm music.

For black history month, we looked at the story of Rosa Parks, the American civil rights activist.

Our story of the month was Handa's surprise, which we acted out. We also designed our own clothes, decorating them with beautiful African patterns.

We finished off October with pumpkin carving and a spooky disco.

Forest school group A - November 18<sup>th</sup>.

**Looking Forward:** Our topic for November will be History. We will also be fundraising for Children in Need and KidsOut (see below) and will start preparing for Christmas towards the end of the month.

## Jewellery

We would like to ask that children do not wear jewellery to nursery please. This includes all kinds of jewellery – necklaces, rings, bracelets and earrings. These can all pose a choking hazard to young children, as well as having a risk of injury if they get caught on something when children are playing or sleeping. Please speak with a member of the management team if you would like to discuss this further.

### **Children in Need**

On Friday 15<sup>th</sup> November, we will be taking part in fundraising for Children in Need. All children (and staff) are invited to wear something spotty. This could be a full outfit or an accessory but please don't go to the expense of buying something new, spots can be stuck on to decorate clothes you already have if you don't have anything spotty. We will also be having a dance and doing some baking during the day. If you are able to, we would be grateful for support for this event through donations to Children in Need via our Just Giving page, which can be found here - [rubadubs nursery is fundraising for BBC Children in Need](#)

### **Giving Tree**

One of our lovely families has been in touch to ask if we could support a charity helping less fortunate children at Christmas. We thought this was a lovely idea and so we have been in touch with Kids Out who run a campaign called The Giving Tree. They have sent us 40 gift tags which we will hang on a tree in the reception area from the 18<sup>th</sup> November onwards. The tags each have a child's name (not real name to protect identity), age and the gift they would like to receive. If you would like to take part, please choose a gift tag from the tree, take it home and scan the QR code on the tag to buy and send the gift.

For more information on this cause, please visit the website: [KidsOut | The Giving Tree](#)

### **2025 INSET Days**

We will be closing for four INSET days next year, as follows:

Friday 21<sup>st</sup> February – Maths and Literacy training

Thursday 17<sup>th</sup> April – First Aid training

Friday 5<sup>th</sup> September – Team building day

TBC – One further training day towards the end of the year.

## **Dates for your diary**

- Friday 15<sup>th</sup> November – Fundraising for Children in Need
- Friday 6<sup>th</sup> December – Nursery closes at 4:30pm for staff event
- Thursday 12<sup>th</sup> December – Christmas jumper day in aid of Save the Children
- Tuesday 17<sup>th</sup> December – Christmas concert for babies and toddlers, 4:30pm
- Wednesday 18<sup>th</sup> December – Christmas lunch for all children
- Thursday 19<sup>th</sup> December – Christmas concert for preschool, 4:30pm
- Tuesday 24<sup>th</sup> December – Early closure for Christmas, 4pm
- Wednesday 25<sup>th</sup> and Thursday 26<sup>th</sup> December – Bank holidays, nursery closed.
- Friday 27<sup>th</sup> to Tuesday 31<sup>st</sup> December – Christmas closure.
- Wednesday 1<sup>st</sup> January 2025 – Bank Holiday, nursery closed.
- Friday 21<sup>st</sup> February 2025 – Maths and Literacy training, nursery closed.

- Thursday 17<sup>th</sup> April 2025 – First Aid training, nursery closed.
- Friday 5<sup>th</sup> September 2025 – Team building day, nursery closed.

## Christmas Calendar

Monday 2nd December 2024	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
				<b>Nursery closing at 4:30 for staff event</b>
Monday 9 <sup>th</sup>	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
			 <b>Christmas Jumper Day</b> in aid of Save the Children	
Monday 16 <sup>th</sup>	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
	 <b>Babies &amp; Toddlers Christmas Concert at 4:30pm</b>	 <b>Christmas Lunch &amp; Father Christmas</b>	 <b>Preschool Christmas Concert at 4:30pm</b>	
Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
 <b>Christmas craft day</b>	<b>NURSERY CLOSING at 4pm</b>	<b>BANK HOLIDAY NURSERY CLOSED</b>	<b>BANK HOLIDAY NURSERY CLOSED</b>	<b>NURSERY CLOSED</b>
Monday 30th January 2025	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd
<b>NURSERY CLOSED</b>	<b>NURSERY CLOSED</b>	<b>BANK HOLIDAY NURSERY CLOSED</b>	<b>BACK TO NORMAL HOURS 8-6</b>	

# Menus

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water
<b>Lunch</b> Tuna pasta bake with mixed vegetables  Rice pudding Fresh fruit	<b>Lunch</b> Chicken curry with rice, carrots and broccoli  Banana and custard Fresh fruit	<b>Lunch</b> Spaghetti Bolognese with salad  Seasonal poached fruit and custard Fresh fruit	<b>Lunch</b> Beef goulash with rice and peas  Selection of fresh fruit	<b>Lunch</b> Jacket Potato with cheese and baked beans  Semolina pudding Fresh fruit
<b>Tea</b> Seasonal vegetable soup  Fresh fruit	<b>Tea</b> Buttered crumpets  Fresh Fruit	<b>Tea</b> Butternut squash risotto  Fresh fruit	<b>Tea</b> Sticks of cucumber, carrot, peppers, breadsticks and homemade yoghurt dip  Fresh fruit	<b>Tea</b> Selection of sandwiches  Fresh fruit

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water
<b>Lunch</b> Cheesy Broccoli Pasta with salad  Banana and custard or fresh fruit	<b>Lunch</b> Beef Casserole with rice, carrots and cabbage  Selection of fresh fruit	<b>Lunch</b> Tuna Pasta Bake With salad  Rice pudding	<b>Lunch</b> Chilli Con carne with Rice Carrots and Broccoli  Selection of fresh fruit	<b>Lunch</b> Poached fish with mash potatoes  Selection of fresh fruit
<b>Tea</b> Seasonal vegetable soup  Fresh fruit	<b>Tea</b> Selection of fresh sandwiches  Fresh fruit	<b>Tea</b> Plant based nuggets with Baked beans  Fresh fruit	<b>Tea</b> Butternut squash soup  Fresh Fruit	<b>Tea</b> Pasta in tomato and basil sauce  Fresh fruit

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water
<b>Lunch</b>  Hidden vegetable pasta with Salad  Semolina Pudding	<b>Lunch</b>  Chicken curry with rice and cabbage  Selection of Fresh Fruit	<b>Lunch</b>  Beef hot pot with rice, carrots and broccoli  Fresh Fruit	<b>Lunch</b>  Vegetarian Sausages with mashed potato and carrots  Banana and custard	<b>Lunch</b>  Fish fingers with potato wedges and mixed vegetables  Rice pudding
<b>Tea</b> Beans on toast Fresh fruit	<b>Tea</b> Selection of sandwiches Fresh fruit	<b>Tea</b> Vegetable soup Fresh fruit	<b>Tea</b> Vegetable risotto Fresh fruit	<b>Tea</b> Toasted muffins Fresh fruit

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water	<b>Breakfast</b> Porridge or Cereal Toast Milk/Water
<b>Lunch</b>  Meatball pasta with salad.  Selection of fresh fruit	<b>Lunch</b>  Shepherd's Pie carrots and broccoli  Banana and custard	<b>Lunch</b>  Macaroni cheese with salad  Semolina pudding	<b>Lunch</b>  Sweet and sour chicken with rice carrots and broccoli  Selection of fresh fruit	<b>Lunch</b>  Fish Pie with mixed vegetables  Rice pudding Fresh fruit
<b>Tea</b> Sweet potato and carrot soup  Fresh fruit	<b>Tea</b> Selection of sandwiches  Fresh fruits	<b>Tea</b> Seasonal vegetable Soup  Fresh fruit	<b>Tea</b> Buttered Crumpets  Fresh fruit	<b>Tea</b> Cheesy Pitta Melts  Fresh Fruit