



NEWSLETTER

AUTUMN TERM 2023



Diary Dates :

- 9th October - Tigger Parents Telephone Consultations Week
- 16th October - Piglet Parents Telephone Consultations Week
- 20th October - Heatherlands Inset day
(Sunbeams is OPEN as usual)
- 23rd to 27th October - Half Term Holiday club
- 3rd November: Deborah Hurst - Photo Day
- 12th December - Sunbeams Christmas event
- 18th -22nd December - Christmas Holiday Club
- 25th December - 1st January - Closed



Hello everyone and welcome to all families old and new. I can't believe we are here at the start of a new academic year already! Last year was definitely a challenge as we navigated the recruitment and underfunding our sector has seen; but we had a lovely year over all with our team and such kind, supportive families. We are really looking forward to working with your wonderful little ones over the coming year!

Sunbeams Managing Director

Kirsty

It's been lovely to meet all the new Tiggers and Piglets, as well as welcoming back the children who have been with us since last year. I can't wait to see how you all grow and develop with the help of all of our fabulous staff.

If you need to talk about anything please don't hesitate, we have an open door to you at all times and I'm happy to help in any way I can. I am also the settings Designated Safeguarding Lead. Let's have an amazing year!




Sonya

Sunbeams Manager

How we can communicate with each other....

 'Teacher2parent' emails - We will often email you with important information through our teacher2parent 'eduspot' email service please check your inbox.

 'Parent Portal' -You will have received a link via email to log in and enable you to see your child's observations, bookings and invoices. The 'contact us' via the portal button sends an email directly to our office.
Separated families are able to have separate login's - please let the office know if you require this.

 Call us - 01202 737 100 we are available from 8am to 6pm. If you hear the answer machine please leave a message we will always do our best to return your call as quickly as we can.

 Email us- info@sunbeamsdaycare.co.uk we will reply as quick as we can. Please save us into your address book or click 'trusted email address' so that our emails do not go into your spam folders.

 Notice board - We will put important info such as term dates and newsletters on the notice board on the wall outside.

Things that should be in the Sunbeams Bag?



Spare labled clothes:

- Pants x 2
- Socks /tights x 2
- Trousers/skirts x 2
- T-shirt/top x 2
- Nappies and wipes (if needed)
- Spare shoes

Also -

- Lunch with an ice pack in it (use a separate lunch box if required) No nuts, chocolate or sweets in lunches please
- A Key Ring to enable your child to recognise their own bag
- Please ensure they wear appropriate shoes that they can manage themselves ie. no laces/open toes

Just a reminder!



Bags stay in Nursery



Bags brought in and taken home every day

Things that should NOT be in the Sunbeams Bag?



- Toys – please keep these at home as we cannot be held responsible for them.
- Drinks bottles - we will give them access to water all day, remind them to drink regularly and stop for snack and lunch.
- Medication - please hand to a member of staff
- Suncream - if you want your child to have their own please provide one we can label and keep here
- Inhalers - We would prefer to have one that stays here permanently for your child

Packed Lunch Tips....

As part of our commitment to children's health and well-being, our aim is to teach children about healthy lifestyles and choices. What you put in your child's lunchbox is an important part of that education.

Variety: Providing a healthy variety will encourage your child to try new things and also stop them becoming bored of the same foods. 1 small portion from each of the sections below works very well for a healthy, cost-effective packed lunch.

Starchy	Fruit & Veg	Dairy	Protein
Small sandwich (½ - 1 slice bread)	Carrot sticks, peppers or cucumber	Cheese cubes, strings or slices	Ham or chicken slices, tuna or salmon filler
Small pitta or ½ wrap		Yoghurt	Mini sausages
Cold Pasta, cous-cous or rice	Any fruit, colour variety is good	Cheese triangles or soft cheese	Cold omelette
Slice pizza			Boiled eggs
Mini breadsticks			Hummus

Portion Size is very important:

A child's stomach is the size of their fist, so really quite small.



Lunchbox Do's and Don'ts at Sunbeams:

Do:

- Give a small selection of healthy food, appropriate to their age
- Make portions smaller eg half a bag of crisps is plenty
- Leave out or limit sugary foods such as cake or biscuits

Don'ts:

- Include chocolate, chocolate spread, nuts, peanut butter or sweets (it will be sent home)
- Give them an adult size portion in their lunchbox

Nutrition: What balance of foods is good for our bodies

Variety: A variety of healthy foods is inviting and tasty

Portion: How much our body needs to be healthy

The British Nutrition Foundation recommends a 5532 a day balance from each of the food groups:

If you would like to discuss further please speak to our healthy eating co-ordinator or Manager

5532-a-day
Perfect portions for little tums (1-4 years)

Examples of foods and children's portion sizes:

- 5 a-day Starchy Foods** (Bread, Pasta, Rice & Potatoes)
 - ½-1 slice bread
 - 1-2 oat cakes
 - 3-6 deep breakfast cereals
 - 1-3 deep risotto/potato
 - 2-5 deep cooked pasta/rice
- 5 a-day Fruit & Vegetables**
 - 2-4 carrot sticks
 - ½-1 banana
 - 3-10 grapes (halved)
 - ½-2 deep peas
 - ½-2 deep broccoli
- 3 a-day Dairy Foods** (Milk, Cheese & Yogurt)
 - 1 beaker of milk (100-120ml)
 - 1 pot of yogurt (250ml)
 - 1 cheese triangle
- 2 a-day Protein Foods** (1 portion of child in vegetables (Dishes, pulses, fish, eggs, meat and other proteins))
 - 2-4 deep chickpeas, kidney beans, lentils, or beans
 - 2-4 deep cooked minced meat
 - ½-1 small fillet of fish

Drinks
Offer 6-8 drinks a day, mostly water

Guide to number of portions across the day in meals and snacks

© Sunbeams R child in vegetables

The British Nutrition Foundation

TERM DATES 2023-24

PRE-SCHOOL

AUTUMN TERM -14 WEEKS

Monday 4th September 2023 – Friday 15th December 2023

October Half Term: 23rd – Fri 27th October 2023 (Term Time Only Children Not In)

Christmas Holiday 18th - 22nd December 2023 (Term Time Only Children Not in)

Monday 25th December - Monday 1st January - NURSERY CLOSED

SPRING TERM -11 WEEKS

Monday 8th January 2024 – Friday 29th March 2024

February Half Term: 12th – 16th February 2024 (Term Time Only Children Not In)

Good Friday and Easter Monday – Friday 29th March and Monday 1st April 2024 (Closed)

Easter Break: Monday 1st April – Friday 12th April 2024 (Term Time Only Children Not In)

SUMMER TERM -13 WEEKS

Monday 15th April 2024 – Friday 19th July 2024

May Day Bank Holiday – Monday 6th May 2024 (Closed)

Whitsun Bank holiday – Monday 27th May 2024 (Closed)

May Half Term: Tuesday 28th May – Friday 31st May 2024 (Term Time Only Children Not In)

ALL YEAR ROUND CARE

Monday 4th September 2023 – Friday 23rd August 2024

PLEASE NOTE Whole setting closure dates below

BUDDIES HOLIDAY CLUBS

AUTUMN

October Half Term Club 23rd – Fri 27th October 2023

Christmas Holiday Club 18th -22nd December 2023

SPRING TERM

February Half Term Holiday club: 12th - 16th February 2024

Good Friday and Easter Monday – Friday 29th March and Monday 1st April 2024 (Closed)

Easter Holiday club: Tuesday 2nd April – Friday 12th April 2024

SUMMER TERM

May Day Bank Holiday – Monday 6th May 2024 (Closed)

Whitsun Bank Holiday – Monday 27th May 2024 (Closed)

May Half Term Holiday Club: Monday 28th May – Friday 31st May 2024

Summer Holiday Club Wednesday 24th July - Friday 23rd August 2024

WHOLE SETTING CLOSURE DATES:

- Monday 25th Dec - Monday 1st January - NURSERY CLOSED
- Staff Training: Monday 9th February 2024
- Good Friday and Easter Monday – Friday 29th March and Monday 1st April 2024 (Closed)
- May Day Bank Holiday – Monday 6th May 2024 (Closed)
- Whitsun Bank Holiday – Monday 27th May 2024 (Closed)
- Monday 26th - Friday 30th August 2024 (Summer Closure)

OCT HALF TERM HOLIDAY CLUBS

October 23rd until October 27th



Sunbeams

Sunbeams registered
Tiglets (Piglets and
Tiggers)

Normal nursery session
times

SPACES AVAILABLE



Buddies

Reception year to
14years old

8am-1pm/1pm-6pm
8am - 3pm

8am - 6pm sessions

SPACES AVAILABLE



Muddy Munchkins

3 years to 12 years old

9am - 3pm sessions
(8.30am by request)

SPACES LIMITED

email : info@sunbeamsdaycare.co.uk for more information and how to book a space



British weather

As the weather is so unpredictable this time of year please remember to send your child to

Sunbeams:

- Already wearing suncream
- With a waterproof coat/decent waterproofs or splashsuit
- With Wellies we can keep if possible
- Wearing suitable shoes that they can play in - crocs and sandals are NOT suitable
- Pack a change of clothes in your child's Sunbeams Bag

WE would love to know what you are thinking...

Whether we are doing something amazing or something totally wrong. Please tell us!

Feedback

We are always self-evaluating our practice and striving to provide an outstanding service to you and your children.

Will your child be starting school in September?



Applications for school places in September 2024 is now open and must be submitted by 15th January 2024.

Deborah Hurst Photography

www.hurstphotography.co.uk

Deborah will be setting up to take portrait photographs of Tigger's and Piglets : Friday 3rd November.

- If your child **does not attend on a Friday** you will be able to book a time slot to bring your child in. Details to follow.

