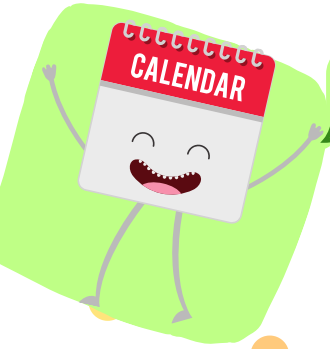




NEWSLETTER

AUTUMN TERM 2024



Diary Dates :

- Half Term Holiday Club 28th October to 1st November
- Photo Day 7th November
- Children in Need 15th November
- Christmas Jumper Day 12th December
- Tiggers Christmas Event 12th December
- Piglets Christmas Event 13th December
- Christmas Holiday Club 30th December - 3rd Jan
- Christmas Sunbeams Closed 23rd December to 27th December, 1st January



Hello everyone and welcome to all families old and new.

We are really looking forward to working with your wonderful little ones over the coming year. Sadly we said goodbye to Tiana and Eva at the end of the summer but we are glad to welcome Becky back into the Sunbeams team and to recruit our new team member; Rachael. Welcome ladies! We are hurtling towards Christmas already with all the lovely things the staff have planned, I hope you enjoy the Autumn Term.

Sunbeams Managing Director

Kirsty

It's been lovely to meet all the new Tiggers and Piglets. It's been a fabulous start to the new academic year and the children have been so resilient coming back and starting anew. We have lots of exciting events coming up between now and the end of December, which we look forward to sharing with you. As well as being the setting's manager, I am also the Designated Safeguarding Lead. If you wish to talk to me about anything then please just come and knock on the office door. Lets 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 labelled clothes:

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

A key ring to enable your child to recognise their own bag.

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			

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't:

- 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 turns (1-4 years)

Examples of foods and children's portion sizes:

- 5 a-day Starchy Foods** (Potatoes, bread, rice & pasta)
 - 1-1 slice bread
 - 1-2 oat cakes
 - 3-6 flap breakfast cereals
 - 1-3 flap mashed potato
 - 2-5 flap cooked pasta/rice
- 5 a-day (or more) Fruit & Vegetables**
 - 2-4 carrot sticks
 - 1-1 banana
 - 3-10 grapes (halved)
 - 1-2 flap peas
 - 1-2 flap broccoli
- 3 a-day Dairy Foods** (Milk, cheese & yogurt)
 - 1 beaker of milk (100-125ml)
 - 1 pot of yogurt (55gml)
 - 1 cheese triangle
- 2 a-day Protein Foods** (3 portions a child is vegetarian (Beans, pulses, fish, eggs, meat and other proteins))
 - 2-4 flap chickpeas, kidney beans, lentils or beans
 - 2-4 flap cooked minced meat
 - 1-1 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

5 a-day (or more) Fruit & Vegetables

5 a-day Starchy Foods

3 a-day Dairy Foods

2 a-day Protein Foods

* 3 Portions if child is vegetarian

See overleaf for more examples...

The British Nutrition Foundation

OCT HALF TERM HOLIDAY CLUBS

October 28th until November 1st



Sunbeams

Sunbeams registered
Piglets and Tiggers

Normal nursery
session times
between 8am - 6pm

SPACES AVAILABLE

For more information
and how to book a
session: Email the
office or ask a
member
of staff



Buddies

Reception year to
14years old

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

8am - 6pm sessions

SPACES AVAILABLE



British weather

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

- A waterproof coat/decent waterproofs or splash suit
- Wearing suitable shoes that they can play in - cros are NOT suitable
- Wellies in their Sunbeams bag
- A change of clothes packed in your child's Sunbeams bag



TERM DATES 2024-25

PRE-SCHOOL

AUTUMN TERM -14 WEEKS

Monday 9th September 2024 – Friday 20th December 2024
October Half Term: 28th Oct – Fri 1st Nov 2024 (Term Time Only Children Not In)

SPRING TERM -11 WEEKS

Monday 6th Jan 2025 – Friday 28th March 2025
February Half Term: 17th Feb – 21st Feb 2025 (Term Time Only Children Not In)
Easter Break: Monday 7th April – Thursday 17th April 2025 (Term Time Only Children Not In)
Good Friday and Easter Monday – Friday 18th and Monday 21st April 2025 (Closed)

SUMMER TERM -13 WEEKS

Monday 31st March 2025 – Friday 18th July 2025
May Day Bank Holiday – Monday 5th May 2025 (Closed)
Whitsun Bank holiday – Monday 26th May 2025 (Closed)
May Half Term: Tuesday 27th May – Friday 30th May 2025 (Term Time Only Children Not In)

ALL YEAR ROUND CARE

Monday 2nd September 2024 – Friday 22nd August 2025
PLEASE NOTE Whole setting closure dates below

BUDDIES HOLIDAY CLUBS

AUTUMN

Monday 9th September 2024 – Friday 20th December 2024 After School Club
October Half Term: 28th Oct – Fri 1st Nov 2024 Half term Holiday Club

SPRING TERM

Monday 6th Jan 2025 – Friday 28th March 2025 After School Club
February Half Term: 17th Feb – 21st Feb 2025 Half Term Holiday Club
Easter Break: Monday 7th April – Thursday 17th April 2025 Easter Holiday Club
Good Friday and Easter Monday – Friday 18th and Monday 21st April 2025 (Closed)

SUMMER TERM

Monday 31st March 2025 – Friday 18th July 2025 After School Club
May Day Bank Holiday – Monday 5th May 2025 (Closed)
Whitsun Bank holiday – Monday 26th May 2025 (Closed)
May Half Term: Tuesday 27th May – Friday 30th May 2025 Half Term Holiday Club

WHOLE SETTING CLOSURE DATES:

- Staff Training: Monday 2nd Sept '24 & Fri 24th February '25
- Christmas Closure: 23rd Dec 2024 to 27th Dec 2024
- Easter bank holiday closure: Friday 18th April & Monday 21st April 2025
- May Day Bank holiday: Monday 5th May 2025
- Whitsun bank holiday: Monday 26th May 2025
- Family Picnic Day: Wednesday 9th July 2025
- August Bank holiday: Monday 25th Aug 2025
- Summer Closure: Tuesday 26th Aug to Friday 29th Aug 2025

Will your child be starting school in September 2025?



Applications for school places in September 2025 is now open and must be submitted by 15th January 2025.

Deborah Hurst Photography

www.hurstphotography.co.uk

Deborah will be setting up to take portrait photographs of Tiggers and Piglets: Thursday 7th November.

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





Rachael joins our team as a Lunchtime Supervisor in Piglets and as a bank staff member.



Becky gains a new qualification. She intends to share her knowledge with the rest of the Sunbeams team.



Sunbeams is awarded a 5 rating in food hygiene from BCP again.

BBC
CHILDREN
IN NEED

Peppa PigTM

Friday 15th November

Come to Sunbeams
wearing your
pyjamas!

Sunbeams
& Buddies

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.