



St. Thomas a Becket Nursery School

3 Tutts Barn Lane
Eastbourne
BN22 8XT

01323 725977

Registered Charity No. 1097448

Dear Children, Parents and Carers,

How quickly the first term of the new school year has gone! We have welcomed lots of returning children after their summer holidays and heard all about their adventures in the nursery break. We have also welcomed lots of new children to our nursery family who are now becoming used to being here with us and have settled in so well. Well done everybody, it's a big change to get used to. And that goes for parents using a nursery place for the first time also. We hope you feel that you can talk to us about anything at all that you want to.

Dates to remember:



Autumn Holidays 2023 - 23/10/2023 to 27/10/2023

Christmas Holidays 2023 - 18/12/2023 to 02/01/2024



February Half Term – 12/02/2024 to 16/02/2024

Child Sickness or Absence

If your child is sick or will be absent to nursery for some other reason, please can we ask you to either phone nursery on 725977 and leave a message or email us on stthomasabecketnursery@gmail.com to let us know. This helps us to know that the children are safe. Thank you!

Nursery hours, Holiday and Inset Day dates:

Children can come to Early Bird club from 8.30am for a small charge of £2.00, or from 8.45am for just £1.00. We MUST finish at 3.00pm as this is when we are OFSTED registered until. **Unfortunately, we cannot provide childcare after 3pm.**

Funding

When your child turns 3, you may be entitled to 30 hours government funding. This can be applied for when your child is 2 years and 36 weeks old. More information can be found on the government website:

<https://www.gov.uk> > [30-hours-free-childcare](#)

What's going on in Nursery this term?

Caterpillars – the children have been settling in and we are all getting to know each other and the children's interests. We always ask for photos of families which helps us to talk to the children about their home lives. We have been reading the Hungry Caterpillar and expanding on this through cooking activities and learning about 'healthy me'.

We are focusing on 'This is me' and threading this through our play and conversations. 10 little fingers and 10 little toes, we are the same and we are all different! We have been making our faces with autumn gifts from

nature, using conkers and twigs, and whilst we cook – making pizza faces with tomatoes and peppers. Soon we will be making gingerbread men! We have also made spider sandwiches with a round cutter, pretzels and raisins, although most of the ingredients were eaten before the spiders were finished!

After half term we will be talking lots about autumn and carrying on with exploring nature through play.

Butterflies – we too have been reading the hungry caterpillar and taste testing lots of foods, just like the caterpillar! We have been busy baking and have made vegan chocolate and lemon cakes, pizzas, cheese scones – the nursery has smelt like a bakers shop, delicious!

We have had trips to the allotment and been on bug hunts looking for minibeasts. We are using autumn nature gifts in our exploration and art play – rolling conkers in paint then down a pipe onto large sheets of paper on the floor, what fun! We have been talking about vehicles, which lots of us are interested in. We have been learning about ourselves and how we have grown since we were babies as lots of us enjoy playing with the home corner dolls. The children are learning early independence steps in readiness for transitioning to school by hanging up their own coats and bags and finding their snack and water bottle tray when they come into nursery.

We are busy updating our outdoor play area and the children's interests and what we have learnt about them are helping us to decide how to lay out this space, we call this 'children's voice'. This is an exciting opportunity for us to be creative and consider new outdoor provision for cause and effect activities, sensory play, even more loose parts construction, nature areas.

Healthy Eating

Children's dietary health is important for them to reach their full growth and development. Fruit as a snack provides the children with much needed vitamins and slow release energy. If the children get really hungry, cheese and crackers, breadsticks and extra sandwiches are great fillers. There are a lot of snack and pack lunch ideas readily available from the website at these sites:

<https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

The Children's day at Nursery

Nursery use 'Tapestry' for your children's diary updates. You should all be signed up and using this app to view your child's day and communicate with us. If you still don't know what this is, or if you have any queries regarding Tapestry, or need any help with accessing or using it, just ask.

Safeguarding, online safety and Open Door Policy

We are here to support you and your child/children through the early period of their life. Please do talk to us about worries or concerns you may have and we will do the same with you.

Online safety- These days, most of us take the internet for granted for many of the things we do every day. Children learn from being curious and develop by pushing boundaries. Ensure parental filters are set or that you are with your child when they have access to children's activities or programmes direct from the internet, especially streaming sites like YouTube – always use YouTube Kids. Chat regularly with your child about who they should and shouldn't trust.

Social Media - take time to think about who might see your profile if you post about your child. Can you trust everybody with what you're sharing? Also, think about friend requests: can you trust that somebody is who they claim to be?

Get Safe Online - Get Safe Online is the UK's leading source of information and advice on online safety and security. For more information and expert, easy-to-follow, impartial advice on safeguarding yourself and your family, visit www.getsafeonline.org

Best Wishes - *Clare, Amy, Julie, Claire, Kelly, Christine, Jodi, Shameem, Nadine and Tara*