



Welcome to our... September newsletter

From the Office

Hi Everyone,

Welcome to our September Newsletter! It's great to have you all with us this term and what a fantastic start we have had! We know that the beginning of term can be very hard, often harder for parents than the children! But they all settle in their own way and in their own time. It's a process that we all have to go through, it's just very hard at the beginning, but we are all here to help so please do let us know if there is anything else that we can do to help. From our side it's been a great Autumn term so far, and all has been very smooth so well done to everyone. Our biggest obstacle has been the very high humidity! But there is nothing that we can do about that other than look forward to the cooler months that are thankfully on the way, we are sure that will make drop off easier! It's been so lovely to see so many familiar faces coming through the gates, whether that be those children that were here last year or siblings of past Bright Beginners, it's great to see you all. And to all of you that are brand new to the Nursery, we hope that you have had a happy and positive start. For all of the staff, it's been great to get back into the routine of the day and get to know all the children in our new classes.

Lots of parents have been asking if they are able to come into the Nursery to settle their child when they are crying. We know that drop off outside isn't ideal for all of the children, we would love to be able to invite you into the classroom but unfortunately, as per ADEK regulations this is still not allowed but we will inform you if there are any changes.

We have lots to look forward to this term. I have mentioned those that are happening in October below and I do hope that you all received the dates for the Calendar email that we sent last week so you have a clear idea of all of the things that are happening during the whole term.

As always you know where we are if you need us, though we can't invite you into the office, we are always at the end of the phone or email, and available during drop off and pick up too.

Thank you for all your support and for working with us to make this September a really happy one!

A Few Reminders:

Please don't forget to return your child's health declaration on time! This is an ADEK requirement so it really is very important that we have them all in as we are inspected on a weekly basis.

Can I also ask that you park in the dedicated spaces opposite the Nursery entrance. If cars are parked on the road it causes not only congestion, but it blocks the road making it very difficult to safely cross the road for others arriving and leaving the Nursery.

Thank you, *Emma and Honeyleen*

September

September will be a month of settling into Nursery life, meeting the class teachers and making new friends! The children will be exploring their new environment transitioning to different areas around the Nursery. As the weather gets cooler we will take advantage and spend more time in our outdoor areas.

October

Ladybirds, Grasshoppers & Fireflies:

Let's paint and stick

Caterpillars, Butterflies & Farashat:

On The Farm

Dragonflies:

All About Me!

Monthly topics



Don't forget!...

Events

October

Saturday 2nd:
Pret a Portrait Family Photo shoot (booking details have been sent via email and more days may be added)

Tuesday 12th & Wednesday 13th:
Pink Day

Thursday 21st:
Prophet Muhammed's Birthday (Nursery closed: to be confirmed)

Wednesday 27th & Thursday 28th:
Dress Up day

Happy Birthday!

in September...

Look Who's 1!

Connor

Look Who's 2!

Meera
Hamdan
Toulin
Nicholas
Sofia

Look Who's 3!

Theodore
Khalifa
Cori
Maggie
Zoe

Under Fours...

6 Tips for Packing Lunch Boxes for Children

Published: Feb 24, 2021 by My Kids Lick The Bowl

1 | Aim for Balanced

Don't aim for gorgeous, don't aim for amazing, just aim for balanced and you will be doing well.

By balanced I mean, try to ensure that most days you are including food items that cover the main food groups

- Vegetables & fruits
- Protein & fats
- Grains & carbohydrates

2 | Reduce expectations

Reduce your expectations, Nursery is different to home.

- Children could be distracted
- Children could be keen to get to the playing as quickly as possible
- Everything you pack doesn't have to be eaten for the lunch box to have been a success
- If you have a picky eater, Nursery lunches may not be the time to try unfamiliar foods. Kid food comfort zones don't have to be tested at every meal. The Nursery lunch box may just not be the best time to get your little one to try new food.
- If you ticked off tip 1 and you have aimed for balance, then lunches can be similar or the same every day. You have covered off variety by providing a variety of food groups. The lunch itself doesn't have to be different every day. If your kid is happy with it, and you are happy with it then that is fine
- Be realistic

3 | Send what YOU WANT THEM to eat, not what THEY WISH to eat

Always remember you are the parent. Which means you set the standards, you set the boundaries and you are the role model. Keep this in mind when you are packing a lunch box.

Make a list of YES foods. These are foods you are happy for your child to eat and foods you know they will eat. Have a good think about it and create the list thinking about all the food groups. When you are stuck check the list and start filling the box with items from there.

4 | Keep everything visible and accessible

This is particularly true for younger children. Make sure your child can open all containers and any packets you send with them. Also make sure they can open the lunch box itself. Test it at home, make them packed lunches and just observe how they cope with everything in the lunch box.

I really like bento style lunch boxes because once a child opens the box they can see everything inside, nothing is hidden and nothing needs to be wrapped. A bonus for the environment as well.

So my top tip for this is to choose a lunch box that will suit your specific child.

5 | Less Can be more

So, your child is not eating their lunch. Sometimes this makes us go a little crazy, sometimes this can make us worry, and sometimes this can make us worsen the situation by sending more and more food, more and more options, to hopefully tempt said child.

Try the reverse. If your child is not eating their lunch. Try sending less, not more. Try fewer options and smaller quantities. If lunches look more manageable and not so overwhelming a child who before didn't bother with any of it before, might just give it a shot.

Yes, I am sure the idea of sending your child off to school with a small or even tiny packed lunch might seem to go against everything you should be doing as a parent. But if they were coming home with untouched lunch boxes anyway, then it is worth a whirl. Once they start finishing the fewer items you send, once they get into their 'eating lunch groove'.. then you can start increasing the quantity and variety again.

6 | One Third, 1/3, 33% Keep this in mind

I look at this from two perspectives.

1. A child's lunch box can account for up to of their daily nutrition intake
Therefore it is worth it to revisit tip one. It is worth trying to send a balanced lunch box with most if not all food groups covered.

On the other hand.

2. When is A Third not a Third?

When it's a school lunch box!

Yes children can eat up to one third of their nutrition requirements at Nursery. But if you have a non-nursery lunch eater, you don't have to resort to filling their lunchbox with junk just so they will eat something. There is still ample time in the day for them to catch up. Just give them a great afternoon snack, maybe two, and a great dinner, and all will be fine.

So that's it. The 6 things I think parents should keep in mind when packing their child's lunch box.

Here are some yummy child friendly recipes to try!

Savoury Muffins

<https://mykidslickthebowl.com/savoury-muffins/>

Carrot Cake Energy Bites

<https://mykidslickthebowl.com/carrot-oat-energy-bites/>

Zucchini Muffins with Chocolate Chips

<https://mygoodnesskitchen.com/zucchini-muffins-with-chocolate-chips/>

Cauliflower Cheese Egg Muffins

<https://mykidslickthebowl.com/cauliflower-cheese-egg-muffins/>

Deconstructed Turkey Bento Box

<https://army.com/deconstructed-turkey-sandwich-bento-box/>

Mini Broccoli Quesadillas

<https://highchairchronicles.com/mini-broccoli-quesadillas/>