

From the Office

Dear Parents,

Hello Everyone and a huge welcome to our new and returning families!

What a fantastic start to our Nursery year; the children are settling into their new classes and new friendships are blossoming. A big thank you to staff and parents for making this such a smooth start of term for all of the children.

Please allow me to introduce myself and the office team. I am Joud, and I have been working with Bright Beginnings for the past 14 years. Nour my eldest who is 16 years old now went to Bright Beginnings as a toddler while I was a teacher in the next door classroom at that time. My youngest Noshah who is 12 years old now also went to Bright Beginnings but I was a Director at that time. Time flies! All I can say about myself is that I'm one of the lucky few who found their passion in life and I get to do what I love. Being around young children is the best feeling in the world. I am also very lucky to work with an amazing team of teachers and Office staff. Miss Lina, the lady that is really in charge of it all! She has been with us for the past 6 years and was one of our mums before that. Yvette, is who I always call the star behind the scenes. She is the one that makes it all happen. For any inquiries, questions or concerns please feel free to talk to any of us.

Our weekly lesson plans are now being prepared by our teachers and the children will start their learning adventures. This plan will change weekly, with new exciting learning opportunities every month. In each Bubble and classroom we have made sure that the children enjoyed doing many activities and we brought the Library, Gym and Pretend areas into the room. These areas give the children the opportunity to develop and experiment with different types of play. In the Gym, they are moving, balancing and dancing to music. The Library gives us the opportunity to sit and listen to a story or to choose our own independent book, learning how to hold and turn the pages. Our Pretend area will transform every two weeks, one time it may be a farmer's market the following time a winter wonderland, allowing the children to use their imagination to enter a new magical world!

October means that the weather will cool down giving the children the opportunity to spend more time outdoors, whether it be on our playground or spending time getting our garden ready for planting. We are looking forward to this time of the year when we say farewell to the hot summer months.

As always please do not hesitate to contact the office, we are all here for any concerns you may have or even for a chat. It's always nice to catch up with our Parents!

We wish you all a fantastic year at Bright Beginnings!

Joud, Lina and Yvette

Monthly topics

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 & Fireflies:
Let's paint and stick
Caterpillars, Butterflies, Zuhour, Yaraqat & Coccinelles
On The Farm
Dragonflies, Libellule, Asafeer & Farashat:
All About Me!



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 August & September...

Look Who's 1! Look Who's 3!

Maryam

Celina

Look Who's 2!

Iona

Anahita

Alexander

Oliver

Yasmina

Miral

Rosa

Jasper

Look Who's 4!

Ameera

Nolan

Nehyan

Lana

Reef

Mira

Noah

Celine

Maryam

Charlotte

Al Anoud

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/savory-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/>

