



Welcome to our... September newsletter

From the Office

Hello Everyone and a huge welcome to our new and returning families. We hope you all had a lovely summer and are now ready to start the busy term that we have planned for the children here at Bright Beginnings!

It was wonderful to see the children starting the new term with happy smiling faces, skipping down the corridor ready to start their new exciting journey!

September is always a busy month, both emotionally and physically for the children and it does take time to settle into Nursery life. Every child is unique and each will settle in their own time. We are here to help support not only the children but also our parents. Myself and Angel are outside the nursery doors each morning ready to hear any concerns that you may have or even just for a friendly chat!

We know that it is a challenging time when your child is settling into nursery and it is natural for young children to feel anxious when you say goodbye. Crying is a healthy reaction when separating from a parent and it is a normal stage of development. It is important to remember that a little worry over leaving mum or dad is normal and with understanding and the right coping strategies, your child's anxiety will fade. Below are some tips and strategies to help your child settle into nursery.

- Leaving your child at nursery for brief periods at first will help them to settle into their new class.
- It is also important to say goodbye and tell your child you will be coming back once they have had a fun time playing with their friends.
- Try to keep the drop off a quick and positive occasion. This will prevent your child from becoming overly anxious.
- Schedule nursery drop off after naps or feeds. Babies are more susceptible to separation anxiety when they're tired or hungry.
- Develop a quick "goodbye" ritual. Rituals are reassuring and can be as simple as a special wave or a goodbye kiss.
- Keep familiar surroundings when possible and make new surroundings familiar. Show your child the Family App photos and talk to your child about their day at nursery. When your child is away from home, encourage them to bring a familiar object (photo of mum and dad or their favourite soft toy)
- Try not to give in. Reassure your child that they will be just fine—setting consistent limits will help your child's adjustment to separation.

The staff are always super organized and work hard to make sure that your child's day is fun packed and full with daily, stimulating activities. Our teachers and teaching assistants have many years of experience and are always there to offer a helping hand. At the beginning of October and at the start of each month the teachers will send out the monthly class topic on the Family App. Each month will have different topics, transporting your child to magical places! The weekly planning will give you an insight into your child's daily activities inside and outside of the classroom (this will also be shared on the Family App).

Look out for what's to come in our 'Dates for the Diary'. I am sure you will not want to miss out on our up and coming events!

If you have already signed up to use the FAMILY App, you will have the opportunity to see and receive information about your child's day at Nursery. This information is valuable and it allows you to see such things as; napping times, nappy changes and meal times, and not forgetting photos of your child enjoying their day! If you have not been invited to join our FAMILY App then please send us a quick email and we will send out an invitation.

We wish you all a fantastic year at Bright Beginnings!

As always please feel free to contact us by email, Family App, phone or in person at drop off or pick up time.

Hillian & Angel

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

- Baby Bees, Ladybirds & Fireflies:**
Let's paint and stick
- Grasshoppers & Butterflies:**
On The Farm
- Dragonflies & Asafeer**
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 September...

- Look Who's 1!**
Emilia Mackinven
Georgie Mackinven
- Look Who's 2!**
Amara Ellarie Chukwu
Chaswika Thirumurugan
Lisa Marie Drieling
- Look Who's 3!**
Vidit Pandey
Deyab Alameemi
- Look Who's 4!**
Atharv Sangram Gore
Andrzej Filip Baranski Casafont

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 every day, 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://carmyy.com/deconstructed-turkey-sandwich-bento-box/>

Mini Broccoli Quesadillas

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

