

# Parents Newsletter

Summer Term 1



Asalam Alaikum / Hello to all Parents and Carers,

## **Snack money**

There will be an increase of 10p (previously 50p, now 60p) to snack money starting from September 2019. Please note that this only applies to places being funded by the local authority.

## **EasyPeasy**

We would like to thank parents who have shared comments from the games. If you would like to share your experiences of the activities you are doing, you can add photographs to the EyLog and this will allow opportunities for conversation with your child and their key person. We want to emphasise to our parents the importance of parental involvement with their child. Studies have shown the parents/carers are the primary educators of their children. Parental engagement in educational and physical development especially in the early years of their children improves achievement more than any other singular factor. Parents can help their child most by having regular and meaningful conversations, giving their child varied experiences to learn skills and build up resilience.

## **Messy Play**

Mess is an essential part of childhood. It is the ultimate sensory experience. It allows children to understand how things feel, smell and look, and how materials differ from one another. Young children have an innate curiosity, and by allowing them to mix, mush and squelch, you're helping them develop creativity, confidence and communication. Play that incorporates rich textural experiences allows children to express their emotions through manipulating materials (clay, paint, sand) and refines their sense of touch. The richer the textural experiences, the richer their cognitive and language development will be – how can a three year old grasp the concept of “slimy” if he/she has never touched anything “slimy”? They also learn about cause and effect (mixing colours, pressing too hard on a play dough sculpture) as well as size, shape and many other concepts. Messy play materials should encompass different temperatures (cold, warm, tepid), textures (rough, smooth, wet, dry), scents, appearances and locations. Living in urban homes or properties without gardens – as is the case for many city dwellers – can make messy play stressful and cause it to be avoided. Also, it is easy for parents to feel that people will criticize or judge if a child is seen wearing dirty clothes, or if our homes are less than pristine and spotless. Fear of bacteria can also contribute to a degree of fear about dirt. Nursery provides an enabling environment for children to create mess and enjoy sensory experiences in a controlled manner. When we talk about messy play, we are not referring to unhygienic living standards or toys strewn all over the house. We're talking about activities such as jumping in puddles, making mud pies, painting, sand play, clay moulding and play dough.

Children, especially young children, need to explore their environment with all their senses. Children learn primarily through play, so combining their need to play and their need to explore often results in a mess. This can't be avoided, especially with small children, as they see no line

between “play time” and the rest of life. For an infant, every waking moment is dedicated to exploring and learning. Babies and toddlers love to make food and eating a whole body experience at times, smelling, tasting, squashing and throwing their food. While it can be inconvenient to clean up, and discouraging if you have spent time lovingly cooking a meal, this food play is a normal and important part of childhood. If mess is always discouraged, a stressful relationship can develop between parent and child as well as a future avoidance of messy play (even when it is offered), which can lead to a diminished sense of touch and potentially limit cognitive development. In the nursery, messy play is part of our daily activities, even though paints, play dough and other such materials wash off and are child friendly, at times they do leave stains on clothes due to the fabric, therefore can we please ask parents not to put expensive clothing on their child. We recommend clothes specifically for the nursery so that there are no worries concerning coats or clothes getting dirty. We as adults can become a barrier to children’s learning. If we are worried about mess or a child being dirty, they themselves can become anxious about mess and lose out on essential learning experiences that will enhance their future development.

### **Questionnaire**

A staff member is looking at the nutrient and physical activities of our children at the nursery and which areas we need to focus on to improve the well-being of our children. We would really appreciate if you can complete the questionnaire below and return it.

Thank you for taking the time to read our newsletter.

From all the staff at Happy Children Nursery

### **Dates for your Diary**

**Nursery Closed for May Break- starts 25<sup>th</sup> May- ends 2<sup>nd</sup> June.**

**Children’s Eid Party 7<sup>th</sup> June**

**How often does you child eat these foods?**

Meat, poultry, fish, beans or eggs	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Milk, yoghurt, or cheese	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Fruits	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Vegetable	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Grains, cereal, bread, rice or pasta	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Cakes, biscuits, crisps or sweets	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Chips, burgers, pizza or any other fried food	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never

**What drinks does your child have?**

Full fat milk	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Semi skimmed milk	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Alternative milk	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Water	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Juice	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Tea	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Fizzy drink	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never
Other (please state)	<input type="checkbox"/> Daily	<input type="checkbox"/> Some days	<input type="checkbox"/> Never

**Do you walk to nursery or use transport?**

**What is your child's usual daily activity (tick)?**

- Very active (plays actively 2 or more hours per day)
- Active some of the time (plays actively about 1 hour or less per day)
- Not active

**How many hours a day does your child watch TV or play computer games?**

**Do you feel the nursery offers a healthy balance of food for snack time? (please circle) Yes No**

**Suggestions to improve:** \_\_\_\_\_

**Does the nursery offer significant physical activities? (please circle) Yes No**

**Suggestions to improve:** \_\_\_\_\_

**May God reward you immensely for taking the time to complete this form. The nursery can only improve or meet your needs with your support and feedback.**