

Playgroup News

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Autumn 2022



Welcome to all the new families who have joined us this September and welcome back to the families that returned after the summer holidays. The new children are settling in to the busy and lively routine of the playgroup. It's a busy term on the run up to Christmas with lots of new experiences for the children.

This Terms Topics

We are following the children's interests as we plan our activities.

We have introducing activities linked to We're Going on a Bear Hunt; we have walked through sand, water, snow, grass and mud to find the bear. This week we introduced Harry and his Dinosaurs, Handa's Surprise and Oliver's Vegetable will be linked to harvest and lots of healthy eating. With the weather turning colder as autumn approaches, with leaves falling off, seeds, acorn and conkers, we would like to ask you and your child to collect items from nature to enhance the children's learning. Please look for different shaped leaves, conkers, acorns, pine cones and bring them in so we can compare shapes and sizes. We will make stickman pictures, count, sort and arrange natural shapes. We will look at the different shapes of leaves and try to work out which tree they come from. We will then see where the children's interests lead us. This term we will talk to the children about various celebrations including Rosh Hoshanan, Harvest Festival, Yom Kippur, Divali/ Diwali, fireworks Hanukah and then Christmas, while we prepare for the nativity play. If you celebrate any of the above or other special events during the autumn term we would love you to come in and talk to the children about them for 10 minutes or so about how you celebrate. We have DVD's which introduce the various celebrations but it is also nice to find out how 'our' families celebrate

Healthy eating,

At St John's we promote and encourage

healthy eating. Please see the poster on the notice board for ideas for healthy lunchbox content.

Birthday treats can be supplied in the form of fruit either fresh, dried or exotic!

These special fruits will be served at snack time to celebrate your child's birthday. Or if you enjoy baking a healthy banana bread (without nuts or sesame seeds) is another option See our poster on the display board for more ideas



Remember NO NUTS IN ANY FORM INCLUDING PEANUT BUTTER OR NUTELLA.

"Fund raising event: Pyjama & Onesie Fun Day on Thursday 20 October. We would love your child, together with the other children and of course the staff team, to take part and join in with the fun and help raise vital funds for disabled children. All you have to do is simply let your child come to nursery ready for this themed fundraising event dressed in pyjamas or a onesie and we will do the rest. Crackerjacks are only asking for a small donation from each child around £2 if possible; this will help Crackerjacks to be able to supply vital specialist disabled equipment such as wheelchairs, wet rooms, Eyegaze systems, sensory toys or a much needed respite break at their new holiday home (Ray's Sunshine Holiday Home) for a disabled child and their family.



Harvest Festival

St John's Nursery Playgroup and St John's Methodist Church would like to invite ALL St John's children and parents/carers to attend our short HARVEST FESTIVAL service on **Friday 7th October starting at 11.15** in the church.

A song sheet will go home with each child, we hope you find some time to help the children practice the songs.

We will take the children into the church to listen to a harvest story and the children will sing you some special harvest songs. St John's Methodist Church are supporting Whitechapel Mission as part of this year's Harvest giving. This charity supports homeless people in London. This year they have asked for tins of baked beans and biscuits, or a money donation so they can purchase fresh food and other items needed. Please either bring the gifts in during the week or bring them on the day. The children will carry the gifts into the church.

We hope you are able to join us on this special day

Nutrition Guidance

Nutrition guidance from 'The Nutrition Foundation'.

The British Nutrition Foundation (BNF) has published its updated 5532 guide, a resource about portion size and healthy eating focussed on toddlers, which includes new information on free sugars, and more advice on vegetarian and vegan diets for young children, aged 1-4 years.



See the booklet on the notice board for 10 Steps for Healthy Toddlers. If you would like a hard copy we can print it for you

For further information see our notice board or cut and paste the link below (via our website):

Family Centre & Health news

The Autumn Programme is now available to view on www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx (You can cut and paste via the newsletter on our website)

We recommend you register with your local Family Centre (PB1 or Furzefield) to receive regular updates and newsletters. https://www.hertfordshire.gov.uk/ufs/CHSERV_FCREG.eb?ebd=0&ebz=1_1601375741952

Some more links which you may find useful: [Families First News](#) contains a regular article on mental health and emotional wellbeing support with many useful links.

The [Families First Portal](#) provides links to information, advice and guidance on local and national services for families, parents or carers needing support.

We will continue to email updates from Hertfordshire's Best Start newsletter relating to health, funding, safety advice and any articles which we feel might be useful to you

https://best-start-herts.tfemagazine.co.uk/assets/1/early-years-choking-hazards-poster_final-21-sept-2021.pdf

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

Facebook

We regularly post pictures on our Facebook page of the children's learning, playing, activities, walks in the local area. We also post articles which we think might be of interest to you, so do check in regularly.

Lending books

The book borrowing scheme is starting up again this term. A couple of letters will be in the book bag, giving suggestions of how to support your child's interest in books. We hope your children are keen to borrow a book and that you are able to spend invaluable quiet time together reading the story and talking about the pictures. Could we ask you to ensure your child's book is returned every week and we will endeavour to make sure they go home with a new book every week.



Term Dates

PLEASE NOTE THAT PLAYGROUPS ARE FUNDED FOR 38 WEEKS OF THE YEAR SPREAD ACROSS 3 TERMS

Autumn Term 2022

5 September—16 December (14 weeks)

Monday 5 Sept - current children return

Friday 9 Sept - new children's induction

Fri 7 Oct Harvest Festival, families invited

Thurs 20 October Pyjama & onesie fundraising

Monday 7 November Photographer 8.15-11 ALL CHILDREN INVITED, plus any siblings before school. Letter to follow

24 Oct—28 Oct - Half term, playgroup closed

Week commencing 5 Dec— parent consultations

Friday 16 Dec—Nativity play provisional date

Spring Term 2023

9 January— 31 March (11 weeks)

Mon 9 Jan—current children return

Fri 13 January new children induction 12.20

13 Feb—17 Feb—Half term, playgroup closed

Thurs 30 March—Possible Easter Service in Church TBC

Summer Term 2023

17 April—21 July (13 weeks)

Monday 17 April Inset day, playgroup closed

Tuesday 18 April—current children return

Fri 21 April 12.20 —new children's induction visit

Mon 30 May—Fri 3 June Half term, playgroup closed

Sun 11 June Potters Bar Carnival

Week commencing 10 July parent consultations

July: Picnic, fundraising & sports day