



Little Gems Nursery

(Upper Clapton)

Webb Estate Community Hall, London E5 9BB



Autumn Newsletter



Assalamu alaikum!

(Pre-School 2024)

Dear Parents and Carers,

We would like to welcome you to an exciting new academic year at Little Gems Nursery. Please find below key dates for this year.

Autumn Term	
Wednesday 4 th Sept 2024	Nursery opens for children
28 th Oct 2024-1 st Nov 2024	Half term holidays
13 th Dec 2024	Parent review
16 th Dec 2024-3 rd Jan 2025	End of term holidays
Spring Term	
6 th Jan 2025	Nursery re-opens for children
17 th Feb 2025-21 st Feb 2025	Half term Holidays
4 th April 2025	Parent review
7 th April-21 st April 2025	End of term holidays
Summer Term	
22 nd April 2024	Nursery re-opens for children
26 th May 2025-30 th May 2025	Half term holidays
6 th June & 9 th June 2025	Eid-ul Adha Holiday
18 th July 2025	Parent review
21 st July 2025	Summer holidays



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Lunch Menu:

Please find below a guide to our 4 weekly lunch menu. This has been developed with advice from an 'Eat Better Start Better' Dietician taking into consideration the nutritional requirement of children in the Early Years. For further details please visit:

<http://www.childrensfoodtrust.org.uk/blog/resources/ey-guidelines/>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Salmon macaroni Pie with steamed cauliflower Fruit or milk based desert	Stir fried rice with quorn mince and peppers Fruit or milk based desert	Chicken strips with oven baked chips and green peas Fruit or milk based desert	Chicken curry with rice and Cucumber sticks Fruit or milk based desert	Chicken roast & wedges With fresh green salad Fruit or milk based desert
Week 2	Tuna pasta bake with whole meal pasta Steamed broccoli Fruit or milk based desert	Lamb curry with rice & mixed vegetables Fruit or milk based desert	Beans Cheese & onion pasties with Baked Beans & Cucumber sticks Fruit or milk based desert	Chicken Biryani With fresh mixed salad Fruit or milk based desert	Lamb and vegetable Pizza with chips & baked beans Fruit or milk based desert
Week 3	Lentil curry, rice with green peas and potatoes Fruit or milk based desert	Spaghetti with creamy chicken and coconut sauce with sweet corn Fruit or milk based desert	Yoghurt chicken curry with rice Cucumber sticks Fruit or milk based desert	Lentil and vegetable Pasta Cucumber sticks Fruit or milk based desert	Battered fish, chips with beans and green beans Fruit or milk based desert
Week 4	Vegetable wholemeal pasta with red lentils Fruit or milk based desert	Meat kofte' with whole meal Spaghetti Carrot sticks Fruit or milk based desert	Fish curry with rice Cucumber sticks Fruit or milk based desert	Meat & vegetable Lasagna Fruit or milk based desert	Chicken and vegetable Pizza with chips & baked beans Fruit or milk based desert



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Autumn Term Topics

In the first few weeks we will be focusing on the Islamic way of greeting and supporting children to bond with their key workers and make friendships with peers. However once the children are settled we intend to cover the following topics this term:

Islamic months- We will learn the Islamic months with Muharram being the first Islamic month and falling towards the end of August or beginning of September.

Prophet Muhammad (SAW)-We will learn about the significance of Rabi-ul-Awwal and the birth and life of the Prophet Muhammad (SAW).

Story of Prophet Eesa (A.S)-Through this topic children will be learning about the Islamic beliefs of this great prophet.

All about me- We will be learning about our bodies, senses, growth and growing up, feelings and emotions, our family and others and how we are all different but the same. We aim to develop children's understanding about respecting everyone's differences and similarities.

Health & hygiene- Children will learn about the importance of cleanliness and the importance of looking after their bodies. We will also explore viruses, how they spread and what we can do to help prevent the spread. This will be explored from a scientific and an Islamic perspective inshallah.

Seasons Autumn- the objective of this topic is to create awareness about the changes in the environment and how Allah changes the environment for each season.

This is just an overview of our topics. For more detailed information kindly refer to our weekly planning sheet on the parent notice board.

'Special Moments':

We encourage you to share 'special' things that you observe your children doing at home such as, wearing their clothes or eating independently for the first time, or talking about a friend from nursery etc. Please support us by sharing these with your child's key worker or via WhatsApp on the nursery phone. This will help us to accurately track your child's progress and development.



Spare clothes:

Please ensure that you provide spare clothes for your child in case of an accident. All clothes must be brought in a material or zipped bag. Plastic carrier bags will not be accepted as they could be hazardous for our younger children. Please label the bag clearly with your child's name. **Please ensure that the bag does not have any animated figures** as this goes against the nursery's Islamic ethos and prevents the angels from entering. **In the instance of an accident, where your child wears nursery clothes, please ensure that you return it washed and ready to be worn again.**



Islamic Nursery Rhymes this term



Allah gave us eyes....

Allah Ta'alah gave us eyes, gave us eyes, gave us eyes.

Allah Ta'alah gave us eyes so we can read the Quraan.

Allah Ta'alah gave us ears, gave us ears, gave us ears.

Allah Ta'alah gave us ears so we can hear the Adhaan.

Allah Ta'alah gave us a nose, gave us a nose, gave us a nose.

Allah Ta'alah gave us a nose so we can smell his flowers.

Allah Ta'alah gave us a tongue, gave us a tongue, gave us a tongue.

Allah Ta'alah gave us a tongue so we can taste his food.

Allah Ta'alah gave us hands, gave us hands, gave us hands.

Allah Ta'alah gave us hands so we can make our Wudhu.

Allah Ta'alah gave us feet, gave us feet, gave us feet.

Allah Ta'alah gave us feet so we can walk to the Masjid.

Allah Ta'alah gave us a heart, gave us a heart, gave us a heart.

Allah Ta'alah gave us a heart so we can love each other.

Months in Islam with Zaky

<https://www.youtube.com/watch?v=NUbKE9711F0>

Muhammad RasulAllah - Young Boy, Young Girl:

<https://m.youtube.com/watch?v=KnEEjarHqiY>

Bismillah

<https://www.youtube.com/watch?v=Kdt-miOhGwI&feature=youtu.be>



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