



Little Gems Nursery

(Upper Clapton)

Webb Estate Community Hall, London E5 9BB

Winter/Spring Newsletter



(December 2024)

Important Dates (2025):

Winter holidays from **Monday 16th Dec to Friday 3rd January 2025**

Monday 6th Jan 2025 **Nursery re-opens for children**

17th Feb until 21st Feb 2025
Spring Half term holidays

4th April 2025
Parent Reviews (no nursery for children on this day)

Monday 31st March **Eid-ul Fitr Holiday**

7th April until 21st April 2025
End of term holidays

Tuesday 22nd April 2025
Nursery re-opens for children

26th May until 30th May 2025
Summer Half Term holidays

Monday 2nd June 2025
Nursery re-opens for children

Friday 6th June & Monday 9th June 2025
Eid-ul Adha Holiday

18th July 2025
Parent Reviews (no nursery for children on this day)

21st July 2024
SUMMER HOLIDAYS

Assalamu alaikum!

Dear Parents and Carers,
As the Autumn term is nearly over we would like to thank you all for your support and cooperation this term.

We hope you have a wonderful break and are ready for a new term of exploring and learning in 2025!



Hackney Play bus

We usually visit the Hackney Play bus on Thursday afternoon's at Springfield Park. The children look forward to the visits and thoroughly enjoy themselves. As you maybe aware, the Play Bus is a registered charity and rely on funding and voluntary contributions. If your child attends nursery on a Thursday afternoon, then we would appreciate if you could contribute at least £1 per session.



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~ My First Week at Preschool ~

We learnt about ourselves, our families and partook in many fun activities.

Representing our family



Making Family Trees



Body Outline



Using Rocks to Represent our Family



~ Our Favourite Stories ~

This term we explored various stories; we used props to support role play and act out the scenes and we carried out activities to consolidate and understand the story.

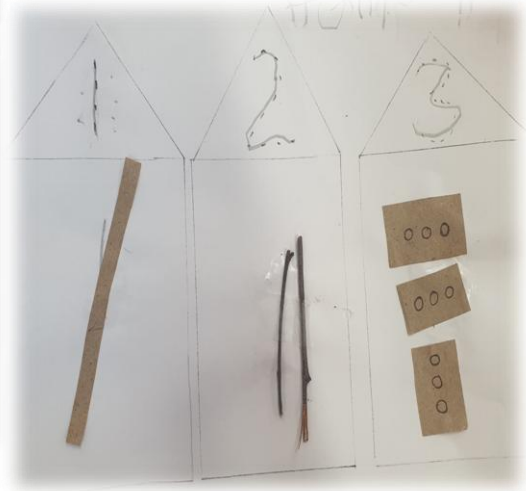
Three Little Pigs



Story Time Using Props



House Collage Using 3 Materials



Story Map

Goldilocks



Size concept



Story time using props



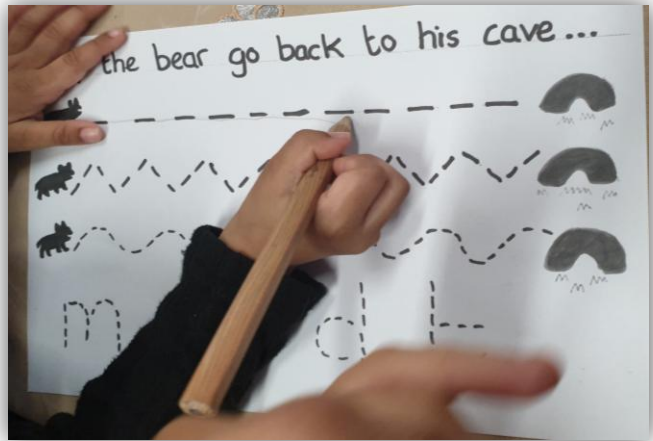
Role Play using props

We Are Going On A Bear Hunt

We really enjoyed role playing the story of 'We are going on a bear hunt'.

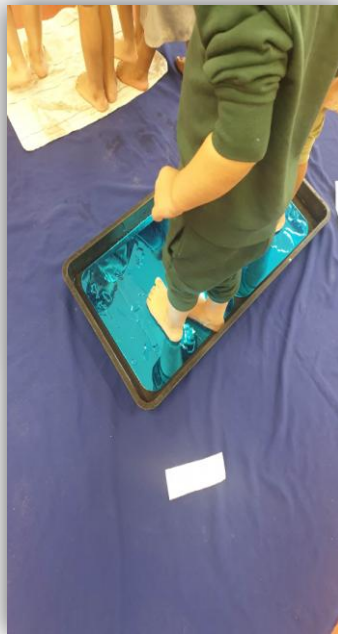


Fine motor skills / Pincer



Story time Using props

Sensory Bear Hunt Role Play



Cooking and Baking

Making and selling Pizza Role Play



Baking and Eating our pizzas



Letter Biscuits



AUTUMN

This Autumn we explored with different material to support our knowledge and understanding of the world. We went for an autumn walk where we observed trees and spoke about what happens to the leaves and the colours. We also learnt about various types of trees, and explored the different things that grew on them such as: sycamore, conkers and pine cones.



Autumn Tuff Tray



Autumn Walk



Autumn Ornament



Leaf skewers



Autumn Hat



Prophets

We learnt about the story of Propher Muahmmed SAW, Eesa AS and Maryam AS. We did different activities based on the story.



We made clouds to represent Eesa As being lifted to Jannah



Making palm trees



Making the Prophets family tree

Lunch Menu:

Please find below a guide to our 4 weekly lunch menu.

	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

Our lunch menu has been checked and approved by dietician to ensure it meets 'Voluntary Food and Drink Guidelines for Early Years settings in England'.

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>



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Winter/Spring Term Topics



We intend to cover the following topics this term; however this is just an over-view and we may decide to make changes based on children's interests.

Prophet Muhammad (SAW)-We will learn about the life of the Prophet Muhammad (SAW) and key facts about his family through nasheeds and exploration of Sunnah foods.

Salah- This term we will be learning about Salah. By this we aim to develop an understanding of the importance of this act of worship in our children.

Ramadhan- As Ramadhan embarks upon us in March we will be learning about this blessed month through activities and role play. We hope to put a presentation up for parents but will keep you updated closer to the time inshallah.

Occupations- Children will be exploring different occupations and learning about people that help us-doctors, dentist, police, fire fighters, paramedics, teachers etc.

Seasons: Winter/Spring- the objective of this topic is to create awareness about the changes in the environment by exploring the colours and sounds associated with these seasons and understanding the creator (S.W.T.).



Parent Involvement:

We encourage parents to be more involved in the learning and development of the children. We would also like our children to become aware of different cultures and languages. This term we would like parents to come in for cooking activities involving traditional foods. If you are able to support us with this then please speak to the manager or your child's key worker to make suitable arrangements.

Late pick-up fee

Please ensure that your child is collected on time. If for any reason you are going to be late, then please arrange with the nursery beforehand as staff need to be allocated and ratios need to be maintained.

A late coming charge will be applied to all parents that collect their children later than 10 minutes and also for regular occurrences of lateness beyond 5 minutes of your collection time.



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The importance of physical activity for children in the early years

During the period from birth to five years, physical activity is crucial for optimal growth and development. During this time babies and young children undergo rapid and wide ranging physical and psychological developments which lay the foundation for their future health and wellbeing.

Research shows that being physically active can help children with the development of:

- Motor skills e.g. balance and coordination
- Maintaining a healthy weight
- Stronger bones, muscle and heart
- Social skills
- Contributes to brain development and learning

Public Health England recommend that children of pre-school age who are walking should be physically active for at least **3 hours** throughout the day.

All under 5s should minimise the time being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

At Little Gems Nursery we have been engaging with the Physical Literacy programme provided by the local authority to ensure that we provide sufficient opportunities for children to engage in a range of physical play activities both indoors and outdoors. We have noticed a huge difference on children's confidence and social skills.



Islamic Nursery Rhymes this term



Down by the Masjid

Down by the Masjid, Down by the Masjid,
Early in the morning, Early in the morning,
Hear the Muazzin, Hear the Muazzin,
Call the Adhaan, Call the Adhaan.
Watch all the Muslims, Watch all the Muslims,
Come to pray Fajr, Come to pray Fajr,
Allahu-akbar, Allahu-akbar,
Salah has begun, Salah has begun!



Muslims Pray Five times a Day

Muslims pray five times a day, Salah, Salah,
Muslims pray five times a day, Salah, Salah,
Muslims pray five times a day, Salah, Salah,
Muslims pray five times a day, Salah, Salah,
Muslims pray five times a day,
To keep the cruel Shaitan away,

Chorus:

And we all bow down to pray each day,
five times a day,
Pray, pray, pray, pray,
Pray, pray, pray, pray.

At fajr time, we awake to pray, Salah, Salah,
At fajr time, we awake to pray, Salah, Salah,
At Fajr time, we awake to pray,
The perfect way to start each day,

Chorus

At Dhuhr time once again we pray, Salah, Salah.
At dhuhr time once again we pray, Salah, Salah.
At dhuhr time once again we pray,
We eat our lunch then go to pray,

Chorus

At asr we stop to pray, Salah, Salah.
At asr we stop to pray, Salah, Salah.
At asr we stop to pray,
We put aside our toys and pray.

Chorus

At maghrib when the sun goes down, Salah,
Salah,
At maghrib when the sun goes down, Salah,
Salah,
At maghrib when the sun goes down,
We place our heads down on the ground.

Chorus

Isha before we go to bed, Salah, Salah,
Isha before we go to bed, Salah, Salah,
Isha before we go to bed,
We take a rest our sleepy heads.

This is the way we make Wudhu

This is the way we make wudhu, make wudhu,
make wudhu,
This is the way we make wudhu, before we pray
our salaah.
This is the way we wash our hands, wash our
hands, wash our hands,
This is the way we wash our hands before we
pray our salaah.
This is the way we gargle our mouth, gargle our
mouth, gargle our mouth,
This is the way we gargle our mouth, before we
pray our salaah.
This is the way we wash our nose, wash our
nose, wash our nose,
This is the way we wash our nose, before we
pray our salaah.
This is the way we wash our face, wash our
face, wash our face,
This is the way we wash our face, before we
pray our salaah.
This is the way we wash our arms, wash our
arms, wash our arms,
This is the way we wash our arms, before we
pray our salaah.
This is the way we make masah, make masah,
This is the way we make masah, before we pray
our salaah.
This is the way we wash our feet, wash our feet,
wash our feet,
This is the way we wash our feet before we pray
our salaah.
Now we are Muslims nice and clean, nice and
clean, nice and clean,
Now we are Muslims nice and clean to stand in
front of Allah.

We love you Ramadhan, we miss you Ramadhan

جزاكم الله خيرا



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