



Little Gems Nursery

(Upper Clapton)

Webb Estate Community Hall, London E5 9BB



Winter/Spring Newsletter



(Dec 2023)

Important Dates (2024):

Thursday 4th & Friday 5th Jan **STAFF INSET**

Monday 8th Jan 2024 **Nursery re-opens for children**

12th Feb until 16th Feb 2024
Spring Half term holidays

28st March 2024
Parent Reviews (no nursery for children on this day)

29th March until 12st April 2024
End of term holidays

Monday 15th April 2024
Nursery re-opens for children

27th May until 31st May 2024
Summer Half Term holidays

Monday 3rd June 2024
Nursery re-opens for children

Monday 17th June & 18th June 2024
Eid-ul Adha Holiday

19th July 2024
Parent Reviews (no nursery for children on this day)

22nd 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 all the support you have given to the nursery and staff.

We hope you have a wonderful break and are ready for a new term of exploring and learning in 2024!



Parent workshop with

Inshallah we will be holding a parent workshop next term with Henry exploring the nutritional requirement of children under 5. This will take place at our Lynmouth Road branch on Wednesday 24th January 2024 from 9.30am to 11am. A booking link will be sent out in January.



020 305 10668



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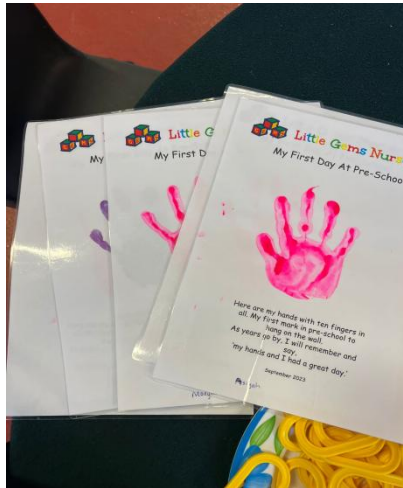
~ My First Weeks at Preschool ~

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



Representing our family

Stamping our hand print with our favourite colour



Drawing family trees



Play dough



We explored the garden



Body outline collage using natural materials



Building Our Homes

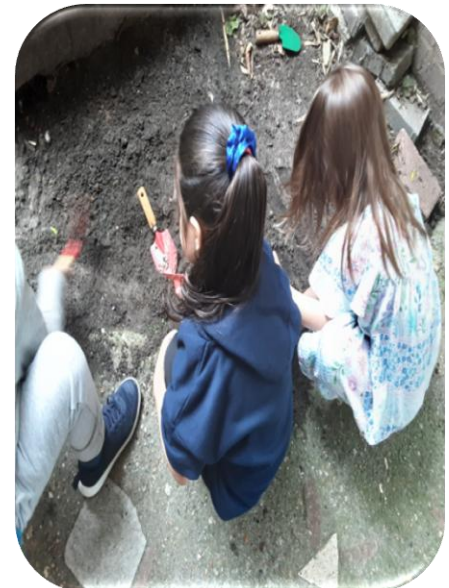


Outdoor waterplay

Exploring the outdoors



We explored the garden and really enjoyed learning about all the plants growing in it. We dug out the potatoes that had grown and picked the delicious raspberries and strawberries.





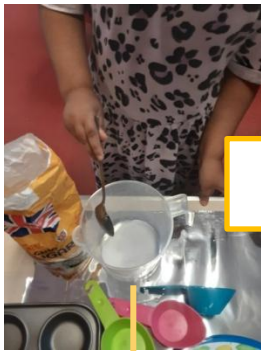
Experiment



We carried out a magic milk experiment through which we saw how the colours separated as the cotton wool was placed in a dish of milk.



Making banana cupcakes



Measuring the ingredients

Baking them in the oven



Mashing the bananas

Mixing all the ingredients



~ 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



Making house of straws, sticks and bricks as prop for roleplay



Role Play



We Are Going On a Bear Hunt

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



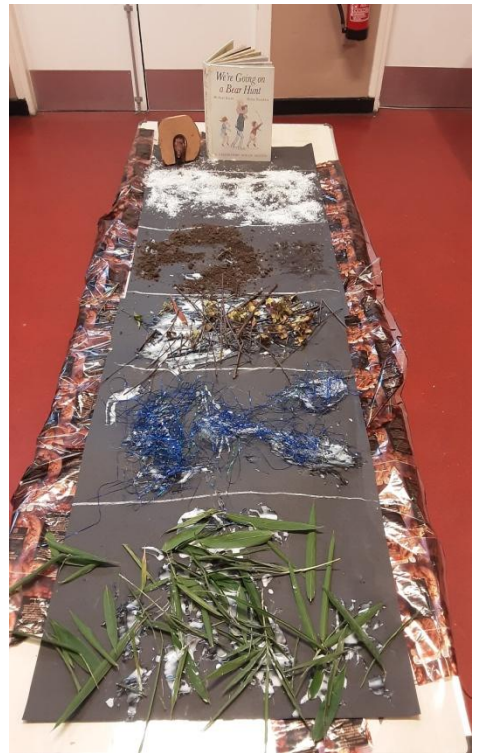
Walking through the forest; 'stumble trip, stumble trip'



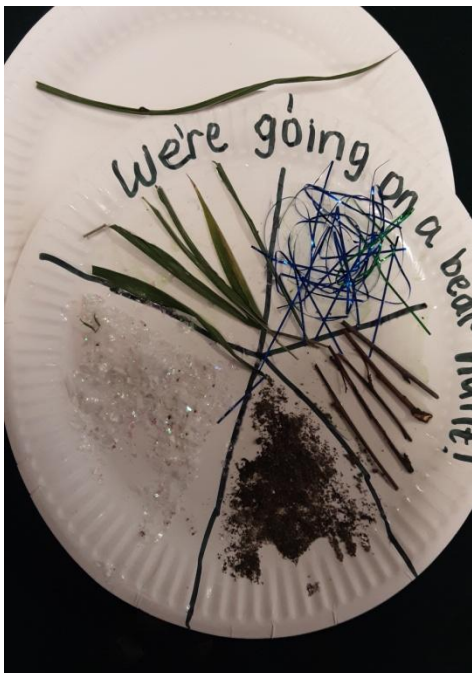
Walking through the grass; 'swishy swashy, swishy swashy'



Walking through the mud; 'squelch squirch, squelch squirch'



Bear Hunt Craft



Bear Hunt plates



Counting bears



Mini world bear hunt



The Tiger Who Came To Tea



The Three Billy Goat Gruff



Small world set up of 'The 3 Billy Goat Gruff'



The Gingerbread Man



Dissolving Gingerbread man experiment with hot and cold water



Decorating Gingerbread men



Baking Gingerbread cookies



Prophet Muhammad (s.a.w)

We learnt about the life and family of our beloved Prophet Muhammad (S.A.W); Where he was born and where he lived until he died. We learnt the names of the food that our prophet (s.a.w) liked to eat and we also tasted these foods.



Sunnah Food Tasting



Prophet Muhammad's
SAW family tree



Ka'bah collage

AUTUMN

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



Topics covered this term :



Hygiene



Counting germs

Scrubbing rubber gloves

Scrubbing glitter off our hands



We learnt about germs and the importance of handwashing. We did various activities based around the theme.

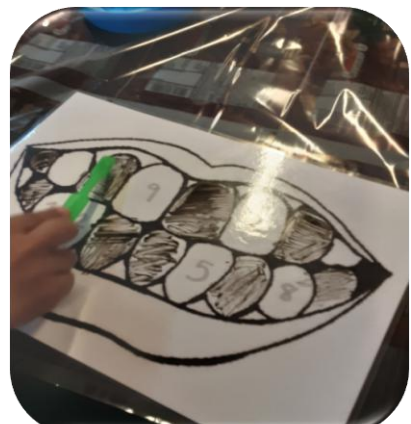


Black Pepper experiment



Sequencing how to wash our hands

We took part in various activities which helped us to understand the importance of brushing our teeth.



Prophet Eesa (AS)

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

We practiced our cutting skills when making palm trees



We had lots of fun painting our own palm trees



Lunch Menu:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week1	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
Week2	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
Week3	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
Week4	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.

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.

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.



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 spend 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!



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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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