



# Little Gems Nursery

21b Lynmouth Road, London N16 6XL



## Winter/Spring Newsletter



(Pre-school Dec 2025)

### Important Dates (2025):

Winter holidays from **Monday 16<sup>th</sup> Dec to Friday 3<sup>rd</sup> January 2025**

Monday 6<sup>th</sup> Jan 2025 **Nursery re-opens for children**

17<sup>th</sup> Feb until 21<sup>st</sup> Feb 2025  
**Spring Half term holidays**

4<sup>th</sup> April 2025  
**Parent Reviews (no nursery for children on this day)**

Monday 31<sup>st</sup> March **Eid-ul Fitr Holiday**

7<sup>th</sup> April until 21<sup>st</sup> April 2025  
**End of term holidays**

Tuesday 22<sup>nd</sup> April 2025  
**Nursery re-opens for children**

26<sup>th</sup> May until 30<sup>th</sup> May 2025  
**Summer Half Term holidays**

Monday 2<sup>nd</sup> June 2025  
**Nursery re-opens for children**

Friday 6<sup>th</sup> June & Monday 9<sup>th</sup> June 2025  
**Eid-ul Adha Holiday**

18<sup>th</sup> July 2025  
**Parent Reviews (no nursery for children on this day)**

21<sup>st</sup> 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!

### Elderly home visits

We visit an elderly home every Thursday with groups of children. This collaboration involves engaging in activities with the elderly residents, providing our children with a unique opportunity to listen to their stories and learn the values of respect, care, and understanding. As part of this initiative, we also take cooked food for the residents, reinforcing the loving, caring, and empathetic attributes taught by our beloved Prophet Muhammad (SAW).

We appreciate any contributions you may wish to make towards this meaningful project, particularly if you are able to cook meals for the elderly.



020 305 10668



07957351048



lginurseries.co.uk

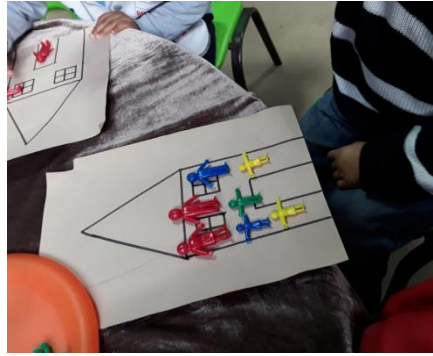
# ~ My First Week at Preschool ~

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

Exploring Fingerprints



Representing our family using mini figures



Measuring our heights



Mark Making with paint



Pincer grip practice



Making Mirrors



Hammering nails





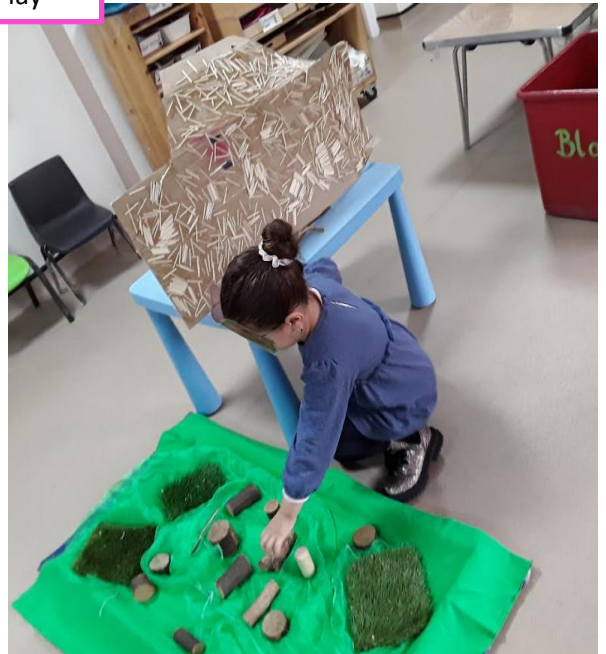
# ~ Our Favourite Stories ~

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



Role Play



# The Gingerbread Man



Making Gingerbread man biscuits



Gingerbread man experiment



Role Play



Decorating gingerbread man





# We Are Going On A Bear Hunt

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



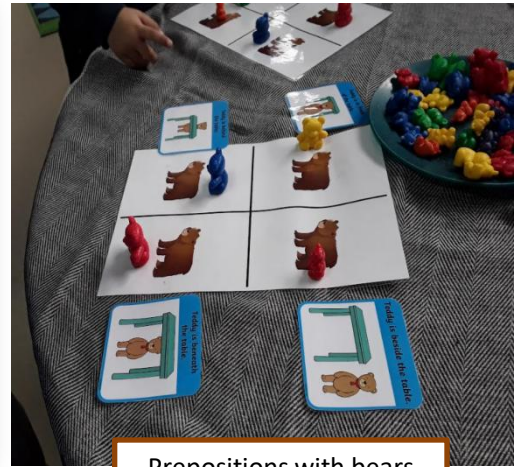
We are Going on a Bear Hunt sensory play



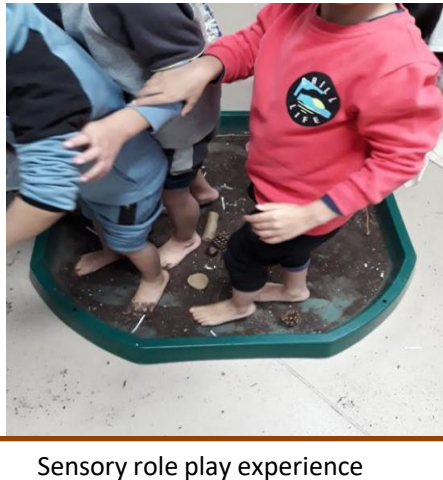
Making bear masks



Sequencing the story



Prepositions with bears



Sensory role play experience



# 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 Walk



Conker Painting



Autumn tree collage



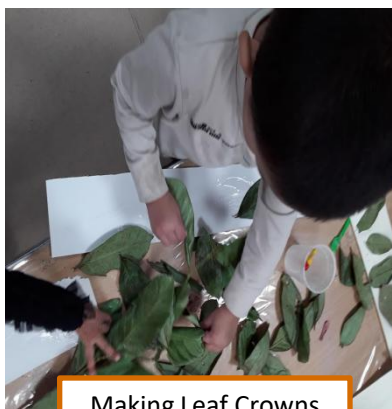
Subitising Dice game



Leaf Printing



Autumn Keywords - initial sounds



Making Leaf Crowns



Autumn Soup sensory play



# Prophet Eesa (AS)

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

Making palm trees



Bird collage



Date Tasting



# Lunch Menu:

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Week1	<b>Stir fried brown rice with <u>quorn</u> mince and peppers</b>  <b>Ice cream and pineapple jelly</b>	<b>Chicken curry with rice and Cucumber sticks</b>  <b>Apple crumble with custard</b>	<b>Chicken wrap with oven baked chips and green peas</b>  <u>Fromage Frais</u>	<b>Macaroni &amp; tuna bake with whole meal pasta Steamed broccoli</b>  <b>Fruit tart with fresh cream</b>	<b>Chicken roast &amp; wedges</b> <b>With fresh green salad</b>  <b>Strawberry Cheese cake</b>
Week2	<b>Salmon macaroni Pie with steamed cauliflower</b>  <b>Pancakes with strawberries and cream cheese</b>	<b>Lamb curry with rice &amp; mixed vegetables (Carrots, sweet corn and peas)</b>  <u>Seosnal fruit salad with fresh cream</u>	<b>Cheese, Onion &amp; Potatoes pasties with baked beans</b>  <b>Apple and raspberry muffin</b>	<b>Chicken Birvani</b> <b>With fresh mixed salad</b>  <b>Crunchy berry crumble &amp; yogurt</b>	<b>Chicken &amp; vegetable (courgette, <u>sweetcorn</u> and peppers) whole meal lasagna</b>  <b>Carrot Cake &amp; Milk</b>
Week3	<b>Lentil curry, rice with green peas and potatoes</b>  <b>Apple and raspberry muffin</b>	<b>Spaghetti with creamy chicken and coconut sauce with sweet corn</b>  <b>Chew raisin cookies</b>	<b>Chicken burger with whole meal bun served with chips and sweet corn</b>  <b>Hot banana pudding</b>	<b>Yoghurt chicken curry with rice Cucumber sticks</b>  <b>Melon</b>	<b>Battered fish, chips with beans and green beans</b>  <b>Yogurt with fruit puree</b>
Week4	<b>Vegetable wholemeal pasta with red lentils</b>  <b>Angel delight</b>	<b>Meat kofte' with whole meal Spaghetti Carrot sticks Strawberry Trifle</b>	<b>Fish curry with rice Cucumber sticks</b>  <b>Rich fruit cake &amp; Milk</b>	<b>Meat &amp; vegetable Lasagna</b>  <b>Yogurt &amp; fruit puree</b>	<b>Chicken and vegetable Pizza with chips &amp; baked beans</b>  <b>Avocado &amp; milk desert</b>

*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>



020 305 10668



07957351048



lginurseries.co.uk



## 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.



020 305 10668



07957351048



[lginurseries.co.uk](http://lginurseries.co.uk)

# 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!





## 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



020 305 10668



07957351048



lginurseries.co.uk