



Little Gems Nursery

21b Lynmouth Road, London N16 6XL



Winter/Spring Newsletter



(Todders Dec 2024)

Important Dates (2023):

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!

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.



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Topics covered in the autumn term : *Sensory play*

During the term, we explored the texture of different materials and talked about how they felt



Hay



Water



Soil



Slime



Ice



Rice



Sand



Flour

Autumn Season

For the duration of autumn, we explored the transition of nature and participated in activities such as foil painting, leaf art and baking gingerbread



Dressing Autumn dolls



Foil painting trees



Leaf collage



Baking gingerbread



Leaf crowns



Mini tree creation

We're Going on a Bear Hunt

We read the storybook 'We're going on a bear hunt' and participated in activities based around the story such as roleplaying the scenes from the book using the entire room, making a bear collage, exploring a mini world version of the story and making our own books

Roleplay
start



Bear collage



Make-your-own
Book



Follow the trail



Mini world



Finish!

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.

Ramadhan- As we approach Ramadhan, towards the end of March we will be exploring this holy month of Islam through rhymes and nasheeds.

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 reading activities. 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 spent sleeping).

At Little Gems Nursery we follow 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. These contribute to the development of 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!



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.

جزاكم الله خيرا



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