



Little Gems Nursery

21b Lynmouth Road, London N16 6XL



Winter/Spring Newsletter



(Todders Dec 2023)

Important Dates (2023):

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 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 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 on Wednesday 24th January 2024 from 9.30am to 11am. I recommend that all parents try to attend. A booking link will be sent out in January.



020 305 10668



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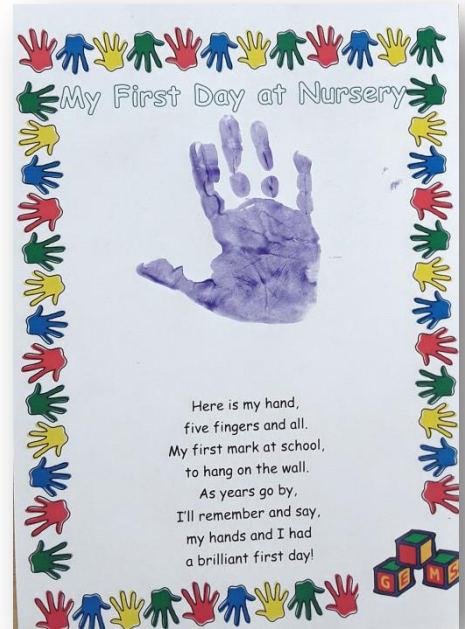
Topics covered in the autumn term :

~ All About Me & My Family ~

We learnt about ourselves, our families and how Allah made us all different.



We made a house collage with our family members



Making handprints



Using glue to dress the body



Placing body parts in the correct places



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.



Autumn Sensory Tray



Conker Painting and Rolling



Autumn Leaf Collage



Autumn Tree Painting



Leaf painting and Printing



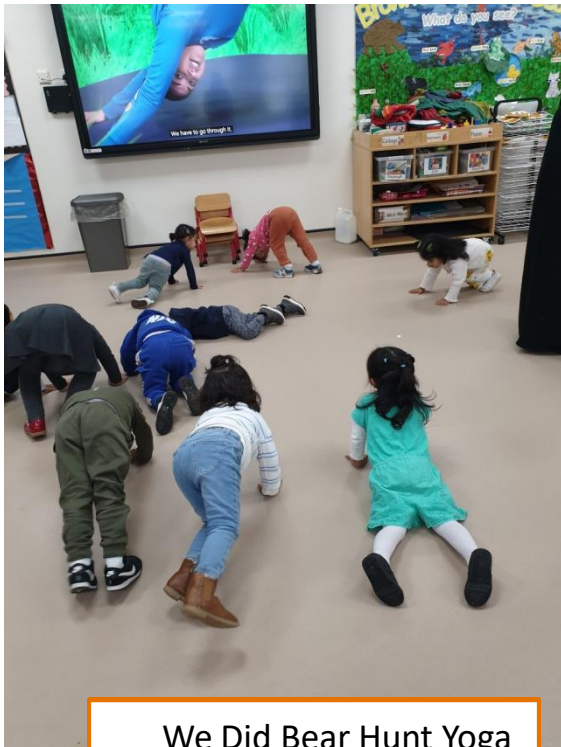
Autumn Walk

~ We're Going On A Bear Hunt ~

We explored the story "We're going on a bear hunt", using the small world animal models to support the story telling and participated in different activities.



Making Bears Out Of Playdough



We Did Bear Hunt Yoga



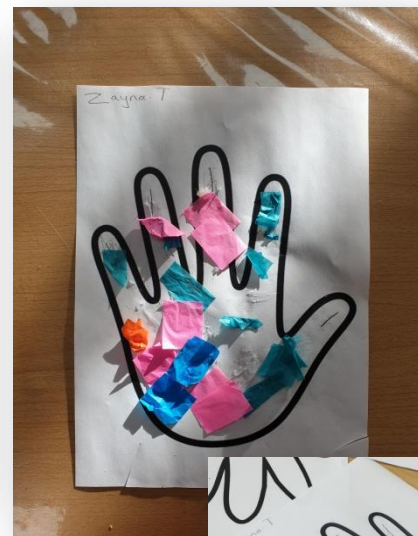
We Made Bear Masks

~Hygiene~

We washed "Germs" of the gloves using: water, sponges and soap



Placing one "Germ" on each finger

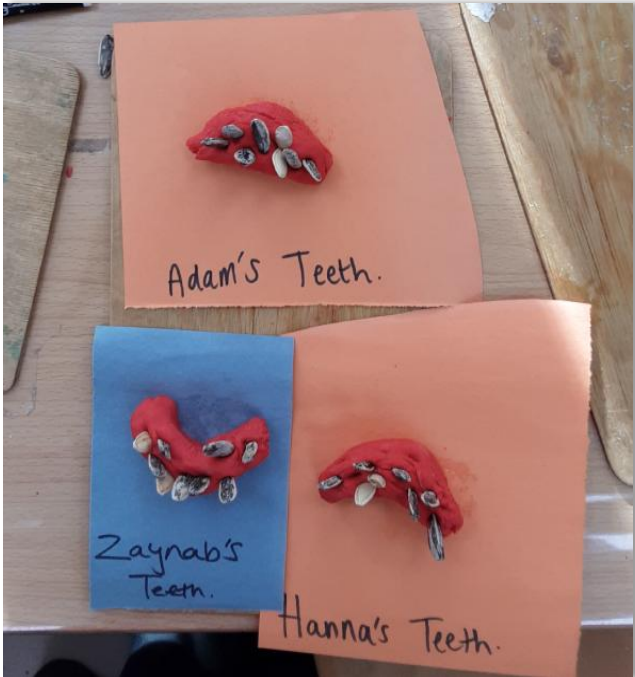


Hand Collage



~Oral Hygiene~

We learnt all about Oral Hygiene and how and why it is important to Brush out teeth.



We made teeth models out of playdough and used different seeds for teeth.



We matched the order of the pictures on how to brush our teeth



Sticking and counting teeth

~Colours, Patterns and Shapes~

We learnt about colours and shapes and experimented with making different patterns



Explored coloured rice, using our hands as well as different tools



Colour Sorting Pegs



We made different patterns with paint, using bubble wrap



We threaded different coloured beads onto pipe cleaners

~ Healthy Eating and Handa's Surprise ~

We learnt about the different fruit from the book 'Handa's Surprise'. We talked about the benefits of eating them and we tried different fruits and foods during snack time.



Making Fruit cocktail Sticks



Cutting our own fruits to make a healthy smoothies to drink for snack time.



Handa's Surprise Role play



Making Healthy Pizzas For Snacks.



Making Handa's Surprise Baskets



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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