

**Weekly Newsletter**

19th September 2019

Dear Little Owls Parents and Carers,

**This week….**

Our Together Time songs this week were 5 Little Ducks. We talked about which adults look after the children and used these in the song, singing Mummy Duck, Daddy Duck, Grandad Duck, Nanna Duck…and many more! For book time the Moonbeams (rising 4s) read ‘Brown Bear, Brown Bear’ by Eric Carle which is a great one for children being able to join in and become ‘stroytellers’. It also teaches colours and sequencing. Our Shooting Stars (rising 3s) and Comets (2 year olds) read a variety of our key books.

**Next week…**

Tuesday will be bread day! Our Together Time songs will be Sleeping Bunnies and Row, Row, Row your boat. Our Moonbeams focus book will be ‘Some Dogs Do’ by Jez Alborough. It has a great message about not letting others’ opinions affect what you can and want to do! A story that promotes resilience and determination; important characteristics for our young ones to develop. Please keep sending/emailing in photos of your child and their families for our display if you haven’t already as we want to ensure each child has one.

**Rotas**

Rotas for next week please:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week beginning** | **Fruit** | **Beginning (Mon/Tue)** | **Middle (Wed/Thu)** | **Washing Bag** |
| 23rd Sep | 8 Bananas each  8 Apples each  8 Pears each  8 Satsumas each | Joey  Freddie  Jameson  Wilfred | Jack  Jessie L  Iris  Clara | Emily Co  (Wed) |
| 30th Sep | 8 Bananas each  8 Apples each  8 Pears each  8 Satsumas each | David  Jessica S  Emily Ch  James (Mon) | Edmund  Aryan  Hattie  Sen | Iris  (Wed) |

**Internet**

The problem with getting the internet continues so we now have a dongle! We are so glad to be reconnected but we ask for your patience to catch up with the back log and also the connection is very slow.

**Existing Injuries**

Please can we remind you to notify us of any existing injuries your child has when they come to Little Owls as there is a form we need you to fill in. We are required to do this for safeguarding and also so we are clear which injuries happened at Little Owls.

**Lunchboxes**

Public Health England estimates that a quarter of children between the ages of 2-10 years old are overweight or obese. We hope that our Little Owls are able to fulfil their potential physically and cognitively, and so we encourage the children to eat healthily. This does not mean we believe children should not eat sweet foods; it is important for children to understand what are everyday foods and what are now and again foods. We feel we should leave giving sweet treats to you as often parents need this! We have a statutory responsibility to promote healthy eating at Little Owls so we ask that you send a healthy packed lunch. We would really appreciate you not including any items that are too high in salt or sugar e.g. chocolate or crisps. A ‘main’ part to the lunch (such as a sandwich, a pasta salad or pitta and homous) and a piece of fruit is a good amount of food for our Little Owls. For more information, advice and support please speak to one of us at Little Owls. Also [www.nhs.uk/change4life](http://www.nhs.uk/change4life) is a useful website.

We hope you enjoy your weekend and we will look forward to seeing you all next week!

Best wishes from

Abby, Kayleigh, Sobia, Hayley and Julie

The Little Owls Team

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