



## Friday 9<sup>th</sup> January 2026

Dear families,

Welcome to our first newsletter of 2026. We hope you had a restful time over the festive period, happy new year to you all. The children who have moved from Acorns to Willow and Beech rooms have settled so well, already. It's lovely to see their progress and maturity.

I'd also like to welcome all our new families – those who have started the induction process and those yet to start, we hope you and your child feel happy and settled.



## Healthy eating, drinking and living



### **Healthy drinking**

Children are encouraged to bring water bottles to Nursery to drink throughout the day, they should be clearly labelled with their names.

However, we are seeing an increasing number of children bringing squash in these bottles, which is widely understood as unhealthy.

The NHS recommends that only water and milk (dairy alternatives included) are suitable for children and that if juice or squash is to be provided that they have it with a meal to ensure healthy oral hygiene.

### **Top tips:**

- Provide your child with **water only** in their bottles (children often happily drink water if provided for by nursery staff).
- Only provide well diluted fruit juice or sugar free squash (one-part squash to ten parts water) at meal times.
- Only offer fresh juice and smoothies, give half pure juice/ half water once per day as they contain quite a lot of sugar.



## Healthy eating



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Children who stay at nursery all day require a packed lunch to be provided for them. To ensure their energy levels are efficient for their full day here, it is essential that their lunch is healthy and balanced.

High sugar, processed foods can leave children feeling tired in the afternoons and this impacts on their resilience throughout the day.

For more information and ideas for packed lunches, please see the attached leaflet and/or follow these links:

- [Young children and food: common questions - NHS](#)
- [What to feed young children - NHS](#)
- [The Eatwell Guide - NHS](#)

## Snack at Nursery

Sharing snack is an important part of the Nursery routine in all classrooms, it is cut up and shared between the children, teaching them key social, communication and understanding skills.

**But** we are not getting enough donations of fruit and vegetables to share. We kindly ask all children to bring in **at least one small portion of fruit and vegetables each session**. So, if your child is attending 30 hours per week, we ask for 2 portions a day.

If we do not get enough donations on a daily basis then we **cannot provide children with snack**.

Examples of donations can include:

- Apples, oranges, bananas, pears, kiwis.
- Cucumbers, carrots, celery, peppers.
- Tomatoes, grapes, blueberries, strawberries.
- Pineapples, mangoes, melons



If you have any issues or questions about any of the above, please get in touch with your child's key person, room leader or Kate.

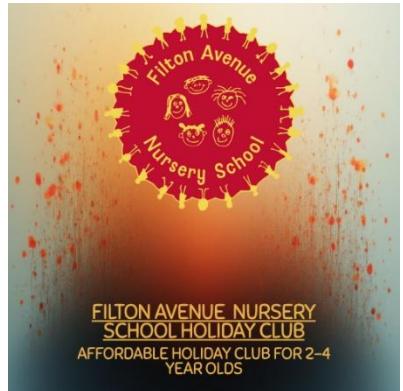


### **\*\*\*February Half Term Holiday Club\*\*\***

It is likely that we are not going to be able to run our holiday club in February due to low numbers, if you are still interested, you have until **next Friday 16<sup>th</sup> January**.

Please contact the school office to get booked on. Here is a brief summary for your information:

- Cost will be £35 per day
- Half day sessions are £20 for (morning only, pick up at 12.30)
- Parents will need to provide lunch.
- Snacks such as fruit, breadsticks and rice cakes etc. will be provided.
- **Please note that we require a minimum of 10 children per session (AM/all day) for the club to run.**



### **Upcoming Dates:**

- Friday February 13<sup>th</sup> – End of term 3
- Monday February 23<sup>rd</sup> – start of term 4
- Wednesday 11<sup>th</sup> March – Parents evening
- Thursday 4<sup>th</sup> April – end of term 4

Thank you,  
Kate and everyone at FANS