



# Emneth Nursery School Newsletter



## Autumn 1st

### Headteacher Update

I hope everyone has had a lovely Summer. It's has been great to see so many familiar faces return to Nursery as well as welcoming lots of new faces. We ran a very successful open evening on Wednesday for our new starters and over the next couple of weeks we are very busy with the rest of the transition visits. We are looking forward to seeing what this term has in store for us, which is always a busy one.

### Key dates for the Autumn term

#### Autumn 1st half term

Reopen Wednesday 4th September

Closes Thursday 24th October

Half term Friday 25th October to Friday 1st November (Daycare remains open)

#### Autumn 2nd half term

Reopen on Monday 4<sup>th</sup> November

Closes Friday 20th December

Christmas Holiday Monday 23rd December to Monday 6<sup>th</sup> January (Closed for all)

Reopen on Tuesday 7<sup>th</sup> January

### Funding

If you are accessing the funding available for working families please make sure you have handed your code into the office.

It's important to remember that codes need to be renewed every three months. To do this, you'll need to remember to login to your childcare account to check when your reconfirmation dates are, so that you can renew your code on time. If you don't renew it on time, you will need to reapply.

### Website

We will be launching a NEW website very soon! We will let you know when it is live.



### Staffing Update

I am pleased to be able to introduce you to three new members of staff. Cathryn will be working in the office alongside Jill and Mel, Kirsten is our new apprentice and will be working in Pippins and Alana will be working across both Pippins and Orchards. Sarah has also been taken on permanently and will now work in Orchards as a key person.



Cathryn



Kirsten



Alana

## Hot lunches

Please make sure you let us know which days your child will be having a hot lunch for the whole of the half term. Hot lunches need to be set days. We appreciate your cooperation with this.



## Orchards breakfast club

We have some space this term in our breakfast club for children in Orchards (3-4 years olds). Breakfast club starts at 8 am until 8.30 am and each child is provided with a choice of food options. The cost for all will be £3.95 including food.



**FOOD FESTIVAL** *by Aspens*

# LUNCHTIME

TRADITIONAL Week 1

Autumn Winter 2024-25: 2/9, 23/9, 14/10, 4/11, 25/11, 16/12, 8/1, 27/1

DAY	THE MAIN EVENT	MEAT-FREE MAGIC	RAINBOW ALLEY	BIG TOPPING	DESSERT TROLLEY
MONDAY	Margherita Pizza Slice and Wedges	Veggie Pepper and Sweetcorn Pizza Slice with Wedges	Sweetcorn	Beans, Cheese or Tuna Mayo	Toffee Frozen Yoghurt
TUESDAY	BBQ Cheesy Chicken	Butterbean Ratatouille	Apple Slaw and Wholegrain Rice	Beans, Cheese or Tuna Mayo	Sweet Potato Brownie
WEDNESDAY	Roast Gammon, Roast Potatoes and Gravy	Quorn Sausage, Roast Potatoes and Gravy	Peas and Carrots	Beans, Cheese or Tuna Mayo	Forest Fruits Jelly Pots
THURSDAY	Lasagne	Vegetable Lasagne	Green Beans	Beans, Cheese or Tuna Mayo	Cookie Dough Apple Crumble
FRIDAY	Golden Fish Fingers or Salmon Fingers and Chips	Veggie Burger and Chips	Baked Beans	Beans, Cheese or Tuna Mayo	Jammy Thumbprint Biscuits

DAILY SALAD BOWL: FRESHLY BAKED BREAD, YOGHURT AND CUT FRUIT AVAILABLE DAILY

PASTA TWIRLER AVAILABLE EVERY DAY  
Topped Pasta Hot Pasta topped with Homemade Tomato Sauce and Cheese

T1

**FOOD FESTIVAL** *by Aspens*

# LUNCHTIME

TRADITIONAL Week 3

Autumn Winter 2024-25: 15/9, 7/10, 28/10, 18/11, 9/12, 30/12, 20/1, 10/2

DAY	THE MAIN EVENT	MEAT-FREE MAGIC	RAINBOW ALLEY	BIG TOPPING	DESSERT TROLLEY
MONDAY	American Style Mac Cheese	Veggie Wholegrain Pasta Bolognese	Carrots	Beans, Cheese or Tuna Mayo	Marble Cake
TUESDAY	Sausage Casserole and Mash	Vegetable Pot Pie and Mash	Roast Root Veggies	Beans, Cheese or Tuna Mayo	Apple, Cinnamon Raisin Flapjacks
WEDNESDAY	Roast Chicken, Stuffing, Roast Potatoes and Gravy	Carrot and Stuffing Pastry Plait	Peas and Sweetcorn	Beans, Cheese or Tuna Mayo	Orange and Mango Jelly
THURSDAY	Meatballs in Tomato Sauce with Rice	Mild Veggie Bean Chilli Loaded Wedges with Cheese	Broccoli	Beans, Cheese or Tuna Mayo	Banana Bread Muffins
FRIDAY	Golden Fish Fingers and Chips	Vegetable Fingers and Chips	Baked Beans	Beans, Cheese or Tuna Mayo	Gingerbread Cookies

DAILY SALAD BOWL: FRESHLY BAKED BREAD, YOGHURT AND CUT FRUIT AVAILABLE DAILY

PASTA TWIRLER AVAILABLE EVERY DAY  
Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese

T1

FOOD FESTIVAL by Aspens		LUNCHTIME				TRADITIONAL Week 2
Autumn Winter 2024-25: 9/9, 30/9, 21/10, 11/1, 2/12, 23/12, 13/1, 3/2		<b>THE MAIN EVENT</b>	<b>MEAT-FREE MAGIC</b> Veggie Dish	<b>RAINBOW ALLEY</b> Wholegrain and Pasta	<b>BIG TOPPING</b> Find us here	<b>DESSERT TROLLEY</b>
<b>MONDAY</b>	Cheesy Tomato Pizza Muffins	BBQ and Sweetcorn Pizza Slice	Wholegrain Pasta Salad and Green salad	Beans, Cheese or Tuna Mayo	Toffee Apple Sponge and Custard	DAILY SALAD BOWL, FRESH BAKED BREAD, YOGURT AND CUT FRUIT AVAILABLE DAILY
<b>TUESDAY</b>	Chicken and Sweetcorn Cobbler	Winter Vegetable Crumble	Herby Diced Potato and Carrots	Beans, Cheese or Tuna Mayo	Chocolate Sprinkle Iced Cake	<b>PASTA TWIRLER</b> AVAILABLE EVERY DAY Topped Pasta Hot Pasta topped with Homemade Tomato Sauce & Cheese
<b>WEDNESDAY</b>	Roast Pork, Roast Potatoes and Gravy	Cauliflower Cheese, Crispy Onion Topping & Roast Potatoes (You don't have to have the onions!)	Mixed Greens	Beans, Cheese or Tuna Mayo	Raspberry Coconut Jelly	
<b>THURSDAY</b>	Classic Cottage Pie	Roasted Sweet Potato Pastry Roll and Mash	Peas	Beans, Cheese or Tuna Mayo	Fresh Fruit Salad	
<b>FRIDAY</b>	Battered Fish and Chips	Cheese and Tomato Toasted Wrap with Chips	Baked Beans	Beans, Cheese or Tuna Mayo	Anzac Biscuits	

Just one Norfolk

I would like to direct you to 'Just One Norfolk' which is a fantastic website, which you can access for a range of advice and support, including issues such as eating, sleeping, developmental concerns etc.

<https://www.justonenorfolk.nhs.uk/>

0300 300 0123

## Getting Into A Routine

Routines help children feel safe and secure. Knowing what to expect and when, helps them know what is expected of them and what they can expect from others. These patterns help keep life 'steady'. Family life is busy for most of us. Having routines and boundaries can make life easier for everyone.

Knowing what will happen when helps parents make plans and feel more organised and calm.

Patterns in their day help children feel secure. It can help them to get in good activity and bedtime routines

For children in school having routines can help them settle into new environments or routines, cope with changes in their lives and help them eat and rest well.

There is a lot of talk a lot about the importance of getting into a routine. This can make it feel like a big thing, but it doesn't need to be. Routines are very personal and need to work for you and your family. Routines are a personal choice, but is never too late to decide that it would help your family to have more structure in your lives.

Routines are built from every one getting used to the same things happening at the same times each day. They can begin early on with something like feeding your baby at night with the light on low - giving a message that nights are for sleeping. New routines don't happen quickly, to really get the benefits, you need to stick to it.