



Emneth Nursery School Newsletter



Autumn 2nd

Headteacher Update

As we step into the second half of the autumn term, we're excited to continue building on the wonderful progress the children have made so far. The first half of the term was filled with joyful learning, new friendships, and lots of exploration — and there's even more to look forward to in the weeks ahead! This half term brings a focus on seasonal celebrations, outdoor adventures, and continuing our commitment to sustainability. From cosy pyjama days to festive crafts and community connections, we're looking forward to making meaningful memories together.

Thank you for your continued support — it's a joy to grow and learn alongside your children.

Key dates for the Autumn term

Autumn 2nd half term

Reopen on Monday 3rd November

Closes Friday 19th December

Christmas Holiday Monday 22nd
December to Monday 5th January
(Closed for all)

Reopen on Tuesday 6th January

Children In Need - Friday 14th November

Children are invited to come to nursery dressed in their cosy pyjamas, and we kindly ask for a £1 donation to support our fundraising efforts.



✦ You're Invited: Christmas Craft & Song Sessions! ✦

We're feeling festive and would love to welcome parents and carers to join us for a joyful Christmas craft and song session! Come and celebrate the season with your child through creativity, music, and a sprinkle of holiday magic.

Orchards - 2.00pm to 3.00pm

- Monday 15th December - Blue Group (Josh)
- Tuesday 16th December - Purple & Yellow Group (Sally)
- Wednesday 17th December - Red Group (Lily)
- Thursday 18th December - Orange & Green Group (Natalie & Kirsten)

Pippins - 8.45am to 9.45am

- Monday 15th December - Amy & Alicia
- Tuesday 16th December - Gracie & Natalie
- Wednesday 17th December - Hayley & Lucy
- Thursday 18th December - Alanna & Amelia

🗨️ Spaces are limited, so please contact the office to book your spot.

💖 A donation bucket will be available in the room if you'd like to contribute towards the cost of the craft materials.

We can't wait to share this special time with you!

Sustainability

At Emneth Nursery School, we're proud to be taking meaningful steps toward a more sustainable future. Sustainability is now a key focus of our nursery, and we're excited to share some of the initiatives already underway:

🥛 Local Milk from Bramblebee Farm

We've teamed up with Bramblebee Farm to source our milk locally. This not only supports local agriculture but also reduces our carbon footprint and ensures our children enjoy fresh, nutritious milk.

🍎 Fresh Produce from Local Suppliers

We are working on trying to get produce for our snack and meals from nearby suppliers. This helps us promote seasonal eating, support local businesses, and teach children about where their food comes from.

♻️ New Reuse & Recycle Shed

We've introduced a Reuse & Recycle Shed on-site! Families can donate items such as bottle tops, tubes etc that we can reuse in Nursery, helping us reduce waste and encourage sharing and sustainability in everyday life. We will be sending out more information about this soon.

Our Sustainability Team



Claire



Jill



Natalie



Natalie



Georgina

🌍 Switch Off Fortnight - Let's Save Energy Together!

From 10th to 24th November, we will be taking part in the nationwide 'Switch Off Fortnight' campaign. This initiative encourages children to learn about energy conservation and take small steps to help protect our planet.

Throughout the fortnight, the children will be involved in fun, age-appropriate activities that highlight the importance of switching off lights, devices, and appliances when not in use. We'd love your support at home too—why not make it a family challenge? You could upload some photos onto Opal of your child 'switching off' or even get them to make a sign. We will be giving each child that joins in at home a certificate.

Together, we can make a big difference with small changes!

FOOD FESTIVAL
by Aspens

WEEK 1
Autumn Winter 2025/26
*Dates to be entered by RO managers, as start dates vary by unit

LUNCHTIME

PRIMARY
TRADITIONAL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese and Tomato
Pizza Slice
with Wedges

Meatball
Marinara Pasta

Roast Chicken,
Stuffing, Skin on
Roasties
and Gravy

Bangers, Mash
and Gravy

Golden Fish Fingers
or
Salmon Fingers
and Chips



Baked Sweetcorn
Fritters
with Wedges

Cheesy Pea Frittata
with Pasta Salad

Roasted Vegetable
Strudel,
Skin on Roasties
and Gravy

Veggie Bangers,
Mash and Gravy

Cheesy Bean Wrap
with Chips



Vegetable Sticks

Mixed Salad

Carrots and Cabbage

Mixed Greens

Peas



Beans,
Cheese or
Tuna Mayo



Butterfly Pastry
Biscuits

Strawberry and
Pineapple Jelly

Banana Bread
and Custard

Apple
Cinnamon Buns

Lemon
Drizzle Cake

What impact has your meal had on planet Earth today?



DAILY FILLED ROLLS AVAILABLE

AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT



TOPPED PASTA HOT PASTA TOPPED WITH HOMEMADE TOMATO SAUCE & CHEESE

FOOD FESTIVAL
by Aspens

WEEK 2
Autumn Winter 2025/26
*Dates to be entered by RO managers, as start dates vary by unit

LUNCHTIME

PRIMARY
TRADITIONAL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Vegetable
Lasagne

Creamy Chicken &
Sweetcorn Pasta

Roast Gammon,
Skin on Roasties
and Gravy

Mild Chilli Con Carne
with Rice

Golden Fish Fingers
and Chips



Green Veg & Butter
Bean Pie
with Wedges

Veggie Whole Grain
Pasta Bolognese

Cheddar & Broccoli
Crustless Quiche

Vegetable Bean
Chilli with Rice

BBQ Veggie Wrap
with Chips



Sweetcorn

Broccoli

Carrots and Peas

Mixed Greens

Baked Beans



Beans,
Cheese or
Tuna Mayo



Chocolate
Popcorn Bars

Orange and
Peach Jelly

Apple Tea Cake
and Custard

Iced Vanilla
Sponge Cake

Carrot Cake

What impact has your meal had on planet Earth today?



DAILY FILLED ROLLS AVAILABLE

AVAILABLE DAILY

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT



TOPPED PASTA HOT PASTA TOPPED WITH HOMEMADE TOMATO SAUCE & CHEESE

FOOD FESTIVAL

By Aspin

WEEK 3

Autumn Winter 2025/26

*Dates to be entered by RD managers, as start dates vary by unit

LUNCHTIME

PRIMARY TRADITIONAL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN EVENT 	Cheese and Tomato Pizza Slice with Wedges	Lasagne	Roast Pork, Skin on Roasties and Gravy	Chicken & Sweetcorn Pie with Mash	Golden Fish Fingers & Chips
MEAT-FREE MAGIC Veggie Dish	Macaroni Cheese	Vegetable Ratatouille with Rice	Carrot & Stuffing Puff Pastry Plait, Skin on Roasties with Gravy	Root Vegetable and Bean Stew with Mash	Vegetable Fingers with Chips
RAINBOW ALLEY Vegetables and Salads	Vegetable Sticks	Sweetcorn	Roasted Roots	Peas	Baked Beans
BIG TOPPING Filled Jackets	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo	Beans, Cheese or Tuna Mayo
DESSERT TROLLEY 	Sweet Potato Chocolate Brownie	Jelly	Eve's Apple Pudding & Custard	Muesli Bars	Vanilla Cookies

What impact has your meal had on planet Earth today?

A Very Low
B Low
C Medium
D High
E Very High

DAILY FILLED ROLLS AVAILABLE

AVAILABLE DAILY
DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT

PASTA TWIRLER
TOPPED PASTA HOT PASTA TOPPED WITH HOMEMADE TOMATO SAUCE & CHEESE



Just one Norfolk

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

0300 300 0123

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.

Getting Into a Routine

Routines help children feel safe, secure, and know what to expect. They bring steadiness to busy family life and make things easier for everyone. For parents, routines create a sense of calm and organisation. For children, they support good habits around activity, bedtime, eating, and rest, while also helping them settle into school and cope with change.

Routines don't have to be complicated—they just need to work for your family. They develop by doing the same things at the same times each day, like keeping lights low at night to show babies it's time to sleep. New routines take time, but sticking with them brings real benefits.