



# The Nursery on the Green

## *'Friday Flyer'*

Friday 9th November 2012

### New menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Choice of wholegrain cereal. Scrambled egg on toast.	Choice of wholegrain cereal. Hot porridge oats.	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal crumpets with choice of spreads
<b>Mid-morning snack</b>	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc	Selection of fruit, breadsticks, rice cakes etc
<b>Lunch</b>	Home made salmon and Pollock pie topped with mashed potato. Seasonal vegetables. Yogurt and fresh fruit. (Vegetarian, vegan and non dairy diets – soya mince pie with seasonal vegetables)	Penne pasta in home made tomato sauce with added vegetables. French bread. Apple crumble and custard.	Lamb hot-pot with green beans and sweetcorn. Rice pudding	Chilli con carne with rice and naan bread. (vegetarian, vegan and non-dairy diets – 'vegetable con carne' with rice and naan bread) Sliced pears with natural yogurt.	Chicken casserole with new potatoes and seasonal vegetables. (Vegetarian, vegan and non dairy diets – leek red pepper and artichoke casserole with new potatoes). Ice cream with fruit.
<b>Mid-afternoon snack</b>	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
<b>Tea</b>	Vegetable soup with wholemeal breadsticks.	Bagels filled with cream cheese. Salad vegetables.	Home made potatoe wedges with fresh salsa dressing	A selection of filled rolls with crudités of cucumber, cheese and tomatoes	Little home made pizzas with a variety of toppings.



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### **The Friday flyer is back**

After several weeks away to reassess the format of the Friday flyer, we are now returning to the routine of producing the flyer on the Friday.

It will then be on the website by the end of the day on the Friday, and you can access it through the website directly.

We will also send you a link to the flyer on the following Monday so that you are able to access it in that way also.

Please let us know what you think of the flyer. We are always very interested in your ideas and appreciate your feedback. The flyer is for you so please let us know if there is anything else that you would like to see on it!!

### **The Fruit bowl at the Nursery**

We are very keen to build the children knowledge of healthy eating and boost their intake of fruit and vegetables throughout the day.

The children are always given fresh fruit and vegetables throughout the day at nursery. We will also try to put a fruit bowl on the table in the hallway for the children at the end of the day.

However, if there is no fruit bowl there please could you tell your child that there is no fruit at the end of the day on that day?

We do not allow parents or children into the kitchen at any time due to the health and safety risk. Thank you very much.

### **Kathryn's baby has arrived!**

We are very pleased to tell everyone that Kathryn had her baby (three and a half weeks early!) on 30<sup>th</sup> October!

A lovely little girl- Ella Rose- who has already made her first visit to nursery!

We are delighted for them, and send our love and best wishes to Richard, Kathryn and Alex on the new arrival to their family!

### **Dance classes for the Sunshine Room (pre-school)**

The children in the Sunshine Room have started to enjoy a special dance class taught by a dance teacher from 'Hip hop tots'

The teacher incorporates lots of different styles during her fun sessions, and the lessons are based around a different story each week. The children also enjoy using props as part of the stories so they are beginning to add a little drama to the sessions too.

### **Welcome Sophie and Joshua to Nursery!**

We are very pleased to welcome Sophie (Joshua's little sister), and Joshua (Annabel's little brother) to the Nursery on the Green. They have settled into nursery beautifully,



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and both Joshua and Annabel are very proud and love to visit their little sister and brother in the baby room!

### **The Sensory Room at Storkway children's centre**

The babies continue to enjoy their weekly outings to the Sensory Room. The activities there are designed to stimulate the early development of the children and they love spending the morning exploring them with their friends. We have started to take one or two children from the Sunshine Room to these sessions also to encourage the 'family feel' of the nursery. They have also thoroughly enjoyed the experience.

### **Warm coat, hats, scarves, and boots!**

Now that the weather is getting colder, please could you make sure that your child comes into nursery with warm clothes suitable for spending lots of time outside! Please would you make sure that all outer garments are named as we have a great deal of hats and gloves in nursery during the winter months! Thank you.

### **Administration of non-prescription medication.**

We have changed our procedure concerning the administration of non-prescription medication at nursery in accordance with the guidelines issued by Ofsted.

We are able to continue to administer pain relief e.g. calpol, baby Nurofen and allergy relief e.g. piriton in the usual way – by obtaining prior consent from parents. However, over the counter medicines including vitamin drops, cough medicine etc are not now able to be administered at nursery. We are also able to continue to administer medication prescribed by your GP including antibiotics at nursery following our medication procedure.

If you have any queries please do not hesitate to speak to either Sarah or Anneli.

### **Extra days at nursery**

If your child comes to nursery for an 'ad hoc' extra day please would you pay for the extra day by cash or cheque on the day itself? You are very welcome to put a cheque in your child's book bag or give cash to a member of staff who will give you a receipt. Thank you

We hope you all have a lovely weekend.  
Kind regards  
Sarah, Anneli and all the staff