



The Nursery on the Green

'Friday Flyer'

Friday 20th September 2013

New menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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 toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads	Choice of wholegrain cereal, wholemeal toast with choice of spreads
Mid-morning snack	Fresh fruit, bread sticks	Sliced apple raisins	Toasted fruit loaf and sliced banana	Rice cakes with satsumas	Fresh fruit, breadsticks
Lunch	Chicken curry and rice with vegetables Apricot sponge and custard	Vegetable paella Semolina and fruit compote	Cottage pie, carrots and broccoli Fresh fruit berries and yoghurt	Homemade beef mince meatballs with noodles and vegetables Bananas and custard	Homemade fishcakes with new potatoes and peas Fresh fruit salad and yoghurt
Vegetarian option	Vegetable curry	same	Quorn mince shephards pie	Vegetable noodles	Stuffed mushrooms
Mid-afternoon snack	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit	Selection of fruit
Tea	Sandwiches with a variety of fillings, tomatoes, cucumber and cheese.	Beans on toast	Pitta bread with a variety of fillings, tomatoes, cucumber and cheese.	Cheese on toast	Wraps with a variety of fillings, tomatoes, cucumber and cheese.



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Fundraising Cycle Ride and Push! Help us Celebrate Our 9th Birthday!

Don't forget our sponsored cycle, scoot, roller-skate, buggy push however you wish to travel around Sutcliffe Park on **Saturday 5th October between 10am and 12 pm.** Everyone is invited to come to raise awareness of road safety and raise funds for the nursery garden.

We will meet in the park and cycle 1 mile around the perimeter of the park. There will be stations on every corner to get your card stamped by a member of staff. Babies are also included but can of course be pushed in their buggies!

You should have received a sponsorship form in your child's book bag to complete. If you need a copy please do ask.

You must have 4 stamps in your card to complete the course.
You will need to provide your own bicycles or scooters.
Parents, Grandparents, Aunts and Uncles are all welcome to join in the fun.
Past, present and future members of the nursery are all welcome.

If you do not have your own bicycle we are looking into a method of hiring bikes for the day.
More information about the event will be emailed to you soon.
We are very much looking forward to the event and hope to see many of you there!

Awareness Month

We have been discussing road safety with the children and the importance of stop, look and listen carefully. We have also urged the children to get off their bicycles or scooters and to push them across the road and not riding across the road. There will be lots of roll play next week in the garden on the bicycles which will be lots of fun.

Sunshine Room

The children will be going to City Hall next week to hand deliver a letter to Boris Johnson about our cycle ride around the park and road safety awareness month. We are hoping that he will come to the park to meet the children and loan the nursery some bicycles for the morning.

The children are also beginning to learn a little bit about the role of the Mayor of London.



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Treetops Room

The children will be doing lots of activities using all of their senses next week. If you have any interesting materials that the children could explore they would be very welcome. Do look out for their display relating to their experiences. If your child has lost their hair clips, there is a basket containing lost small items on the shelf above their coat pegs in the hall.

Rainbow Room

The babies have enjoyed a walk to the park to feed the ducks and to the local pet shop to look at the animals there. They are all settling in to nursery life very well and will enjoy more walks out next week.

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