

## Nursery Newsletter Term 3

### Light and Dark

#### Reminders

##### Wellington Boots and Waterproof Jackets.

Please remember to bring a pair of wellies and a waterproof jacket to keep at nursery.

#### Snack

Your child will be provided snack whilst at school. Fruit and milk are provided, but we also offer a nursery snack that costs £2 per week. **If you have not yet paid / did not receive a letter, please speak to the Nursery Office.**

#### The Team

Mrs Pereira

Mrs Suzster

**‘The Roots to Grow  
and the Wings to Fly’**

#### *Welcome back!*

We hope you all had an enjoyable break and are ready to learn lots of exciting new things this term.

This term Blue Nursery’s topic is called “**Light and Dark**”

We will be learning all about things that happen during the night and daytime and exploring science through our focus stories.

#### Fruits and vegetables

Fruits and vegetables are an important part of our diet because they contain vitamin C and minerals as well as fibre. You should encourage your child to eat a variety of fruits and vegetables every day; it might be useful to think about the colours of fruits and vegetables and to offer ‘a rainbow’ of options. Some children may initially reject some fruit and vegetables, but do not give up offering these foods – sometimes you might need to offer before your child accepts them – keep persevering! Encouraging toddlers to eat lots of fruits and vegetables will not only give them the nutrients they need but will also train their palate to like these foods and they will be more likely to eat lots of fruits and vegetables throughout childhood.

#### Swindon Childrens Library Visit

We have planned a visit to the children’s library in the town centre for the **Thursday 29<sup>nd</sup> of January 10.00 to 11.00(AM class) 1.00 to 2.00 (PM class)**. This will be an exciting chance to explore books and share them together.

#### Contact information

Should your contact details change please let us know straight away in case we need to get in touch with you urgently.

**We look forward to a great term 😊**

**Nursery Team**

#### **Diary dates:**

**First day back:** Tuesday 6<sup>th</sup> January 2026

**Welly walk:** Thursday 15<sup>th</sup> January 2026

**Children’s Library Visit:** 29th January 2026