

## Spring 2020 Newsletter

### World Book Day



To celebrate World Book Day during the week beginning 2<sup>nd</sup> March small groups of children will be walking to the library on Tuesday afternoon and Thursday morning. (We are currently doing a range of small walks in the local area every week) Please let us know if you would like to join us next week. If your child would like to bring in their favourite book any time next week, we will share it at group time or during the day.

We do not want the children to dress up as we do not want to put any pressure on families to find or buy a costume! We will have lots of fun at Nursery celebrating the books we love.

Every day we have special story invites at 10am and 1pm. You are very welcome to come and join us and listen to our stories.

**As part of Book Week and the week after we will have a book sale in the entrance hall. If you have any pre loved books please bring them in and we will sell all books for 50p and the proceeds will help pay for Zoo Lab.**

**This term the rest of our newsletter is focused on children's physical development and health.**

### Healthy eating



As a Nursery we take our responsibility to promote healthy eating seriously. We want to help the children to develop healthy habits for life. Sorry for any confusion over the content of packed lunches while we have been thinking about the changes we would like to make.

The reasons for our changes are due to the current health of young children in the UK. Sadly:

- Over a fifth of children are either overweight or obese by the time they join Reception class in Primary School

- Type II diabetes, which usually appears in adulthood, is starting to be seen among some overweight children.
  - Dental health is poor in many young children.
- More than one in four young children in the UK may be at risk of iron deficiency.
- **Some children eat mainly foods that are low in energy, iron and vitamin A, and high in saturated fat, sugars and salt.**
- Many young children also eat fewer than the recommended five portions of fruit and vegetables each day.

In view of this and after considering the really helpful guidance from the Children's Food Trust we are in the process of updating our Food Policy.

**Eat better start better**

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

**We have decided to make changes to our birthday celebrations and to our guidelines for the packed lunches which children bring in**

**Packed lunches**



**From now on we ask that children only bring packed lunches which fit the following guidelines:**

A typical, healthy packed lunch could be a sandwich, pasta, wrap or rice cakes  
(the recommended amount of bread for young children is 1 piece per meal or 1 roll or 1 wrap)

Fruit  
Yoghurt

**Children will no longer be allowed to have any types of cake, biscuits, chocolate, sweets, cereal bars or any processed foods including peparami or lunchables as part of their packed lunch.**

A healthy balanced diet for children aged one to four years is based on the four food groups listed below.

**1) Potatoes, bread, rice, pasta and other starchy carbohydrates**

(White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato)

## 2) Fruit and vegetables

Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit  
Dried fruit such as raisins or apricots

## 3) Beans, pulses, fish, eggs, meat and other proteins

Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads.

## 4) Dairy and alternatives

A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.

## Portion size

<https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4Tea.pdf>

In our research about children's eating we have found this useful booklet which has helped us think about the portion size of food which children need. We think as adults we tend to give children too much, partly to make sure they have choice or to encourage them to eat something but often it is far too much. These photos give an idea of the recommended portion sizes for young children.

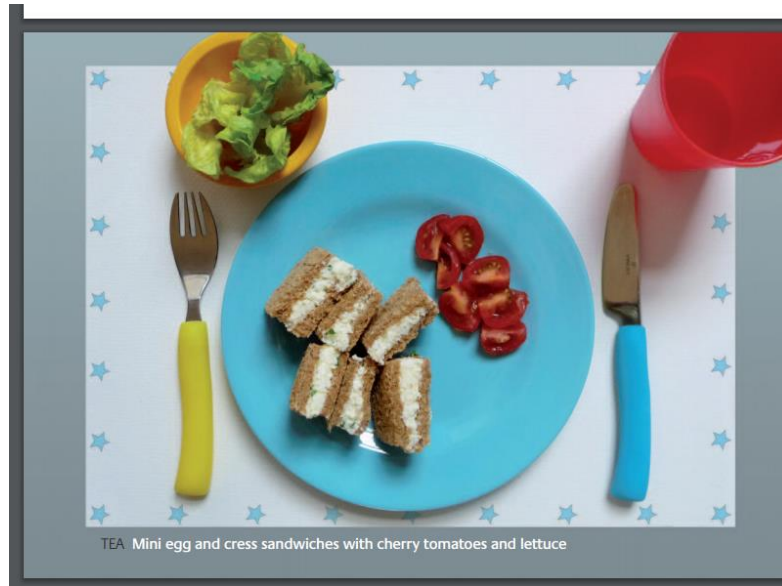


TEA Chicken strips, wholemeal toast, red pepper and green salad

### TEA Chicken strips, wholemeal toast, red pepper and green salad

Suggested portion sizes	1-4 year olds As shown in the photo	1-2 year olds		3-4 year olds	
Chicken strips	40g	35g	45g		
Wholemeal toast	40g	35g	45g		
Red pepper	20g	20g	20g		
Green salad	40g	40g	40g		
Water/diluted fruit juice	100ml	100ml	100ml		

These portion sizes are based on the nutritional needs of a typical 2½ year old.



TEA Mini egg and cress sandwiches with cherry tomatoes and lettuce

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**TEA Mini egg and cress sandwiches with cherry tomatoes and lettuce**

Suggested portion sizes	1-4 year olds As shown in the photo		
	1-2 year olds	3-4 year olds	
Egg and cress sandwiches	80g	70g	100g
Lettuce	25g	25g	25g
Cherry tomatoes	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.



TEA Spicy chickpea salad with chapatti and cucumber and carrot sticks

**TEA Spicy chickpea salad with chapatti and cucumber and carrot sticks**

Suggested portion sizes	1-4 year olds As shown in the photo		
	1-2 year olds	3-4 year olds	
Spicy chickpea salad	55g	50g	65g
Chapatti	20g	17g	25g
Cucumber and carrot sticks	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

## Birthday parties

We will continue to invite you to a birthday party to celebrate your child's birthday. From after the Easter holiday we will no longer share a cake as part of the party. We will sing songs and your child will blow out candles on a fake cake and they will choose a present to take home.

We also ask for you not to send any food to give out to other children (partly to fit with our healthy eating policy but also so other families do not feel they need to spend money in this way).

## Physical development

This year we have been part of a Physical Development Champions project.

**Did you know it is recommended that 2-5 year olds do 3 hours of physical activity a day and for 1 of those hours they should get out of breath?**

88% of children in Greater Manchester do not get this amount of physical activity.

Children need a wide range of large physical movements to help them develop their core, shoulder, elbow, arm, wrist and finger strength which will ultimately support their later writing. Young children under 5 also need lots of tummy time so they develop strength supporting their upper body on their arms.



At Nursery we have been offering the children to draw lying on their stomachs on large rolls of paper. They also need to build their arm strength by using equipment such as rope swings and climbing walls which is why we have them at Nursery.

Children also need to spend far less time than they do sitting down so we remove most of the chairs from the Nursery during our session time. At lunchtime the children help us wipe the tables, count out the knives and forks and carry out the chairs to give them lots of other opportunities

In our challenge room our older children manipulate smaller objects such as nails, needles, hammers etc which all supports their independence and skills which will transfer over into controlling a pencil for writing.

We have also learnt from our course about sitting and how this is not helping the children develop their core strength. Come and chat to us if you are interested to know more.

# W-Sitting in Children

## Why do children W-Sit?

- W-sitting is a stable position for children
- Leaves hands free to play without challenging their balance.
- Normal position to move in and out of during the day. NOT for prolonged periods.
- Children with low muscle tone, hypermobility in the joints or decreased balance and trunk control are more likely to W-Sit



## What is W-Sitting?

W-Sitting is a common floor sitting position adopted by children where the child sits on their bottom with their knees bent and rotated inwards, so their calves and feet are on the floor beside them, in the shape of a W.

## Negative effects of W-Sitting

- Overuse of this position can cause orthopedic problems and delay development of postural control and stability.
- W-sitting could delay development of refined motor skills and mature movement patterns necessary for higher-level skills.
- This position puts hip joints into increased internal rotation tightening the muscles and stretching the muscles on the outside of the hips, which effects coordination, balance and development of motor skills. It can also cause a knock-kneed position.
- The "W-sit" position widens a child's base of support, resulting in less need for weight shift and postural control while they are playing, moving and reaching than in other seated positions. Trunk rotation and weight shift to the side build muscles that are essential for developing many other skills.



## Ways to prevent W-Sitting

- Help them to move into a better position: cross legged, legs out straight, side sitting or on a cushion or stool.
- Use consistent positive verbal reinforcement like, "legs out" or "sit on your bottom". The verbal prompts used will take the place of physically adjusting the child's position.
- Praise your child when they reposition themselves. W-Sitting can quickly become a habit; early identification and encouragement is the best method to prevent any adverse outcomes from sitting in this position.



## Further Support

There are a lot of other activities that you can do to increase your child's core muscle strength. Speak to a Paediatric Physiotherapist for further information and support.

Information provided by  
Paediatric Physiotherapist  
Jessica Hogan



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## Tapestry

Thank you for all of the lovely photos you share on Tapestry. We love using Tapestry to chat with you about all of the amazing things the children do at Home and at Nursery. Please let us know if you have any difficulty getting on Tapestry and either let Jo know on the desk in the morning or email Cath on [catherine.evans@larkhill-nur.stockport.sch.uk](mailto:catherine.evans@larkhill-nur.stockport.sch.uk) and we will send you a new link to get on if needed.

Make sure you check the Little Lark Challenges. Cath has been adding lots of information and ideas for you to explore at Home.

## Stay and Play

Every Monday we have our Stay and Play sessions between 9:30am – 10:30am. We originally planned these to be just for new families but have decided to invite families of children who already attend us to stay when they drop off their child and have a play with them if you can. For new families we ask for a donation of 50p for our school fund but obviously for the families of our current children it is free !

### Key dates this year

#### Autumn

#### Spring 2020

Event	Date
If you know anyone who has an interesting pet or has a job which might interest the children to hear about (e.g. nurse, fire fighter, doctor, mechanic etc) we would like to invite them in to share with a small group of children	Through the term
<b>Zoo Lab</b> <b>Come and meet the small insects and animals with your child</b>	<b>Wednesday 18<sup>th</sup> March 2020</b> Email <a href="mailto:karen.fairweather@larkhill-nur.stockport.sch.uk">karen.fairweather@larkhill-nur.stockport.sch.uk</a> to book a slot for you to join your child. If your child does not attend on this day please email Karen to book a slot.

#### Summer 2020

<b>Nursery trip</b>	<b>Friday 12<sup>th</sup> June 2020</b> Blackpool Zoo  Details coming soon.
<b>End of year event</b> <b>Teddy Bear's Family Picnic</b>	<b>Friday 24<sup>th</sup> July 2020</b> 1:45-2:45



## Term Dates September 2019 - July 2020

INSET Days	Date (Nursery is closed on these days for staff training)
1 <sup>st</sup> Day	Monday 2 <sup>nd</sup> September 2019
2 <sup>nd</sup> Day	Friday 6 <sup>th</sup> December 2019
3 <sup>rd</sup> Day	Friday 14 <sup>th</sup> February 2020
4 <sup>th</sup> Day	Wednesday 24 <sup>th</sup> June 2020
5 <sup>th</sup> Day	Monday 27 <sup>th</sup> July 2020

MAIN TERM DATES		
	From:	To:
<b>Autumn Term 2019</b>		
	Tuesday 3 <sup>rd</sup> September 2019	Friday 20 <sup>th</sup> December 2019
<b>Spring Term 2020</b>		
	Monday 6 <sup>th</sup> January 2020	Friday 3 <sup>rd</sup> April 2020
<b>Summer Term 2020</b>		
	Monday 20 <sup>th</sup> April 2020	Friday 24 <sup>th</sup> July 2020

MID-TERM HOLIDAYS		
Term:	From:	To:
<b>Autumn Term 2019</b>	Monday 21 <sup>st</sup> October 2019	Friday 25 <sup>th</sup> October 2019
<b>Spring Term 2020</b>	Friday 14 <sup>th</sup> February 2020	Friday 21 <sup>st</sup> February 2020
<b>Summer Term 2020 (Whitsun)</b>	Monday 25 <sup>th</sup> May 2020	Friday 5 <sup>th</sup> June 2020

PUBLIC HOLIDAYS			
<b>Good Friday</b>	Friday 10 <sup>th</sup> April 2020	<b>May Day</b>	<b>Friday 8<sup>th</sup> May 2020</b> Note this is a Friday
<b>Easter Monday</b>	Monday 13 <sup>th</sup> April 2020	<b>Spring Bank Holiday</b>	Monday 25 <sup>th</sup> May 2020