



Gracelands
Nursery School

SPRING 2 - 2024

NEWSLETTER

Sowing the seeds for lifelong learning

Dates for your diary



DATES FOR
YOUR DIARY

MARCH

- 21st - Break up for Easter holiday
- 22nd—STAFF TRAINING DAY
- WB 25th - SCHOOL HOLIDAY (2 weeks)

APRIL

- 8TH - Back to school (Summer 1)
- 12th - Eid celebration day for children

MAY

- 7th - Speech and language workshop
- 15th - School transition meeting for parents of school leaver children
- 16th - Photographer in nursery
- 22nd - Story telling session for children (external visitor)
- 24th - Break up for the half term holiday
- WB 27th - SCHOOL HOLIDAY (1 week)

JUNE

- 3rd - Back to school (Summer 2)
- 3rd - 9th - CAPT: Child Safety Week 2024
- 21st - Nursery and family trip to Twycross Zoo
- 26th - Story telling parent workshop (external visitor)

JULY

- 18th - Last day of provision for all children
- 19th - Graduation day for school leavers
- 22nd - STAFF TRAINING DAY

SEPTEMBER

- 2nd & 3rd - STAFF TRAINING DAYS x2
- 4th & 5th- Home visits for new starters
- 6th - Stay and Play for returning children



Head Teacher's message

Dear Parents and Carers,

It has been lovely seeing the signs of spring finally arriving this last week or two. We've had the shortest spring term - between returning in January to the Easter holiday - that I can ever remember! There has been lots to fit in but the team have done a fabulous job in making that happen.

As Harshila explains on the next page, this half term has seen a huge interest in the core books, especially 'Jack and the Beanstalk' in big nursery, leading to lots of planting and role play. It has been lovely to watch children's collaborative play really develop.

A few key messages to share:

Provision in nursery over Eid

Please note that when we return in April, nursery provision will likely be closed for children on one of two days when some of our staff members take a religious observance day and celebrate Eid with their families. We will keep you updated via text message as soon as we can. We will be having a little Eid celebration in Nursery for children on Friday 12th April.

Trip update

We are delighted to have filled spaces on two coaches for the trip to Twycross Zoo for Gracelands children and adults on Friday 21st June. The remaining payment has been split into 2 parts; the next payment is due by the 8th April and the final payment by the 7th May. If you wish to, you can pay both instalments at the same time. As always, just let us know if you have any problems and we can help process payments in school.

A letter will be coming out soon with extra information about the details of the day.

Transition and Reception places

Many of our children will be transitioning either to Big Nursery (from Little Nursery) in September or from Gracelands up to school! We will be holding a transition meeting for parents of school leavers on Wednesday 15th May. If your child is going to Reception class at school in September, please read the final page which is a parent guide on how to best support your child to be ready for Reception. We will visit this again during the meeting. On 16th April, parents of children starting Reception in September should find out what school they have been given a place at. Please let us know the school named for our records and for us to arrange transition meetings with your child's new school.

➔ I took this photo of a blossom tree on an evening walk with my daughter this week and thought I'd share it. Remember to notice and talk with your child about the signs of spring you see around your local area over the coming weeks.

Have a lovely couple of weeks and we look forward to welcoming children back to nursery on Monday 8th April.

Sam



Executive Head Teacher: Sam Richards

Deputy Head Teacher: Harshila Parmar

SENCO: Gail Goldberg

Teacher: Laiba Sajid

Office Admin Assistant: Farah Shah

Nursery Practitioners: Salma Mushtaq,

Sughra Sattar, Rifat Shaheen,

Sonia Parvaz & Zaryab Mahmood

WE ARE A UNICEF GOLD
RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood
and lived in this school.



Contact Us

GRACELANDS NURSERY
SCHOOL
Grace Road
Birmingham, B11 1ED
☎ 0121 772 3124

Follow us on
TWITTER

@GracelandsNurs1



Follow us on
FACEBOOK

'Gracelands Local Authority
Maintained Nursery School'



Follow us on
INSTAGRAM

gracelandsnurseryschool



CURRICULUM FOCUS

LEARNING

This half term:

Magical is the best word to describe being at Gracelands this term. The children have been exploring the core text 'Jack and the Beanstalk', investigating planting seeds and building castles.

World book Day further enhanced the children's imagination and creativity. The children and staff all came to nursery dressed as their favourite character or in their pyjamas to share lots of stories.

We raised £68.65 for Comic Relief - Thank you to all of our wonderful families.

This term's highlight has been our newly developed sensory room which all the children have found fascinating!

Summer 1 focus:

We wait in anticipation for our stick insects to hatch and are looking forward to receiving out caterpillars in June. This term the children will further investigate lifecycles and will explore the outdoors, enhanced by our Nature Park Project. This will support them to explore global issues like sustainability and living in an environmentally friendly way. We look forward to nurturing the children's inquisitive minds in a natural and creative way, develop their knowledge on the topic of looking after our world.

Children are excited to find the different habitats and creatures that live within our garden space.

Part of our early phonics work will see a greater exposure to rhyme in little nursery and in big nursery, a focus on initial sounds and alliteration (words in a sentence or phrase that start with the same sound, e.g. Layana likes lemon lollypops) and oral blending (e.g. Can you get your c-oa-t, coat?).

And of course, lots and lots of talk will continue to be a huge part of our day, every day!

Harshila

ATTENDANCE INFORMATION

Attendance % this half term

Big nursery	78%
Little nursery	76%
All	77.4%

Our aspiration continues to be to reach 90% attendance.

There are some useful tips for parents at the following link, presented in written form and in video form.

Top Tips for Improving School Attendance



[Improving School Attendance | SSS Learning](#)

RRSA links:

United Nations Convention on the Rights of the Child links =

Article 3: best interests of the child

Article 28: right to an education

Attendance % this year to date

Big nursery	78%
Little nursery	73%
All	77%

ATTENDANCE MATTERS



If you do keep your child at home, it's important to phone nursery or leave us a message with the reason.

GRANT FOR DEVELOPMENT OF OUR GARDEN SPACE

We are delighted to have been successful in our bid for £10,000 to develop our garden space and the opportunities for children to connect with nature in our outdoor environment. The work has been carefully planned and will start over the Easter holiday.

We look forward to sharing the developments with and seeing how the children engage with our outdoors in the near future!



We're a National Education
Nature Park pilot school

nhm.ac.uk/education-nature-park

2023



Startwell

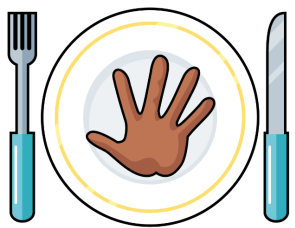


18th – 24th March: Food Waste Action Week

This coming week highlights the environmental consequences of wasting food. According to WRAP.org “4.7 million tons of edible food is thrown away each year by UK households. Shockingly, 25% of this wasted food is as a result of people cooking, preparing or serving too much – this costs UK households £4.9 billion each year.”

I’m Micky Me Size and I promote children having the correct portion size for their age. Children should be eating ‘me size meals’.

This is the perfect time to use ‘Micky Me Size’ to help us look at portion control. **The plate below shows the average size plate for a pre-school aged child**, be aware that the size of the centre varies lots on different children’s plate. **Our hand size can be a rough guide to our plate size** so if we stretch out our hands on the plate we can quickly tell if it is a suitable size.



Read more about what Micky Me Size says on page 5!

Look at the Startwell website for more tips and advice:
<https://startwellbirmingham.co.uk/about-startwell/>



Why not have a go at the current spotlight recipe... carrot fairy cakes. You can find it here <https://startwellbirmingham.co.uk/spotlight-recipe-carrot-fairy-cakes/>

HALL GREEN FAMILY HUB OPENING SOON!

More support for families in Birmingham is on hand in the form of Family Hubs, including ‘Best Start for Life’ (extra support for families with 0-2 year olds). Family Hubs is bringing organisations and professionals together in one place, to offer families, advice, guidance and support on a wide range of family and parenting issues.

Following the opening of the Hodge Hill and Ladywood Family Hubs, the partnership is pleased to announce that the **Hall Green Locality Family Hub will open at St Paul’s Children’s Centre, Balsall Heath on 25th March**. Springfield Children’s Centre, Moseley, B13 9NY will become the satellite hub.

The centres will act as focal points of family information, advice and guidance within their communities ranging from support through pregnancy to parenting programmes for young people up to 19 (25 with SEND).

All Birmingham residents have access to the digital Family Hubs and Best Start for Life offer on the Family Hubs website.

Better Health Start for Life

LOAD THEM UP...

90% of brain growth happens before the age of five.



www.birmingham.gov.uk/familyhubs

SAFEGUARDING UPDATE FOR FAMILIES— Choking

Top safety tips for families this March

Why are mini eggs a big safety risk?

Mini eggs (of any brand) are the perfect size and shape to completely block a small child’s airway and choke them. And, their hard shell can make it difficult to dislodge with standard first aid techniques. That’s why they aren’t recommended for small children. So, please stay safe and choose another treat for your little one this Easter. Larger, hollow eggs are much safer.

Keep children safe from choking

Choking usually tops parents’ fears when it comes to accidents. And rightly so. But knowing some simple steps puts you in the driving seat and lessens the worry.

https://capt.org.uk/choking-prevention/?utm_source=capt&utm_medium=email&utm_campaign=parentsmar24&mc_cid=6891ac6c17— ‘Safe from choking’ link

See the poster ‘Breathe easy’ for tips on preventing the risk of young children stopping breathing.

<https://capt.org.uk/sign-up/> - Sign up to the child accident prevention trust for free child safety emails to receive safety alerts, top tips.

child accident prevention trust





Micky Me Size encourages children to have the correct portion size for their age. Children should be eating 'me size meals'.

Toddlers and children have smaller stomachs than adults so it is important they eat smaller amounts of food regularly. Offering large platefuls of food can be overwhelming and stop children enjoying mealtimes, plus if they eat more than their small bodies need it converts to stored fat in their bodies which can lead to childhood obesity and illnesses like heart disease, type 2 diabetes and cancer later in life.

Young children may have smaller stomachs but their energy needs are high, therefore it is important to fill their stomachs with nutritious food from all the food groups.

Portion sizes have got bigger and bigger over the years and even plates have got bigger! It is really important to serve 'child-size' meals on a child-size plate or bowl rather than giving too much and expecting it all to be eaten. Our stomach is stretchy, a bit like a balloon, if we keep overfilling it/overeating our stomach increases in size and we will need more



food to get that feeling of 'fullness' which can lead to obesity. Eating smaller amounts will mean there is less food waste and we won't be eating too much.

The plate below shows the average size plate for a pre-school aged child, be aware that the size of the centre varies lots on different children's plate. Our hand size can be a rough guide to our plate size so if we stretch out our hands on the plate we can quickly tell if it is a suitable size.



Should I give seconds and desserts?

Appetite and energy levels can vary between children and at different ages e.g. higher energy requirements during growth spurts or after playing outdoors. If it is a healthy meal or snack then a smaller portion of "seconds" can be given if requested. Give a small amount of the vegetables, fruit and/or the savoury option.

Each meal should be made up of two courses, starter and main or main and dessert. This will provide interest and give greater opportunity to get a wider range of nutrients. Therefore even if the first course has not been finished it is still important to offer the next course too.

How do you know when a child is full?

Babies, toddlers and children are much better than adults at regulating their own appetite. They know when they are hungry and when they are full whereas adults have learnt over time to override these hunger and fullness signals. Some signs that babies and toddlers have eaten enough are:

- Saying no
- Keeping their mouth shut when food is offered
- Pushing away the bowl, plate or spoon containing food
- Turning their head away from food being offered
- Spitting out food repeatedly
- Crying, shouting or screaming
- Gagging or retching

It's ok if plates or bowls don't come back clean, if they're full that's ok. Avoid force feeding. If children refuse a meal or a snack, it doesn't always mean they don't like it. It's likely that they're just not hungry (see signs above), or are too tired. Try not to offer an alternative though, as they will soon learn that they will get what they want. Explain when the next planned meal or snack is, and that it will be the next time they can eat.

What Micky Me Size Says


"Remember children's tummies are smaller than adults so they don't need the same amount of food. Children don't need to clear their plates and should be offered two courses of healthy, nutritious foods."

Breathe easy


“ He would have been much too young and would have been much too weak to release himself. ”

Coroner's report, blind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.


 **Window blinds** – It can take just 15 seconds for a toddler to lose consciousness if a blind cord is caught around their neck – and they can die in just two to three minutes.

- Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these
- Consider cord free blinds for children's rooms
- Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
- Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.


 **Sleeping and slings** – babies can be suffocated by things they can't push away.

- A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
- Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
- If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
- Follow the T.I.C.K.S advice for slings or carriers www.babyslingsafety.co.uk



 **Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.

- Store nappy sacks well out of reach of babies
- Never store nappy sacks under the cot mattress.

 **Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.

- Don't prop a baby's bottle up to feed them
- Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
- Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
- Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
- Put small parts from older children's toys out of reach
- Watch the Chokeables film for first aid advice www.sja.org.uk/thechokeables

آسانی سے سانس لیں

”خود کو آزاد کرنے کے لیے وہ بہت زیادہ چھوٹا اور بہت زیادہ کمزور رہا ہو گا۔“

کورونا (طیب مرگ) کی رپورٹ، پردے کی رسی سے گلے کا گھٹنا

سانس رکنا - نومولود اور چھوٹے بچے اب بھی صحیح طریقے سے چبانا، نگلنا اور سانس لینا سیکھ رہے ہیں۔ آپ کو خبردار کرنے کے لیے کوئی آواز نہیں دے سکتے۔ لیکن اسے روگنا ہونے سے روکنے کے سادہ طریقے موجود ہیں۔

- بچوں کو دودھ پلاتے ہوئے ان کی بوتل کو اوپر کی جانب سیدھا مت کریں
- خوارک کی گول اشیاء جیسے انگور، ٹماٹر اور بڑی نیلی بیریز کو لمبائی کے رخ پر آدھا یا تین چوتھائی کاٹیں، گول نہ کاٹیں
- خوارک کی سخت اشیاء جیسے گاجر، سیب، ساسیجز اور پنیر کو باریک لمبی پرتوں میں کاٹیں، اور میوہ جات کو گوٹ کر چھوٹا کر لیں
- پاپ کارن، مارش میلووز اور سختی مائل گول میٹھی اشیاء جیسے منی ایگز (چھوٹے انڈے) یا اہلی ہوئی میٹھی چیزوں سے اجتناب کریں
- بڑے بچوں کے کھلونوں کے چھوٹے پرزے پہنچ سے دور رکھیں
- ابتدائی طبی مشورے کے لیے دی چوکیزل (the Chokeables) فلم www.sja.org.uk/thechokeables

سونا اور سلنگز - بچوں کا دم ان چیزوں سے بھی گھٹ سکتا ہے جنہیں وہ دور نہیں دھکیل سکتے۔

- صاف کاٹ ایک محفوظ کاٹ ہوتا ہے - رضائیوں، تکیوں اور کاٹ ہمہرز سے اجتناب کریں
- اپنے بچے کے ساتھ صوفے پر مت سوئیں کیونکہ یہ ان کے دم گھٹنے کے امکانات کو انتہائی حد تک بڑھا دیتا ہے
- اگر آپ تھکے ہوئے ہیں یا شراب پیتے یا تمباکو نوشی کرتے رہے ہیں، یا اگر وہ وقت سے پہلے پیدائش یا پیدائش کے وقت کم وزن کے ہیں، تو آپ اپنے بچے کے ساتھ بستر میں مت سوئیں
- سلنگز یا کیریئرز کے لیے T.I.C.K.S کے مشورے پر عمل کریں www.babyslingsafety.co.uk

یہ خیال کتنا خوفناک ہے کہ کوئی چیز آپ کے بچے کے سانس لینے کو روک سکتی ہے۔ لیکن، اس کو روکنے کے اقدامات سادہ اور سمجھ میں آنے والے ہیں۔

کھڑکی کے چک دار پردے - صرف 20 سیکنڈ میں ایک چھوٹا بچہ کھڑکی کے چک دار پردے کی غیر محفوظ ڈوری میں الجھ کر دم گھٹنے سے موت کے منہ میں جا سکتا ہے۔

- بچوں کے کمروں کے لئے ڈوری کے بغیر چک دار پردے کا استعمال کریں
- پردے کی رسیوں اور زنجیروں کو محفوظ طریقے سے دور رکھنے کے لیے کھونٹی یا تٹاؤ پیدا کرنے والا آلہ نصب کریں اور انہیں ہمیشہ استعمال کریں۔ نئے پردے ان خصوصیات کے ساتھ دستیاب ہونے چاہئیں
- یاد رکھیں کہ بچے آپ کی سوچ سے زیادہ اونچائی پر چڑھ کر جا سکتے ہیں۔ بیڈ روم کے فرنیچر کو پردوں کی رسیوں اور زنجیروں سے دور لے جائیں
- یقینی بنائیں کہ رومی پردوں کی پشت پر موجود رسیاں ایک ایسی ڈیوائس کا استعمال کرتے ہوئے آپس میں مربوط ہوں جو دباؤ کے زیر اثر ٹوٹ جاتی ہے۔

نیپی کے لفافے - چھوٹے بچے قدرتی طور پر چیزوں کو ہاتھ سے پکڑتے ہیں اور اپنے منہ کی طرف کھینچ لیتے ہیں، لیکن منہ سے دور کرنے کے قابل نہیں ہوتے۔ نیپی کے معمولی سے لفافے سے ان کا دم گھٹ سکتا ہے۔

- نیپی کے لفافوں کو بچوں کی پہنچ سے دور جمع کریں
- نیپی کے لفافوں کو کاٹ کے بستر (میٹرس) کے نیچے کبھی جمع نہ کریں۔





Ready, Steady, Reception!

Parents and Carers, help your child have the best start to their Reception year by working on these key skills at home.

Personal, Social and Emotional Skills

No longer use a dummy or bottle

Have a consistent, structured bedtime

Help tidy up and put things back

Play with things safely and without breaking them

Wait my turn and take turns with others

Know that my belongings are my responsibility

Leave my parent or carer and know they are coming back



Use words to tell you how I feel

Language & Listening Skills

Make a choice using my words

Talk about myself using 'I' rather than 'me'

Listen to a story from a book for a short period of time

Sit still on the carpet or floor and listen while others are talking

Follow simple instructions given by an adult

Recognise my written name



Listen to and identify sounds around me

Know and sing along to nursery rhymes

Physical Skills

Be able to dress and undress myself:
shoes, socks, trousers, coats, jumpers, t-shirts, tights, zips & buttons

Be able to open my lunchbox or bag and open my food packaging

Go to the toilet independently:
wipe myself, pull my clothes back up, flush the toilet & wash my hands

Be independent at mealtimes:
drink from an open cup, feed myself using cutlery, cut up my food with a knife and fork, carry a plate or tray

Hang my coat and bag on a peg

Line up one behind the other and walk in a line.

Wipe my nose with a tissue then throw it away



Have an effective pencil grip

