



JOLLY RODGERS

OUT OF SCHOOLS NEWSLETTER

January 2024

This month we will be looking at **'What do we need?'** This will include food and healthy lifestyles.

We will be looking at, and, discussing lifestyles and how to maintain a healthy lifestyle. The children will design their own healthy routine to carry out in out of school or at home e.g., eat fruit instead of chocolate, water instead of juice, and exercise instead of technology.

What foods can we eat to help keep us fit? The children will look at various foods, healthy and unhealthy, and compare the difference in the products.

How we keep ourselves clean? – e.g. washing, clean clothes, brushing our teeth etc.

▪ **Outside play.**

We will be outside whatever the weather, exploring our surrounding. During outdoor play children will be making dens, going on nature hunts, playing in the mud kitchen, exploring fairyland forest, and helping maintain the garden areas. Please ensure your child has a heavy warm coat with them each day also suitable shoes/wellington boots – these can be left at nursery if you prefer. Thank you.

Why does this matter? Quite simply, outdoor play is good for children and even more so at the present time!

The benefits of outdoor play are well documented, and include:

- increasing physical activity
- increasing the body's vitamin D levels
- reducing anxiety and improving mood
- improving concentration and focus
- enhancing imaginative and creative play
- promoting problem solving and leadership skills
- developing stronger immune systems



Less time spent playing outdoors is linked to:

- obesity
- type II diabetes and high blood pressure
- high cholesterol
- anxiety disorders and depression
- attention deficit disorder

There has never been a more important time for parents and educators to make outdoor play a priority for the children in their lives. It is one of the best things that we can do for their health, education, and well-being.

<Birthdays this month>

Hazel



Driveway – Can we please encourage you to drive carefully when entering and exiting the car park? Always be on the lookout for adults and children as they arrive and leave the nursery and **please do not park where nursery vehicles need to be getting in and out.**

Can we please ask, if you know your child will not be attending nursery, whether it is due to illness or holidays, that you let us know and add onto Famly. It is important we know of any absences as soon as is possible to help work around staffing. Thank you.

Nursery closures 2023

- New Year's Day - Monday 1st January
- St. Patrick's Day – Monday 18th March
- Easter Monday – Monday 1st April
- Easter Tuesday – Tuesday 2nd April
- May Bank Holiday – Monday 6th May
- Twelfth Bank Holiday – Friday 12th & Monday 15th July
- Christmas – Wednesday 25th December – Tuesday 31st December



We would just like to take this opportunity to thank you all for the gifts, gift cards, donations to charities, food bank donations, cards, and emails. We are overwhelmed with your generosity. These really have meant so much to us all. THANK YOU!! THANK YOU!!

We do hope you all enjoyed a happy Christmas and New Year and now we look forward to year ahead, 2024!!



Thank you.

Out of School staff