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September 30, 2024

## 🍁 Autumn Newsletter 🍁

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Dear Parents and Carers,

As the leaves turn golden and the air becomes crisp, we are excited to welcome the autumn season at Sparkling Nursery! This time of year brings a wonderful opportunity for learning and discovery, and we have many exciting activities planned for your little ones.

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### What's Happening This Autumn?

#### 🍂 Autumn Nature Walks:

We will be taking the children on nature walks to explore the changing season, collect leaves, and learn about the environment. Please make sure your child comes prepared with a warm coat and wellies!

#### 🎃 Halloween Fun:

We will be celebrating Halloween with fun, child-friendly activities like pumpkin decorating, fancy dress, and a spooky (but not too scary!) storytime. Feel free to dress your child in a costume on 31<sup>st</sup> October 2024!

#### 🍏 Harvest Time:

Autumn is the perfect time to talk about the harvest and healthy eating. The children will have the chance to learn about different fruits and vegetables, taste some seasonal snacks, and create fun food art with our staff. Make some donations which we will be giving to food bank

#### 🍷 Creative Crafting:

From leaf collages to pine cone animals, we will be making lots of autumn-inspired crafts. If you come across any interesting leaves, acorns, or pine cones on your own walks, we'd love for your child to bring them in for our projects!

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## Important Reminders

### Weather-Appropriate Clothing:

As the weather cools down, please ensure your child has a warm coat, hat, gloves, and waterproof boots for outdoor play. We will still be spending time outside, so dressing in layers will help keep everyone comfortable.

### Healthy Eating

we would like to remind you to please only pack healthy food and water in your child's lunchbox.

### Here are a few guidelines to help you:

- **Fruits and Vegetables:** Include a variety of fresh fruits and vegetables for a nutritious snack.
- **Whole Grains:** Opt for whole grain bread, wraps, or crackers for sustained energy.
- **Proteins:** Healthy proteins such as lean meats, cheese, eggs, or plant-based options.
- **Drinks:** Please send only water. Sugary drinks, fizzy beverages, or juice are not allowed to ensure we support healthy hydration.

### What to Avoid:

- Sugary snacks (like chocolate bars, cakes, or sweets)
- Crisps or other heavily processed snacks
- Fizzy drinks or sugary juices

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## Spotlight on Learning

This season, we'll be focusing on themes such as:

- **Seasonal Changes:** Helping children understand how the environment changes in autumn.
  - **Harvest and Food:** Learning where our food comes from and exploring new tastes and textures.
  - **Shapes and Colours:** We'll be using autumn leaves, pumpkins, and other natural materials to help children recognize different shapes and colours.
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We would like to take this opportunity to thank all of you for your continued support. We are thrilled to see the children growing, learning, and exploring new things every day, and we look forward to all the fun that autumn has in store!

If you have any questions or need to update us on your child's needs, feel free to contact us

Wishing you all a warm and wonderful autumn!

Best regards,  
Sparkling Angels Nursery Team