

New Year, New Habits

Welcome to a New Year at Kingswood, particularly to our new families who have joined our community. I look forward to getting to know you over the coming weeks.

Spring Term always passes quickly, ending with lighter days and buds on trees starting to emerge. We observe many changes in your children during this time, and will be keen to update you on their progress via our online Seesaw platform, FloorBooks and our One page profiles.



Now is a good time to establish positive habits for health and learning. Consider adding one of these to your routine:

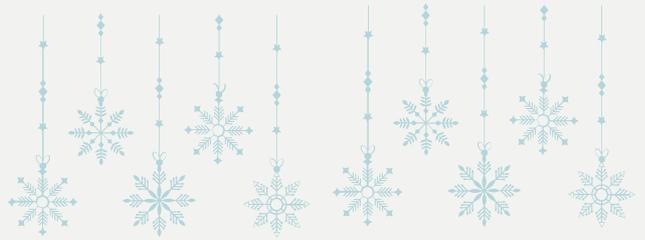
- Ensure you arrive promptly at school each day
- Walk to or from school once a week
- Read two stories, daily, at bedtime, to your child
- Add a portion of fresh vegetables to your child's lunch
- Having a no screen hour prior to bedtime, where you can read, talk and play together

Please tell me which you have decided!



There is much information in this newsletter; do take note of dates as well as additional information which is now organised so as to link to our own curriculum. Please be mindful of changes we have made to our expectations for Packed Lunches in school.

Mrs Macdonald



Spring Term Dates

**Nursery Admissions Close:
Sunday 14th January**

**Stay and Play with your child
Week beginning 12th February**

**SCHOOL CLOSED
Half Term
Monday 19th to Friday 23rd
February**

**WORLD BOOK DAY WEEK
11th to 15th March
to include Parents Reading
Rota**

**End of Spring Term
Pre School:
Wednesday 27th March
Nursery:
10-12pm Thursday 28th March**



Our 5 Ways to Wow Curriculum

This outlines our 5 outcomes we want children at Kingswood to leave with.

	<p>I can converse.</p> 	<p>I use an extensive vocabulary to add detail to my explanations and observations.</p>
	<p>I care.</p> 	<p>I have a positive sense of self so that I can independently participate in a small group, and the wider community.</p>
	<p>I make connections.</p> 	<p>I can make links in my learning to deepen my understanding of the world.</p>
	<p>I am creative.</p> 	<p>I relish participating in stories, music, songs or rhymes, and I use materials both imaginatively and with a purpose.</p>
	<p>I am confident.</p> 	<p>I can take risks, stay safe and willingly engage in new experiences.</p>

Ways to Wow this week!



Shortly I will be sharing an online **Parent Feedback Survey** with you. I would appreciate you taking this opportunity to share your thoughts on school with me!

We expect both children and parents to contribute to keeping our community safe. Please remember:

- Gates open at 8:25am, doors open at 8:30am.
- Prompt collection at 11:30am or 3pm.
- No vaping, smoking or dogs on school grounds.
- Mobiles phones should not be used on school grounds. Please leave calls until you are outside the gates.



Following previous work with both a local dentist and the Beezee Bodies Nutritional Team we are keen to share knowledge around oral health and nutrition with parents.

This week you will receive a leaflet outlining Ways to Wow at Lunch, and the steps you can take to reduce sugar and salt in your child's diet including their packed lunch.



When making your child's packed lunch for school please ensure:

- **No whole nuts or nut products including No pesto and No Nutella**
- **No chocolate spread**
- **No crisps**
- **No chocolate, no chocolate products or sweets**



No drinks are required either, including smoothies and cartons of juice. We can provide drinking water at lunchtime; if your child is in The Nest or Pre School and wishes to use a preferred water bottle please ensure this contains only water.



I appreciate this may require some rethinking but we will send home a small booklet of ideas for everyone, and will add in rewards and challenges. If you have concerns or questions please speak to your child's Key Person or Mrs Macdonald.



Implementing this advice contributes greatly to your child being alert and better placed to take on new learning. I know your child will be thankful of the small changes you can make that will impact their health positively.



We love to read at Kingswood! Exposing your child to many books, and the words contained in them, is one of the best ways you can support their learning.

This is why we celebrate **World Book Day** with a whole week at Kingswood! We don't dress up, instead our focus is about engaging in lots of reading challenges, and sharing books together.

This year we will celebrate all things books, during the week beginning 11th March.

Children at Kingswood love to learn outdoors in all weathers! Learning outside provides unique and memorable opportunities, and is also important for reducing transmission of germs and colds.

With the cold weather we are currently experiencing please ensure your child comes to school with a coat, and hat. We have a supply of gloves your child can use whilst they are at school so that they stay warm outside!



And finally....

Snack Contribution Needed

We plan and provide a wide range of healthy snacks for children every morning and afternoon; this includes warm dishes such as porridge, and often links to books we are reading in school.

In Autumn Term much of our budget was spent on supplementing food at snack time. We can only continue to provide snack for your child if parents contribute to our snack costs. Thank you to those who have already done this. A recommended amount is 50p a session, £2.50 a week, or £12.50 per half term. If your child attends for 30 hours they receive snack in both sessions, so you may consider reflecting this in your contribution.



Any amount can be paid via cash or a transfer, using **Snack** as a reference.

A large amount of our budget is spent on snacks and consumables such as soap, hand gel, baby wipes and tissues. Any donation of such items, and contribution to snack, would be greatly appreciated so that our budget can be used for larger spends such as maintaining the building.

Thank you for your help with this!