Cygnets & Goslings Newsletter

This Week in Reception...

Friday 13th November

The children have had a busy and exciting Week in school. A big thank you to our parent volunteers who have given up their time to talk to the children about the jobs in the emergency services - we are really looking forward to some more visits over the next few weeks!
The children observed a minute's silence on November 11th and enjoyed a range of poppy activities to mark the occasion.

Coming up next week...

We will be continuing our heroes who help us topic over the next few weeks, our classrooms are beginning to fill with our heroes displays showing all of our family members who work in theses special jobs. If you have a photo of a family member who works in the emergency services that we can add to our displays then please send this to your child's teacher via the class emails. Thank you!

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Christmas treat

Those of you who have older children at Meadows will be aware of an annual pantomime trip to Redditch Palace Theatre before the Christmas break. We took the decision after last year, to withdraw Reception from the trip in exchange for something more age-appropriate. We have been in contact with a few different companies as we try to arrange a treat within our school grounds before Christmas but have been unfortunately let down on multiple occasions. We are hopefully close to securing a special activity and will inform you asap once everything is finalised.

If your child has a speaking role in our Nativity, their lines will be heading home with them this week in their bookbags. Please help your children to learn them with a big clear voice. They will want to spot you in the audeince for their big moment so being able to memorise their lines will help them enormously!

Thank you!

Phonics Stay and Play

A reminder that, we would like to invite you to our classrooms to watch a short phonics lesson where you can see how a new sound is taught as well as a chance to explore some phonics activities with your child.

We would like to invite 1 adult per child to the classrooms on Thursday 26th November at 2:40. If you are able to attend, please gather by the main green gates from 2:30. The session will finish in time for the end of the day and normal pickup time.

Nativity tickets

Nativity tickets will be making their way back to you via the children's bookbags. The office will endeavour to return tickets to you asap but please don't panic if you've handed in your request and not recieved tickets yet. If you require additional tickets beyond the ones you have initially requested, please speak to the office who will be able to help you further.

Every child has received their costume slip letting you know what role they have in the play and what costume to find for them. If you have not seen your child's slip, please speak to your child's teacher.

j		Pucker your lips and show your teeth; use your tongue as you say: j j j	Down bump, pull around to make a tail. Put a dot on.

We have explored double sounds: ff, ss and ll this week alongside our new sound j.

We have also been exploring our first 'tricky words' in our phonics lessons. Tricky words are common words where at least 1 of the sounds is 'tricking us' by not making its usual sound.

We have learned tricky words: I, is, the and as.

Children need to recognise these words by sight as they are not phonetically decodable.

Early years food choking hazards

Food Standards Agency
food.gov.uk

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	**Advice**
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	**Advice**
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	**Advice**
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	**Advice**
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	**Advice**
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: https://www.nhs.uk/start4life/weaning/

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/

and How to resuscitate a child: https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/