



Dear Parents/Carers,

The children have made an excellent start to Reception and are keen to get involved with school life. They have settled well, are following routines and enjoying making new friends. The children have been enthusiastic and have enjoyed taking part in lots of activities this term. We are also amazed at how independent the children are being when walking into class. If you do need to speak to their teacher, please phone school or speak to them once all of the children have been dismissed.

Reception Team

Class Teachers: Mrs Tisdale, Mrs Gunnell, Ms Knight, Mrs Bagnall
Teaching Assistants: Mrs Pugh, Miss Cooke, Mrs Watkins, Miss Lloyd
EYFS Assistant Headteacher: Mrs Bristow

Topics

We will be planning from the children's interests throughout the year. This half term the children will be learning about Nursery Rhymes, Harvest, Autumn, Bonfire Night, People Who Help us, Jobs and Christmas. The children will be exploring all areas of learning through this topic. At this stage of the year our priority is getting to know the children well so we can plan activities that they will enjoy learning about.



Each child now has an online individual profile on Tapestry. We are just in the process of adding all parents, you should receive an email soon to setup an account, if you do not already have one. It is a fantastic way to view your child's school life and achievements. As a Parent / Carer, you are aware of your child's interests and strengths. We would like to include your contributions in their profiles and so we welcome any photographs, certificates, wow moments or comments. If you have signed up for this, you should have already received an email to activate your account.

For more information or help please see your class teacher or contact school and ask to speak to Mrs Bristow.

Session Times

School for Reception children starts at 8:50am and finishes at 3:15pm. We would like to remind you of the importance of attendance and punctuality and ask that you make every effort to bring your child to school every day and collect them on time. Please telephone the school in the morning if your child is going to be absent from school. Please Telephone **01568 616919**. You can also report absences through **MCAS**.

Reading Books

Everyday children in Reception will be able to choose a story to share at bedtime with an adult. This is not a book for them to read to you, but a story for you to share together. You could look at the pictures and discuss what is happening on each page, talk about what you think is going to happen next or how the story might end. Children can change this book daily from the book box. Please can you record when you have shared a book together in your child's reading journal. Children will soon start to bring home green words to practise too.

Reminders

PE days for children in Reception are as follows:

Hedgehogs: Mondays and Thursdays

Badgers: Wednesdays and Fridays

Please ensure your child has their PE kit in school. If your child wears earrings, please could we ask that you remove them on these days, if this is possible. Children's hair will also need to be appropriately tied back.

It is important to ensure all items of clothing are clearly labelled with your child's name. This includes coats and lunch bags.



We recommend that your child has a purple school book bag. Children should be bringing their book bag to school every day, which will hold their bedtime book (for you to share with your child at home), as well as any letters.

Please see attached information about healthy lunchboxes. If you are sending in grapes please ensure that they are cut up as they can prove to be a choking risk.



Unwanted toys and books

If you have any unwanted good quality toys or books, appropriate for Reception children, and would like to give them to a new home, please speak to your child's teacher!

Dates for your Diary

Thursday 2 nd October	Phonics workshop- after school
Thursday 2 nd October	Children individual photos
Saturday 11 th October	Reception open morning for new admissions (Sept 2026)
Thursday 16 th October	Reception Open Day for new admissions (Sept 2026)
Wednesday 22 nd October	Parents' Evening
Thursday 23 rd October	Parents' Evening
Monday 27 th – Friday 1 st November	Half Term
Monday 1 st December	Reindeer Run
Tuesday 9 th December	Nativity (pm)
Wednesday 10 th December	Nativity (am)
Friday 12 th December	Christmas Jumper Day
Wednesday 17 th December	Christmas Party Day
Thursday 18 th December	Last day of term

Many thanks,

The Reception Team

Starting Reception: Lunch Box Parent Guidance

Sending your child to school with a packed lunch is a great way to ensure they're eating a balanced and healthy diet that will keep their energy levels up and ready for learning. You can plan your child's lunch (or encourage them to help plan their own) using some of the guidance below.

A balanced diet, built upon the four key food groups – fruit and vegetables, starchy carbohydrates, dairy/alternatives and proteins – is crucial for children's growth and development.

Fruits and Vegetables

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your child's body healthy. They're also a good source of fibre, too. Try to provide two sources of these foods in your child's lunch, including items such as:

- fresh, frozen or dried fruit such as apples, strawberries or oranges
- tinned fruits like pineapple or peach slices in juice (taken out of the tin)
- cut vegetables like cucumber, bell peppers and carrot



Starchy Carbohydrates

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

- bread
- potatoes, sweet potatoes and other starchy root vegetables
- pasta and noodles
- rice and other grains
- breakfast cereals



Dairy or Dairy Alternatives

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength. You should aim for one portion of these foods, which could include:

- milk
- cheese
- yoghurt
- fromage frais
- oat or soya milk



Proteins

Protein is vital for your child due to its role in rapid growth and development. It helps build muscles and tissues, supports a strong immune system and aids in brain development. Add protein to your child's lunch by including your protein choice in a sandwich, wrap or salad. You could include:

- beans and pulses
- meat and poultry
- fish
- eggs
- meat alternatives

Many schools are 'nut-free' so it's a good idea to avoid adding nuts to your child's lunch, just to be safe.



Eat in Moderation

Everyone likes a sweet treat or snack and a balanced diet means having something from every food group. A small treat once in a while does not mean you have an unhealthy diet.

Here are some tips about these foods:

- Avoid cereals that are high in sugar, like those that are sugar-coated or chocolate-flavoured.
- Limit flavoured dried rice, pasta and noodle products, such as instant flavoured noodles, pasta and rice in packets and pots.
- Limit your child's consumption of items like chips, fried rice and fried noodles to no more than once a week.
- Avoid fruit tinned in syrup – opt for fruit tinned in juice instead.
- Limit foods high in saturated fat, salt, and/or sugars like cakes, sweet and savoury pastries, biscuits, crisps, chocolate and other confectionery.
- Limit foods containing artificial sweeteners as they may encourage children to prefer very sweet foods.

Talk to your child's school about any other recommendations they have or whether any other foods need to be avoided due to allergies of other pupils.

