



# DEAR PARENTS

W/C : 10/03/17

## Dear Parents,

Each week you will find our **Dear Parents letter** on our indoor and outdoor noticeboard and also under the Nursery tab on the website at [www.polegateschool.co.uk](http://www.polegateschool.co.uk)

**Here at Polegate Nursery we want our children to understand the importance of eating well and being active, growing up to live long, happy, healthy lives.**

This week Mrs Trent and Julie attended 'Phunkyfood' training, discovering lots of fun ways to deliver key healthy eating and physical activity messages to the children. They were shocked to hear that:-

- Only 16% of boys and 17% of girls 5-15 years meet the 5 a day recommendation (HSE 2013)
- Sugar intakes of children 4-10 years exceed current recommendations by over 50%! (NDNS 2012)
- Just 2 in 10 children aged 5-15 years meet the government recommendations for physical activity (HSE 2012)
- 1 in 5 children by Reception are classed as overweight/obese [1 in 3 by Year 6] (NCMP 2015)

We will be bearing these key messages in mind as we continue to work with the children. We have attached a **questionnaire** that we would appreciate you filling in and returning as soon as possible so we can discover how we can best support our Nursery families.

## Our focus: 'Strive for Five'

The children have been really enjoying learning how to look after their amazing bodies. So this week we are promoting the key message of 'Strive for Five'. We are going to provide the children with lots of opportunities to explore, investigate and taste a wide range of fruit and vegetables. This will be supported in the ongoing variety of healthy food they are using when preparing themselves a range of snacks.

## Dates for the Diary

**Weds 29th March 2017 1:30-3pm**  
**'Springtime Fun' Open Afternoon**

**Last day of term**  
**Thursday 30th March 2017**

**INSET Day**  
**Friday 31st March 2017**

## Early Phonics and Reading Workshop

After a lovely indication of interest Mrs Trent will be holding a short parent workshop at the following times to share how we introduce phonics and early reader skills to our children to support their transition to school. We have organised a morning and afternoon session in the hopes that those that were interested can come. Currently this will be held in the group room unless numbers exceed then another location will be found.

**Mon 27th March 3 - 3:30pm (before pick up)**

**Wed 29th March 9.15 - 9:45am (after drop off)**

## Thank you

A big thank you to all those that attended parents evening. It was lovely to share with your child's achievements and talk together about how to move them forward in their learning. If you would still like one please see Mrs Trent to arrange a mutually agreeable time.

**Many thanks for your continued support**  
**Love from the Nursery Team**