



Welcome back, we hope you all had a super half-term break—what amazing weather! Hopefully there will be more sun to come. Please remember that children's skin needs protecting from the sunshine so ensure your child brings a hat to Chestnut and wears clothes that covers their shoulders. It is also worth applying sunscreen before your child comes in so they are protected from the get-go. On sunny days staff will also apply sunscreen to the children, if you want to provide your own cream for your child please make sure it is clearly labelled.

We are looking forward to a busy summer term and have lots of fun things planned.

For the children we will be sharing lots of lovely summer themed stories and activities. We hope to add to the wildlife homes in the Apple Garden—bug hotel/ animal dens/ 'No-Mow-May' grassland —by building a hedgehog house with the children, to attract more animals into the garden by offering them a place to shelter and nest.

For the oldest children, who will be moving onto primary school in September, we have been in contact with all their feeder schools and look forward to supporting them as they make visits to their new schools. We have also invited their new teachers to visit them in setting at Chestnut.

For parents we will be hosting more workshops. Sue Reynolds-Beer will be holding a well-being workshop on Thursday 11th June—details on the last page. We will also be holding another toilet training workshop on Thursday 2nd July @ 9.15am. This is always a popular session and parents who have previously attended have given positive feedback and said that the ideas have been really useful and helpful. If your child is still in nappies it is not too early to attend, as part of the session will focus on preparation and the things you can be doing to get your child ready.

And of course we cannot end the term without our annual picnic in the garden. This year we will be combining the summer picnic with our Leaver's Ceremony, which will be a beautiful and social way to sign off the year. Details can be seen on the back page we do hope you will join us.

Healthy Breakfast—setting your child up for the day

We all want the best for our children and work hard to prepare them for their daily routines. A simple way you can help your child to have a good day is by making sure they have time to share a healthy breakfast before they come to nursery school. Research shows that a healthy breakfast provides toddlers with the essential nutrients needed to fuel rapid physical growth, brain development, and active play. It stabilizes blood sugar levels to prevent morning sluggishness and irritability, while helping children learn, concentrate, and regulate their moods throughout the day.

On the flip side research also shows that there are many concerning downsides to eating a sugary breakfast. These include rapid blood sugar spikes and crashes, mood swings, hyperactivity, and poor concentration. Sugary breakfasts also increase the risk of childhood obesity, Type 2 diabetes, heart disease, and severe tooth decay.

We do recognise that young children can be very powerful about their likes and dislikes but please don't send your child to nursery school on a breakfast of donuts, sugary drinks/sweets! If anyone needs support with setting limits let us know and we can repeat the Power and Identity workshop which looks at ways to set limits at home.



May's Gallery



Just chilling out in the garden.



I've made a tall tower.



After School Club creative fun.



Painting flower pictures.



What's in the sand tray?



We love playing in the house.

Other news

Summer Picnic and Leavers Ceremony

This year our Summer Picnic will take place on **Tuesday 14th July @ 12 midday**. For those of you who haven't been before, our Summer Picnic is an opportunity to share a 'Debbie picnic lunch' in the garden with the children, parents and staff. It is always a special occasion and very well attended. Places need to be pre-booked (£6 per adult/£3 per child) —picnic booking forms will be available from Key Workers. This year we will be combining the picnic with a raffle and the Leaver's Ceremony.



If anyone has any raffle prizes they would like to donate please drop them off with Sarah on reception. Thank you.

Summer Menu

Until the end of term the Wednesday dinner menu will change from a roast dinner to a selection of cold meats (chicken/gammon or veggie option), mashed potato, salad and coleslaw.

Parent well-being session

Thursday 11th June—9.15am

In response to feedback given in some of our previous workshops, Sue Reynolds-Bier, our Family Services Lead, will be leading a special workshop focusing on parental well-being. Do join her for some shared tips and strategies to boost your own well-being and think about simple hacks to make sure that you are making enough time for you.



Tick Check

As the weather warms up and we spend more time outdoors it's important to regularly check yourselves and children for ticks. Ticks are tiny insects that live in woodlands, grasslands and moorlands and can attach to the skin. They sometimes carry illnesses, so spotting and removing them early is key. After spending time outside, especially in grassy or wooded areas, carefully inspect areas like behind the ears, around the neck, under the arms, and in hair. Using fine-tipped tweezers to gently pull out any ticks as soon as possible helps prevent potential health issues. For more information go to www.nhsinform.scot/illnesses-and-conditions/injuries/skin-injuries/tick-



Dates for your diary

Ongoing— every Monday stay and play session 9.30-11.00am

Monday 1st June

- First day of half-term

Thursday 11th June

- Parent well-being session @ 9.15am

Tuesday 16th June

- Open Evening for families applying to join Chestnut

Thursday 2nd July

- Toilet training workshop @ 9.15am

Tuesday 14th July

- Summer Picnic and Leavers Ceremony @ 12 noon

Wednesday 22nd July

- Last day of term

Monday 7th September

-First day back



Chestnut Nursery School

