

Newsletter

May 2026



Welcome to our May Newsletter, we hope you find it useful!

You will find lots more information on our website, so please do take the time to have a look: www.grasmerenursery.co.uk

Half-Term Holidays

Nursery is closed to all children from Monday 25th May to Monday 1st June.

Nursery is closed to all children on Monday 1st June for staff training.

All children return on Tuesday 2nd June.

This Half Term's Curriculum

0-3s (Purple, Red & Silver)

Purple

During the last half-term of this academic year, Purple Class will be welcoming some new class pets, as we help a group of tiny caterpillars on their journey to grow into butterflies! We will be reading 'The Very Hungry Caterpillar' book and learning our life cycle song - ask us how it goes! Outside, the children will use magnifying glasses to explore in the trees and under logs to look for insects. Hopefully we will see some sunshine soon, so please bring a named hat and bottle of sun cream for your child. We ask that sun cream is applied before the children arrive at nursery and staff will top it up throughout the day.

We have introduced a morning "energiser" dance to help our children have a positive and healthy start to their day. Fun crafting activities will continue, including junk modelling, decorating cards and making play-dough. We will also be enjoying a picnic-style snack in our new gazebo in the garden. Here we will taste some refreshing fruit lollies which we will be making together to help us stay cool.

Our children who are moving to Red Class in September will begin their transitions and enjoy spending short periods of time in Red Class with their peers and a member of the Purple Class team. Have a lovely half term break.

Red & Silver

We have a very busy and exciting term ahead of us! The theme this term is lifecycles, and our focus will be on the lifecycle of a butterfly. The children will be expecting an exciting delivery of caterpillars in the post soon. They will be watching them grow and transform into beautiful butterflies! Our key text will be 'Sleep Tight Very Hungry Caterpillar' and our key rhyme will be 'Hickory Dickory Dock'. The Value will be courage and we will be creating opportunities for our children to be courageous. We will also be continuing with the lending library.

We have some upcoming events for your diaries. It is World Environment Day on 5th June and Father's Day on 21st June. The children will be enjoying many summer experiences too; nature hunts in the orchard, making lemonade and fruit salads, and an array of summer sensory trays!

3-5s (Yellow, Blue & Green)

We have had a lovely half term learning all about recycling and how to look after our environment. We have been learning how to reduce - reuse - recycle by litter collecting, learning about different materials that can be recycled and why it is important.

We have been having great fun in our new bike area which has been very exciting. Our tortoises woke up from hibernation and we have been caring for them again.

Next half term will be the last with many of our children, so we have lots of fun things planned. Our theme is 'Lifecycles' and our Value is 'Courage'. Our key text is 'The Woolly Bear Caterpillar' by Julia Donaldson. We will also be using 'The Very Hungry Caterpillar' text by Eric Carle to support this too. Our key rhyme is 'There's a Tiny Caterpillar on a Leaf'. It would be wonderful if you could share this with your child at home. If you have not got the book then why not visit your local library to borrow it. Here is the link if you would like to find one closest to you:

<https://www.lutonlibraries.co.uk/digital-content/branches-and-services/branch-information>

Here is the link to watch the story of The Very Hungry Caterpillar at home: <https://www.youtube.com/watch?v=75NQK-Sm1YU>

We will be learning about the life cycle of a butterfly through first-hand experience by having caterpillars at nursery and watching them transform into butterflies. We will also learn about other lifecycles during this time too. In July we will be taking part in sports day within our classes.

In preparation for those children moving on to Primary/Infant School, we will be looking at uniforms, logos and who they will be moving on with. Some of the Teachers from the Schools will be coming to visit us too.

For Father's Day we will be making a card for someone special in our life. World Environment Day is on Friday 5th June and this will help us to revisit what we have learnt about recycling and caring for our environment.

We are hoping for lots of lovely weather so we can spend time outside in our orchard learning all about summer too.

Have a lovely half term break and see you all on Tuesday 2nd June.

Dates for your Diary

- Sports Day (for children only) – Thursday 9th July
- Reserve Sports Day – Monday 13th July
- Family Picnic in the Orchard (further details will be sent nearer the time) – Tuesday 14th July.



Staffing Changes

- We recently said a sad goodbye to lysha O'Sullivan, our Admin Assistant, after nearly 22 years at Grasmere but we wish her the very best of luck in her new job.
- We would like to congratulate Bally Chohan and Leigh Baker on their new roles in the office: Bally as School Business Manager and Leigh as Finance/Office Manager.
- We welcome Nafeesa Maher to Grasmere and the role of Admin Assistant
- Michelle Rolls and Emmy Deacon will both soon be starting their maternity leave and we wish them both the best of luck.



May Half Term Activities

Kids Eat Free or for £1:

Money Saving Expert

Money Magpie

Activity ideas:

Culture Trust

Step Forward Luton

Days out with the Kids

Active Luton

Money Saving Expert: Things to do with the kids



*Small changes today,
healthy smiles tomorrow* ♥

HEALTHY HABITS START EARLY

Let's keep little smiles healthy!

Switching from bottles to free-flow cups is a simple step that can help protect your child's teeth and prevent early tooth decay.

FREE-FLOW CUPS AVAILABLE FOR ALL CHILDREN!

HEALTHY HABITS BRIGHT SMILES FOR ALL CHILDREN!

WHY FREE-FLOW CUPS?

- Helps reduce tooth decay by limiting constant contact with milk and sugary drinks.
- Supports healthy habits and encourages children to drink from an open cup from around 6 months of age.
- Better for their development and builds independence at mealtimes.

TOP TIPS FOR HEALTHY SMILES

- ✓ Avoid bottles at bedtime.
- ✓ Offer water with meals and between meals.
- ✓ Limit sugary drinks and snacks.
- ✓ Brush twice a day with fluoride toothpaste (use a smear up to age 3, then a pea-sized amount).
- ✓ Take your child for regular dental check-ups.

WE'RE HERE TO HELP!
We run children's clinics after school, on Saturdays and during school holidays to make it easier for families to get the dental care they need.

APPOINTMENTS AVAILABLE FOR NEW CHILD PATIENTS

SUNDON DENTAL PRACTICE
01582 571074 | sundonreception@gmail.com
Sundon Dental Practice
115 Sundon Park Road
Luton, LU3 3AD

HEALTHY TEETH, HAPPY FUTURES ♥

IN FEBRUARY ALONE, WE SAW 1,200 CHILDREN FOR CHECK-UPS!

REGISTER YOUR CHILD TODAY
Call us on 01582 571074 or email us at sundonreception@gmail.com

TOGETHER, LET'S GIVE OUR CHILDREN THE BEST START FOR A LIFETIME OF HEALTHY SMILES!
Dr Divesh Patel BDS

"Talk Pants"

As part of our 3-5s curriculum we use the NSPCC "Talk Pants" and "Pantosaurus". Pantosaurus has helped 1.5 million parents 'Talk PANTS' and help keep their children safe from sexual abuse.

Developed in consultation with children, parents, carers and teachers, Talk PANTS is aimed to help children understand their body belongs to them, and teach them that they should tell a safe adult they trust if anything makes them feel upset or worried.

Here are some links which you may find useful and information that you may wish to share with your child:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Pantosaurus song: <https://www.youtube.com/watch?v=LnroTxz7USI>

Pantosaurus book: <https://shop.nspcc.org.uk/collections/pantosaurus/products/pantosaurus-and-the-power-of-pants>

Here is another link to another book which we have read to the children: "No Means No!"

<https://www.amazon.co.uk/No-Means-boundaries-empowering-respecting/dp/1925089223>

Please speak to your child's Class Teacher if you need any further information.



Starting School in September 2026

In conjunction with Luton Adult Learning, we will be running a "Getting Ready for School" Workshop for the parents/carers of children who will be starting School in September.



Please look out for our email giving further details. Enrolment will take place here in the Nurture Room Wednesday 10th June at 9am. The course will then run for three weeks from 17th June to 1st July from 9am to 11am in our Nurture Room.

Child Car Seats – The Law

We are regularly speaking to parents and carers who are not correctly restraining their children when travelling in cars. For the safety of your child, please **always** ensure your child is correctly restrained.

The law states that children must normally use a child car seat until they are 12 years old or 135cm tall, whichever comes first. You should choose the appropriate child car seat based on your child's height or weight. For further information, please go to: [Gov.uk - Child Car Seats](https://www.gov.uk/child-car-seats)



Attendance & Illness

Our attendance target for all 15 or 30 hour funded children is 85%. As a nursery, we promote and encourage regular nursery attendance and for more information about the importance and benefits of regular attendance, please see our website: [Grasmere attendance information](#)

If your child is going to be absent from nursery for any reason, please always let us know the reason first thing in the morning. If we do not have a reason, the absence will be marked as unauthorised.

If your child needs medication of any kind whilst they are at nursery, please contact your Class Teacher or Room Lead to make an appointment to complete a Care Plan before they return to nursery. If your child has vomiting or diarrhoea, please ensure they are clear for 48 hours before they return to nursery. Medical advice is clear that children with mild illness will often be well enough to attend, for example if they have a cough or cold, without a temperature. The NHS guidance [is my child too ill for school](#) is designed to support parents in their decision-making about mild illness. If you have any questions or would like to discuss anything further, please contact Lois.



Safeguarding

If you have any urgent concerns about the welfare of a child, please contact the Luton Multi Agency Safeguarding Hub on 01582 547653 or out of hours 0300 300 8123. For further information or to make a referral, please visit:

MASH referral

Our safeguarding team work hard to safeguard all children. In line with our safeguarding procedures, please always let us know if your child has sustained



an injury out of nursery.

We will always ask parents/carers for an explanation and will also ask your child, if appropriate.

Our Designated Safeguarding Lead is Barbara Tewe and our Deputy Safeguarding Leads are Lois Robins, Kim Buttle and Obrene McBride. If you have any concerns or need any help or support, please come and speak to one of us.

Online Safety

For online safety in early years, parents should supervise young children's device use, set clear boundaries and family agreements for screen time, and use parental controls to filter content. Parents should also model safe behavior, have open conversations about online risks, and stay involved by using technology with their child and placing devices in common areas like the living room. For further advice and tips, see the following links:



[NSPCC - Keeping Children Safe Online](#)

[Internet Matters 0-5 Advice](#)

[Barnado's Support for Parents](#)

[Childnet Help and Advice](#)

[Safer Internet.org Guide & Resources](#)

[Conspiracy Theories & Disinformation](#)

[BBC - Disinformation vs Misinformation](#)

[BBC - Conspiracy Theories](#)

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Please speak to your child's Class Teacher if you need any further information.



Domestic Abuse

Domestic abuse can include controlling, coercive, threatening, degrading and violent behaviour, including sexual violence. If you need help, information or support please visit the Bedfordshire Domestic Abuse Partnership website or see the links and numbers below - **BDAP**

24 Hour [National Domestic Abuse Helpline for Women](#) 0808 2000 247

[Men's Advice Line](#) 0808 8010 327 or [ManKind Initiative](#) 01823 334244

[LGBT+ Domestic Abuse Helpline](#) 0800 999 5428

If you need to report domestic abuse call 101. If someone is in immediate danger, phone the police on 999

If you cannot speak, use the [Silent Solution](#). Dial 999 from a mobile and press 55 when prompted by the operator

Mental health support can be sought from NHS 111, option 2. Samaritans on 116 123 or Mind on 0300 123 3393



Reminders

- To safeguard our children, please do not use your mobile phone, for any reason, whilst on the nursery premises.
- Please ensure that your child comes to nursery dressed appropriately to go outdoors whatever the weather.
- Please make sure all your child's clothes are named, including outdoor wear, their name written on the label is good enough.
- Please bring a bag with at least one full spare change of clothes in case of accidents – this can be left at nursery and please name the outside of all bags.
- Please ensure that your child does not bring in toys from home; it is always upsetting for them if they get lost or broken and they are safer at home.
- Please do not bring any water bottles to nursery – unless there are special circumstances which have been agreed with your Class Teacher/Room Lead.
- Please do not open the gate to your child's class. For the children's safety, the gates should only be opened by a member of staff.
- Please ensure your child is handed over to a member of staff on arrival at nursery.
- Please ensure that your child does not have any food, drinks or medication in their bags.
- Please note that we are a “**nut-free setting**”, please do not bring any foods containing nuts into nursery for any reason.
- As the weather improves, please always ensure your child is appropriately dressed for the weather. Shoes should be suitable for running and climbing.
- If necessary, sun cream should be applied before coming to nursery and if your child stays for the whole day, then staff will reapply it after lunch. Please leave a named bottle of sun cream at nursery for your child.

