

# Nursery News

20th August 2021

## School Meals & Snacks

All children from nursery—P4 are entitled to a free school meal each day they attend.

The new menu is attached for your information.

Children can also bring a packed lunch if you would prefer. Please note that **packed lunches must be nut free**, this means no chocolate spread or pesto. If you are unsure, please speak to a member of staff and leave it out of the lunchbox.

As we have no facilities to refrigerate lunches, please put an ice pack in your child's lunchbox to keep it cool until lunchtime.

Also attached are some healthy lunchbox ideas to help you make the best choice.

We also provide a healthy snack for children each day in nursery, and they have access to milk and water to drink. The snack menu is attached for your information.

If you have any questions please get in touch.

## Welcome!!

Welcome to the first edition of the Nursery News for 2021-22!

We have been delighted to welcome back lots of familiar faces this year, as well as welcoming some new boys and girls to learn and have lots of fun in nursery.

As always, if you have any questions or concerns please contact me or your child's key worker on 01887 822300, or via email [breadalbane@pkc.gov.uk](mailto:breadalbane@pkc.gov.uk).

Mrs Lucy Hunter, nursery teacher, and the nursery team

## Toothbrushing

We brush our teeth every day in nursery following national Childsmile guidance.



Children are automatically enrolled in the programme and you don't need to do anything if you are happy with your child brushing their teeth in school.

If you would prefer to opt out, please complete the form that will be sent out shortly and let us know.

If you would like some more information about the Childsmile programme, please have a look at the website below.

<http://www.child-smile.org.uk/parents-and-carers/childsmile-at-nursery-and-school.aspx>



Belonging, Believing,  
Breadalbane Academy  
Aspiring, Achieving!

It would be really useful if your child could bring the following items with them to nursery each day:

- A pair of indoor shoes (slippers are fine) so we can keep our carpet clean for playing on the floor
- A warm jacket
- Wellies for wet weather days so we can still splash in puddles!
- Waterproofs—ideally a puddle suit or waterproof jacket and trousers, although we have a stock in nursery if required.
- 2 spare pairs of pants and trousers, just in case!
- A spare top
- A sunhat for playing outside if it's sunny
- Nappies and wipes (if required)

We do have a small stock of spares just in case.