

Acorns Nursery

Newsletter 9th January 2026

What we have been learning this week!

This week we have been delighted to welcome some new families to our nursery. It has been fantastic to see all the children settling in so quickly, forming friendships, and engaging confidently in their play. We are incredibly proud of them all!

Throughout the week, we have been using our daily routines as valuable learning opportunities. During snack time, getting our coats on, and tidying up, the children have been developing important skills such as counting how many children are at the table, counting items like bagels, remembering where objects belong, and using good manners.

We have seen maths everywhere! In the construction area, the children explored different shapes and described their properties while building enclosures. In the role-play area, they counted cupcakes made from playdough and used pretend money to buy delicious treats, developing early number skills and confidence.

The children also had a wonderful time exploring ice that we found in the garden. This led to exciting discussions about Arctic and Antarctic animals and introduced new vocabulary such as freezing, cold, ice, melt, penguin, and polar bear. The children were curious, engaged, and eager to share their ideas.

Each day, we have enjoyed reading stories and singing nursery rhymes together. We were especially impressed to see some children acting out *We're Going on a Bear Hunt*, *The Three Little Pigs*, and *Dear Zoo*, using their imagination and storytelling skills beautifully.

What a fantastic week of learning, exploration, and fun!

Next term we will be learning...

Next week, we will be continuing our learning about winter and Arctic animals, building on the children's interests and curiosity. We are excited to see what wonderful learning opportunities the winter weather may bring!

In our role-play area, the children will be exploring the use of coins, notes, and cards to pay for different items, supporting their early maths skills and understanding of money through play.

We will be using the story *Dear Zoo* as a focus for our learning. The children will enjoy moving in different ways inspired by the animals in the story, such as hopping like a frog and prowling like a lion. We will also be reading the story together and using small world animals to retell it, encouraging language development, storytelling, and imagination.

We will continue to help the children get to know one another through play-based learning and small group sessions, supporting friendships and confidence.

As always, we will be developing both gross motor and fine motor skills based on the children's interests. This week, we noticed the children particularly enjoyed using geo boards and large-scale painting, so we will be building on these interests in our planning.

We are really looking forward to another exciting week of learning and discovery!

<p>Reminders</p> <p>Please could you bring daily –</p> <p>Packed lunches – Please ensure food is cut following the attached guidelines. School lunches are £1.50 per day, menus are available to view via Seesaw weekly, and you can order your child's lunch on the day with the team.</p> <p>Nappies and wipes.</p> <p>Spare clothes including underwear and socks if potty trained/training.</p> <p>Warm coat, hat, gloves and scarf. We would love these labelled and really helps if they are popped inside your child's coat sleeve when not in use.</p> <p>Water bottle – we strongly encourage water only.</p> <p>Smoking/ vaping is not permitted on the school grounds.</p> <p>Mobile phones are not allowed to be used in the room for safeguarding purposes. If you wish to share a picture or video of your child we would love to see it, you can send it through the communication section on Seesaw.</p>	<p>Dates for your diary</p> <p>Spring Term 2026</p> <p>- Friday 6th February is Number Day at school. Children can wear numbers instead of uniform. A simple number or get creative!</p> <p>-Friday 13th February, school closes for half term.</p> <p>-Monday 23rd February, school re-opens.</p>
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Home learning

To support our learning about winter, we encourage you to look for signs of winter together when you are out and about. You might notice the shiny frost on cars and grass or observe that the trees still have no leaves. Talk with your child about why we need to wear our coats and hats to keep warm during colder weather.

Comments

We are delighted to welcome Miss Bayal to our nursery team. We are sure the children will enjoy getting to know her. There will be additional information sent out about our team and to share more details about our nursery day, so please keep an eye out for our welcome booklet.



Early years choking hazards food safety advice

For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1 Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/> Introduce babies to solid foods from around 6 months of age.
- 2 **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3 Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
- 4 **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
- 5 **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their **time** during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>



Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from

choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a->