

September 2024

Dear Parents and Carers,

We would like to welcome all returning and new families to Chestnut Playgroup and hope you have all enjoyed a restful summer break and are ready to begin a new academic year.

A few reminders for all parent/carers:

- If any of your contact details have changed please could you let us know? It is important we have reliable, current details in case we need to contact you.
- In line with best practice and our policy, if your child is absent we expect a quick phone call or text message to inform us in the morning they are due to be in. Otherwise we will aim to contact you to clarify the situation. This helps us to be aware of any illness that may be a risk to the other children and staff within the playgroup.
- If your child is staying for the lunch session, we encourage that you provide a meal that is healthy and nutritional. Here is a website that can give you some fantastic ideas for your child's packed lunch: www.nhs.uk/change4life/recipes/healthier-lunchboxes
- We do except 1 sweet treat such as a biscuit, cake or chocolate bar but no multiple items and no sweets.
- Please ensure that all grapes and cherry tomatoes (or similar to size) are cut up into quarters as this decreases the risk of choking. If they are not cut up then staff have to spend time cutting them to ensure they are safe for your child to eat, we would really appreciate your support with this.
- NO NUTS! Staff check ingredients lists of items in lunch boxes and if the item is homemade, please provide a list of ingredients used. If nuts are included or no ingredients list to read, staff will remove the item(s). We understand this can be difficult but we are committed to the health and safety of all children whilst they are in our care.
- Name everything: clothes, bags, water bottles, hats, gloves etc.
- Water bottles: By promoting and supporting children's oral health we ask that all children come in with water in their bottles rather than juice. The children also have milk offered to them which helps build strong teeth and bones.

With the new academic year starting we are already planning some great experiences for the children and already planning our first outing for this year.

We thank you in advance for your understanding and help on these matters.
We look forward to seeing you and hearing all about your summer.

Chestnut Staff