



Jack in the Box at Brockwood CIC

Dear Parents/Carers

The children are settled into routine and are doing very well, this term is a busy one with lots of activities and festive fun

The Early Years Foundation Stage Nutrition guidance is that children are only allowed dried fruit as part of a meal so this means lunch time and not a snack so please can we ask parents not to donate dried fruits for snack time. This is due to the added sugar and preservative content.

Making children finish everything on their plate or eat more than they want to. Although practitioners will encourage your child to eat but we can not under any circumstance force them to finish or offer any rewards for example like stickers or desserts. A portion size for a child 1-5 years is generally smaller than an adult's portion and for toddler size is usually the size of their clenched fist.

I have attached a lunch box leaflet if parents/carers need lunch box ideas.

Cocktail sausages & grapes **MUST** be cut in the middle length ways as they are choking hazards if they are not cut, they will not be offered and sent home, due to our priority supervising the children eating and not preparing their lunch.

Please no nuts and pop corn

Celebrations

Many families like to celebrate their child's birthday and other special events by bringing in a cake or sweets to the setting to share. This can mean that some children are eating these unhealthy foods several times a week, we are now recommending fruit platters to share or non-edible options to celebrate with such as bubbles or stickers). Any food shared in the setting should be checked for potential allergens. Communication with parents and/or carers about these practices is key to ensuring they are informed and involved in supporting healthy eating habits at early years settings.

Over this half term we have been undertaking our developmental checks on children who are 2 years and 6 months, in line with the Early Years Foundation Stage. All other children will have a termly assessment sheet, this is a short report about the learning your child has been doing this term and the next steps we are working towards. A booking in form is now available to book in with your child's key person please see the following days and times.

Kayleigh- Monday 1 st December-9.00-11.00	Nicola 12.45-2.00
Els Tuesday 2 nd December 9.00-11.00	Paige 12.45-2.00
Gemma- Wednesday 3 rd December 9.00-11.00	Kerry- 12.45-2.00
Donna- Thursday 4 th December- 9.00-11.00	Kelly- 12.45-2.00

These can be done face to face or telephone call.

Sickness policy-

This time of year, is particularly common for children to catch coughs and colds, within the nursery we encourage children to cover their mouths when they cough and to wipe their noses ensuring they wash their hands afterwards to try and prevent infection spreading. We appreciate that children who are new to pre-school seem to catch everything that is going around; unfortunately, this is very common when a child starts somewhere new, but their immunity will build up over time. Any child who has sickness or diarrhoea needs to remain at home for 48 hours from their last bout before returning to Jack in the Box. If your child has a temperature, then 24 hours must have passed without a temperature before your child can return to the setting. It is extremely important to keep our Nursery a healthy place to be **for everyone**. If your child is ill or unable to attend one of their sessions, please notify a member

of the team on our number **07852914934** Thank you. The phone will be on daily 7:30am until 4.00pm. If the phone is not answered, please leave a message, or send a text and we will get back to you as soon as possible. The email address for JITB Brockswood nursery is as follows **jackintheboxatbrockswood@hotmail.com** If any of your contact details have changed including email addresses, telephone numbers or home address then please inform the nursery immediately.

Wellies

Please can we refrain from sending children into nursery wearing wellie boots. If your child wears wellies on the way to Nursery, can you please bring a comfortable pair of shoes that you can change them into before they enter the setting. This is because it is very difficult for children to manoeuvre around the setting and sit on the carpet throughout the day wearing wellies. They can be quite uncomfortable to wear for long periods of time. We do have a wellie boot box where children can keep a pair of wellies to change into for outdoor play.

Nativity- All the information you need for Nativity will be handed to you this week.

Once again, I would like to thank parents for the continued support, understanding and kindness to help us ensure Jack in the box is a happy, healthy place for your child to grow and develop.

Thank you

Kayleigh and JITB team.

Dates for your diary

Occasional Day Friday 28th November- Nursery closed

Open class room- Monday 1st December—Thursday 4th December

Nativity- Thursday 11th December 1.30pm

Spring term starts- Tuesday 6th January 2026

Half term nursery closed- Monday 16th February- Friday 20th February

Spring term finishes- Friday 27th March 2026 11.45 finish no lunch club

Summer term starts- Tuesday 14th April 2026

Monday 4th May – bank holiday nursery closed

Half term nursery closed- Monday 25th May- Friday 29th May

Summer term ends Tuesday 21st July 11.45 finish no lunch club.