

Dates for your Diary

- **Monday 29th April**—Trip to the Farm—(Nursery closed)
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- **Monday 6th May**—Bank Holiday—Nursery closed
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- **Monday 27th May—Friday 31st May**—Nursery Closed Half Term
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- **Tuesday 11th June**—The photographer will be in Nursery today— all children will have an individual and class photo taken over the day, if you are interested in having a photograph with brothers or sisters please arrange an appointment time with Mrs Dodds in the office.
- **Wednesday 10th July**—Beach Trip—Nursery closed

Newburn Manor Nursery School

Newsletter April 2019



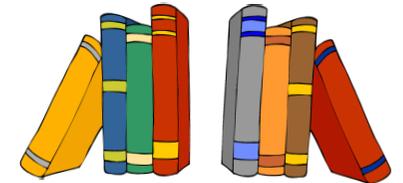
Library Visit

The children will be walking to Newburn Library to explore the library and bring favourite stories back to nursery to share.

Red Class visit—Tuesday 7th May

Green Class Visit—Tuesday 14th
May

Blue Class visit—Tuesday 21st May



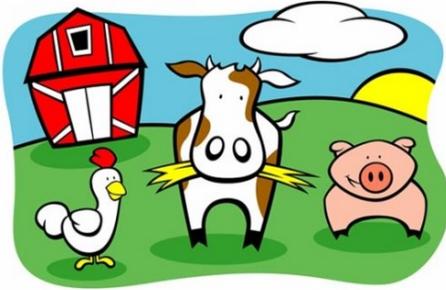
Summer Sun

As it is hopefully beginning to get a little warmer we will be encouraging all children to wear a sun hat.



We have enough hats for all children but if you want them to wear their own please ensure it is labelled with your child's name.

Please apply sun cream before your child comes to Nursery.



Farm Trip—Monday 29th April (Nursery Closed)

- Please meet and register with us at the buses on Walbottle Road from gam. The buses will be leaving at 9.10.
- If you are bringing your own car please meet us at the farm (or follow the bus!) as you will need to come in the entrance with us so you are not charged twice. We hope to arrive for 10 am.
- At the farm you will be allocated to a group and will be taken around in that group for the day—you will be able to have some time on your own at lunch and at the end of the day.
- Remember to dress your child in warm clothing and sensible footwear. Your child will also need a waterproof coat.
- Remember your packed lunch—there is also a small café on site.
- We will be leaving the farm at 1.30 and hope to be back by 2.15/2.30.
- Whilst at the farm please remember to wash hands after handling animals.

Physical Activity for under 5's

Did you know the Department of Health say that children under 5 should be physically active for at least 180 minutes (3 hours) every day.

Some of the benefits are it improves general health, improves bone health, contributes to a healthy weight and develops movement and co-ordination.

The activity can be of any intensity, light or more energetic and may include:

- Energetic play—riding a bike, climbing frame.
- Energetic bouts of activity eg running and chasing games.
- Walking/skipping to shops, the park or nursery.

The Department of Health also recommend to limit the amount of time spent watching TV, using the computer or tablet and reducing the amount of time in a pushchair or car seat.

In Nursery we ensure children have opportunities each day for physical exercise both indoors and outdoors