

## **HEALTH AND WELLBEING WEEK 8-12 MAY**

We will soon be having our "Health and Wellbeing" week. The children will be learning about the importance of exercise and healthy eating and we hope that you will also get involved.

On Wednesday 10 May we will be having our litter pick in the community. Please come along and help. More details will be following soon.

"Our walk to nursery" day will be starting again. To help promote health and fitness we will be encouraging children and parents to walk to nursery at least once per week. Please join in with your child and walk to nursery every Wednesday. If you have to bring the car, try parking in the school car park at the bottom of Blairmore Road (on the opposite side from the school) and walk up the hill. The children will also be going jogging on the school football pitch at the start of the session. You are welcome to join us. Details of dates will follow soon.

## **WALKING GROUP**

This group will start on Tuesday 25 April. Stuart McCabe, fitness instructor will be in the nursery to have a chat with parents about providing a course "Weight Wise, drop a size". Make sure you wear your trainers! Babies in prams welcome. The walking group will take place both morning and afternoon sessions.

## **COOKERY CLASSES**

The classes will begin again on Wednesday 3 May, both morning and afternoon. Please speak to Jacqui if you would like any more information.

## **HEALTHY EATING AND ORAL HEALTH INFORMATION SESSION**

Shona, our oral health worker and Domenika, paediatric dietician will be in the nursery on Tuesday 9 May at 9.00am and Thursday 18 May at 12.30pm to discuss healthy eating and oral health

with parents. They have visited us several times and parents have always found the information very useful.

## **TRANSITIONS TO PRIMARY SCHOOL**

The children who are going to school in August will be taking part in lots of visits to school over the next couple of months Mrs Kennedy, Head Teacher at All Saints will be visiting the nursery on Tuesday 2 May at 9.00am and Thursday 4 May at 12.30pm to have a chat with parents about your child starting school. Please come along.

## **GO YELLOW DAY - IN AID OF ARDGOWAN HOSPICE**

We will be having a "Go Yellow" day on Wednesday 24 May in aid of Ardgowan Hospice. Children should wear something yellow on the day and pay a donation of £1.00. There will be tea, coffee and cake in the Parents' Room. Donations for tea and coffee will go to the Hospice.

## **NURSERY TRIP**

Our nursery trip to Kelburn Country Park at Largs will take place on Wednesday 7 June. Our trip to Kelburn last year was a great success - despite the weather! There is plenty to do at Kelburn. We have organised a Gruffalo walk for parents and children in the morning and a falconry display in the afternoon. We have also hired pavilions to use in case the weather isn't very good although I'm sure the sun will be shining this year! All children should be accompanied by an adult. Please complete the tear-off slip that is included with your newsletter confirming if your child will be taking part in the trip and who will be coming with them. This will allow us to confirm transport arrangements.

We have not had any fundraising activities for this year's trip and therefore we are asking for a contribution of £7.50 per family. (One adult and one child)

The total cost of the trip including transport is approximately £900. The nursery funds will cover the balance of £450. This can be paid up over the next few weeks. Please hand your money into Liz in the office before the trip.

### ECO MEETING

There will be an Eco meeting on Wednesday 17 May at 9.00am and 12.30pm. We are preparing to submit our application to renew our Green Flag. Please come along and find out what is happening.

### PARTY AND END OF TERM PRIZE-GIVING -WEDNESDAY 28 JUNE

We will be having a Garden Party in the nursery garden (weather permitting) on Wednesday, 28 June from 9.00 -11.30 and 12.45-3.15.

The Prize- Giving for the children who are leaving to go to school will begin at 11.00am and 2.45pm. All children will be taking part by singing some of their favourite songs for you. Parents and relatives are welcome to attend. Refreshments will be available all day.

### DATES FOR YOUR DIARY

Monday 1 <sup>st</sup> May	Nursery closed for local holiday
Wednesday 24 <sup>th</sup> May	"Go Yellow" day - Ardgowan Hospice fundraiser
Friday 26 <sup>th</sup> May	Nursery closed for local holiday
Monday 29 <sup>th</sup> May	Nursery closed for local holiday
Tuesday 30 <sup>th</sup> May	Nursery closed for staff in-service
Wednesday 7 June	Kelburn Outing
Wednesday 28 <sup>th</sup> June	End of term Garden Party and Prize-Giving
Thursday 29 <sup>th</sup> June	Nursery closes for Summer holidays at 1.00pm
Thursday 17 <sup>th</sup> August	Nursery re-opens

# BLAIRMORE NURSERY SCHOOL



## NEWSLETTER APRIL/MAY 2017