



PRIMROSE HILL NURSERY

NEWSLETTER

School Crescent, Lydney, Gloucestershire GL15 5TA

Tel: 01594 844450 Website: prhn.co.uk

Spring Term 2025

We hope that you all had a wonderful half term. As always, please feel free to share anything that your child has been doing by uploading photos to their Learning Journey on Famly. It is always helpful for us to know children's current interests, as well as giving the children the opportunity to talk about things that are important to them and share their experiences with us.

It has been lovely to see the children dressed up as their favourite characters for World Book Day. All children should have received their book voucher, which they will be able to exchange for a book at participating book shops and Lydney Library. There are specific books that cost just the price of the voucher, or you can put the voucher towards the cost of another book of your choice. For more information go to www.worldbookday.com

For Comic Relief's Red Nose Day this year, the children can come to Nursery dressed in red, or something silly, all week. We will be accepting any donations for this great cause. Red noses are available to buy on Amazon. [Amazon.co.uk : red nose day](http://Amazon.co.uk:rednoseday)

Dates for your Diary

World Book Day

Dress up all week
Thursday 6th March

Committee Meeting

Wednesday 19th March
3.25pm at Nursery

Red Nose Day

Wear red or something silly all week!
Friday 21st March

Parent/Carer Meetings

w/c 24th & 31st March

Last Day of Term

Friday 11th April

Nursery re-opens

Monday 28th April

Committee Meeting

This is YOUR nursery, so please get involved and come to our Committee Meeting on

Wednesday 19th March at Nursery, starting at 3.25pm.

It is very important that you try to attend this meeting as without a committee the nursery cannot operate, and the nursery would need to close. PLEASE, PLEASE try to attend.

A FREE CRECHE WILL BE AVAILABLE BUT PLEASE LET A MEMBER OF STAFF KNOW IF YOU REQUIRE THIS SERVICE.

REMEMBER – THIS IS YOUR NURSERY - NO COMMITTEE, NO NURSERY.



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Benefits of Bedtime Stories

As we have been celebrating World Book Day, what better time to hear about the benefits of bedtime stories. Snuggling up to share a book at bedtime can be a bonding time for parents and children, but it is also much more...

Developing Their Language Skills

Reading together can help develop children's language and listening skills. As you read aloud to your child, you stimulate their imagination and increase their understanding of the world. Books can introduce ideas and objects that are not part of their daily environment so can help to expand their vocabulary.

Even for parents who maybe have their own struggles with reading, through perhaps dyslexia or English not being their first language, there are still many opportunities to help your child develop their language skills. You can discuss the pictures on the page or perhaps tell the story using your own words.

Reading the Same Story

Whilst reading the same story again and again can be frustrating for parents, repetition is good for young children. Children don't always catch everything the first time they hear a book. When it is read again and again, they start to notice patterns in the language and are able to predict what happens next. These skills help children later in life when they learn to read for themselves.

Other benefits

Reading stories can help reduce stress in children. If a child is upset or anxious, reading a familiar book, while snuggling with a parent or carer, can comfort a child and lower their stress or anxiety.

A bedtime story is so much more than reading a story, it's an activity that everyone can share and enjoy!





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Healthy Lunchboxes

Oral health is a key aspect in the revised Early Years Foundation Stage (EYFS). This is because good oral health habits need to be formed from the earliest age. Tooth decay is largely preventable but it's still a serious problem among young children. It is therefore important for us to support children with oral health, as their first experiences can have a great impact on the rest of their lives. We need to introduce them to good habits, teach them about their mouths and normalise dentist visits.

One of the things we can do to encourage good habits is to limit the frequency and the number of sugary foods and drinks that children have. The children know the rule at Nursery is 'Sandwiches (or savoury items) first' so please try and avoid chocolate spread.

A healthy lunch doesn't mean not allowing any treats; however, please only include one sweet treat and select healthier options where possible. Processed fruit bars/fruit winders should also be considered a sweet treat, but you could swap them for dried fruit, like raisins, sultanas and dried apricots, which are healthier and often cheaper.

In order to support children's oral health and encourage them to form good habits, we will only be permitting them to have one sweet treat from their lunchbox.

Extra treats will be returned home in your child's lunchbox. Check out the NHS website for ideas for healthy lunchboxes (link below). [Lunchbox ideas and recipes – Healthier Families - NHS](#)

Parents Meetings (weeks commencing 24th and 31st March)

We would like to give parents the opportunity to have a meeting with their child's key person to discuss their progress and development. Please contact your child's key person to arrange a mutually convenient time.

End of Term

The last day of term is Friday 11th April.

Children return on Monday 28th April.

