



CSG Playgroup Newsletter

3rd February



This week at playgroup

We made it to February wahoo!!! You will have seen from Facebook and Babysdays that the children have been exploring lots of different activities linked to our book this week; The Very Hungry Caterpillar. We will be continuing to explore this well loved book. You may wish to read the story with your child at home or talk about caterpillars and butterflies and the different fruits he eats.



Our wish list items this week are.....

PLASTIC BOTTLES – if you have an empty plastic bottles then please bring them into playgroup for a sensory activity.

PLAIN PAPER for drawing if you have any spare then please donate it to playgroup.

Many thanks for all of your donations.

LUNCH BOXES

We are seeing an increasing amount of chocolate, crisps and very sugary foods in the children's lunch boxes. We know that children can be fussy but it is important that they have the right food to give them energy for the rest of the day. The children are more alert and focused when they're fuelled with healthy food. Higher levels of sustained concentration mean that kids can more readily retain information and therefore learn. What's in their lunchbox can make up to a third of their daily nutrients and provides all of the energy they need to get through an action packed day. A lunchbox filled with sugary, fatty food doesn't provide long lasting energy or necessary vitamins and minerals.

Here is a list of foods using a traffic light system as well as the nhs advice.

<http://heas.health.vic.gov.au/sites/default/files/pick-mix-lunchbox-poster.pdf>

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (in small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

Can serve with either:

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, sideside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable fritтата
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, focaccias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



**Check your school's policy regarding the use of nuts and products containing nuts.*

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes?gclid=Cj0KCQiAvc_xBRCYARIsAc5QT9nR6SWORmOSQ9W9hk1EuUtcnmvMq1Ntnz9sYZQOaH9j4x6MvfSJURQaAgMnEALw_wCB&gclidsrc=aw.ds

FUNDRAISING – OUR NEXT EVENT – EASTER EGG HUNT

WHEN: GOOD FRIDAY

TIMING: 11:30-1:30

WHAT HAPPENS BEFORE THE DAY? WHAT HELP DO WE NEED?

- We are hoping that Colman and Co will once again sponsor us. We will then need the names of 10 families who are able to have a board advertising the event outside their house. Please let me know if you would like to help.
- Maps are sold at playgroup (5 sent home to each family) **£4 in advance or £5 on the day.**
- Maps are also sold at junior and infant school. **Do we have anyone who can help with this?**
- Raffle tickets are sent home to be sold.
- Raffle Prize donations will be needed. **We would like to create an Easter hamper with chocolate eggs, wine, a cuddly toy etc. Please let me know if you are able to donate and hand in all donations to playgroup.**



- We offer refreshments during the event. We usually have hot cross buns, tea/coffee. **If you have any contacts or are able to donate then please let us know.**

- We need a new banner (generic so we can use it every year) this is displayed in the village before the event. – **Does anyone have a contact?**

- **We need someone to dress up as the Easter Bunny – we will supply the costume!**

- If you can help in anyway or have any other ideas for the event then please speak to Tania or email us csg_playgroup@btinternet.com

You can also text Sarah 07891455

Apply for early years pupil premium

The Government is giving money to Early Years providers to help children from lower income families do their very best. This funding is called "Early Years Pupil Premium" (EYPP). For every child registered for EYPP, the provider that your child attends could receive up to £300.

Eligibility

Children whose parents/carers receive one of the following benefits will generate EYPP for their Provider/School:

- Income Support (IS)
- Income - based (not contribution-based) Job Seeker's Allowance (IBJAS)
- The Guarantee element of the State Pension Credit
- Income-related employment and support allowance or financially supported by NASS (National Asylum Support Service)
- Child tax credit - except if you meet any of the following criteria:
 - Entitled to working tax credit (regardless of income)
 - Have an annual income in excess of £16,190

Where a parent is entitled to Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to EYPP.

<https://www.buckscc.gov.uk/services/education/early-years-and-childcare/apply-for-the-early-years-pupil-premium/>

Important Dates and Upcoming Events

Good Friday – Annual Easter Egg Hunt

Thursday 13th February – End of half term.

Monday 24th February – Back to school