



Childrens House Newsletter

Autumn Term 2026

Welcome back – it's Autumn Term at the Children's House!



Hello to our new families, and of course some more familiar faces.... welcome everyone!

We look forward to seeing you all and can't wait to hear what you've been up to over the summer holidays!



At the end of last term, we said farewell to our school leavers. They really enjoyed their leaving party and "Oscars" themed graduation ceremony when they were presented with an Oscar statuette with their leaving certificate and bucket and spade leaving gift on the red carpet! We're very proud of our Class of 2026 and wish everyone good luck at their chosen schools - please do let us know how you are getting on.

Thank you on behalf of all of the teachers for the wonderful cards and gifts. We especially appreciated your kind words; they mean a lot.

Thank
you

We have lots to pack in to the term ahead, starting off with...

Our project 'All about Me'

Learning about ourselves is a fundamental part of childhood development, especially as children start to ask questions about who they are and how they are the same, or different, from others.

It gives us great opportunities to get to know each other, and also to discover the similarities we share between ourselves and our friends. It's so good for teaching young children about diversity and inclusion and promotes a better understanding of the world and what it means to be a human being.

This project is a particularly good way to support our children's wellbeing and mental health. The 2025 EYFS statutory framework places a strong emphasis on emotional development, self-regulation, and wellbeing.

The early years are a critical period for brain development and children's experiences during this time shape their ability to:

- Form secure attachments
- Develop emotional resilience
- Build positive relationships
- Manage stress and change



At the Children's House we ensure that children are guided to develop positive relationships, emotional security, and resilience through warm, supportive interactions. Children thrive in environments where they feel safe, valued, and know what to expect. Predictability reduces anxiety and supports emotional regulation.

Children also need the language and tools to express their feelings. Emotional literacy is foundational for empathy, conflict resolution, and mental health. Our children are supported to identify and express their feelings appropriately and begin to understand the feelings of others. The use of feelings boards, story-based discussions, mirrors, puppets, and role play all help our children to explore their emotions.



If you would like any further information about our 'All about Me' Project this term, please follow the link below to our website.

[Link: Autumn Term Project - All about me](#)

During the second half of the Autumn term, we will be focussing the children's learning on **food** and particularly discussing **healthy eating**.



Teaching children about food in the early years builds a vital foundation for lifelong health, preventing diet-related diseases and supporting rapid brain development. It helps form positive eating behaviours early, ensures they get the essential nutrients they need to grow, and fosters both cognitive and motor skills through hands-on learning.

Levels of childhood obesity in England are amongst the highest in the developed world, with almost one in four children being overweight or obese before they start school.

Children's food preferences and eating habits are formed early in life and the time that they spend in early years settings provide an ideal opportunity to shape healthy behaviours.

Children who are overweight or obese in childhood are more likely to become obese adults; this often leads to long-term health issues, including heart disease, type 2 diabetes and some cancers

Early childhood is a critical window for growth and development. Introducing children to food and healthy eating in their early years provides several distinct benefits:

- **Developing Lifelong Habits:** Habits formed as toddlers are often carried into later childhood and adulthood. Early exposure to a wide variety of flavours and textures increases their willingness to accept new, healthy foods.



- **Supporting Brain and Body Growth:** Young children experience rapid physical and cognitive development. Proper nutrition fuels brain development, builds strong bones and muscles, and ensures they have the energy required for learning and playing.
- **Building a Positive Relationship with Food:** Teaching children about food in a fun, pressure-free way helps prevent picky eating and reduces mealtime anxiety.
- **Preventing Future Health Issues:** A balanced, nutritious diet protects teeth, supports a healthy gut microbiome, and helps prevent long-term health risks like obesity, heart disease, and Type 2 diabetes later in life.
- **Enhancing Learning Opportunities:** Food activities act as a fantastic educational tool. They build confidence, expand vocabulary, and help children learn numbers (counting and measuring), colour recognition and science (mixing and heating).



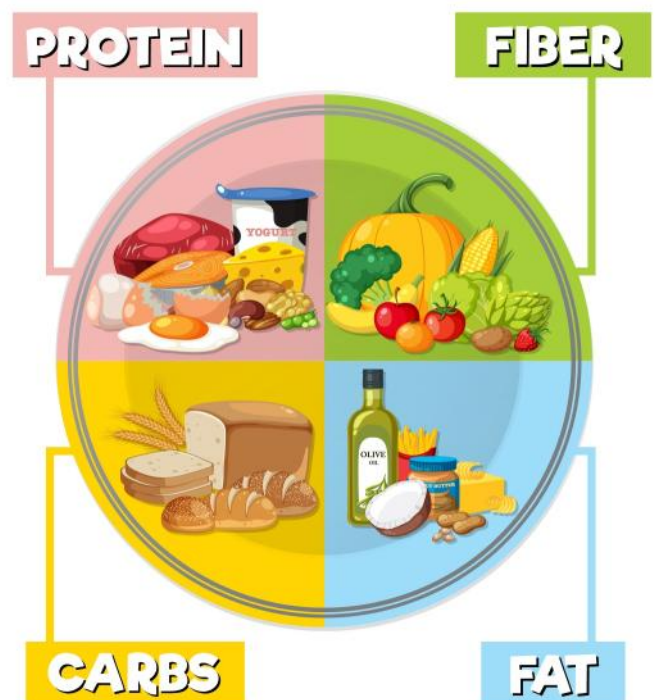
Important Food Groups for 1-4 Year Olds

The key to a nutritious diet is to offer balanced meals and snacks that include foods from the 5 main food groups:

1. Fruit and vegetables
2. Carbohydrates
3. Proteins
4. Dairy
5. Fats and Oil

These cover the essentials of a healthy diet; protein, fibre, carbohydrates and fat.

Caution should be taken around highly allergenic foods, in particular the most common childhood allergens - milk, egg, peanut, wheat, soy, tree nut, shellfish, celery and sesame.



Portion Sizes for Children 1-4 Year Olds

Just like us adults, children can have different appetites. Try to avoid pressuring your child to eat certain amounts as this can damage their relationship with food. There are some general recommended portion sizes for 1-4-year olds:

- 5 portions of fruit and vegetables a day (approx. 40g per portion)
- Carbohydrates should make up a third of a child's daily food intake
- Protein offered with every meal
- Dairy offered 2 to 3 times a day

First Steps Nutrition Trust provide some really helpful information for parents of our age-group of children. You can access this by following the link below.

<https://www.firststepsnutrition.org/eating-well-early-years>

Cookery activities can easily be incorporated into this topic.

Cooking is always very popular with the children and in the early years is a powerful, multi-sensory learning experience.



It transforms practical kitchen tasks into core developmental milestones, helping young children build essential life skills, improve coordination, explore early mathematical and scientific concepts, and develop healthier, more adventurous attitudes toward food.

Mixing, pouring, peeling, kneading, and rolling dough provide vital, hands-on practice for developing **fine motor skills** and hand-eye coordination.



Cooking introduces abstract maths and science concepts naturally. Children learn counting, weighing, and measuring, and they get to observe basic **chemistry and physics** (e.g. liquids turning into solids, ingredients changing texture or rising).

Language and communication skills are developed by reading picture recipes, talking about flavours and smells, and following step-by-step instructions, expanding a child's vocabulary and improving listening and speaking skills.

Successfully completing a recipe and cleaning up provides a massive boost to a young child's self-esteem and sense of capability, whilst cooking together promotes turn-taking, sharing, patience (waiting for items to bake), and teamwork in a highly collaborative environment.



Throughout the second half of term we will be having lots of tasting sessions for our children to try new and different foods, including foods originating from other countries and cultures.

If any of our parents or family members would like to contribute to our food topic the children are always very excited to welcome you into nursery.

We would particularly like the children to learn about favourite family recipes, as this also ties in very nicely with our 'All about Me' project. Please speak to a teacher to arrange for this.



We will also be talking about the season of **Autumn** and autumnal festivals such as....

Halloween - with fantastic opportunities for pumpkin art, cookery activities and dress-up, celebrating the non-scary aspects of Halloween.



Diwali - also known as the Festival of Lights, is a vibrant and joyful celebration that offers a wealth of learning opportunities for young children. It provides a meaningful context to explore different cultures and traditions, develop communication and language skills, and inspire creativity.



and **Fireworks night** - which is often fascinating to children who are attracted by the bright colours and sounds. Discussions can incorporate firework safety, and there are lots of fabulous opportunities for exploring creativity producing colourful firework artworks with a variety of different media.



Of course at the end of term, we will be helping our children to celebrate that exciting holiday....**Christmas!**



This will include our annual Christmas carol concert when the children sing for their parents, and a Christmas party with a visit and gift from Father Christmas himself.



We will be sending out information about our Christmas activities nearer to the time. Please do tell us as early as possible if you prefer your child not to take part in these.

This term we will arrange for **Concept Photography** to come into nursery to take individual portrait photographs of the children, which can make really great Christmas gift ideas.

Concept are specialist nursery photographers and produce some really great shots, with no obligation to purchase. We'll send out more information about this closer to the time.

<https://www.conceptphotographyltd.co.uk/>



CONTEMPORARY
NURSERY
PHOTOGRAPHY

PLEASE BRING ALONG ANY SIBLINGS YOU
WOULD LIKE IN YOUR SHOOT.

NO OBLIGATION TO BUY (PRICES FROM £6)

A PERCENTAGE FROM EVERY PRINT SOLD
GOES TO YOUR GROUP.

CHECK OUT OUR GREAT SPECIAL OFFERS
& PRODUCTS.

WE WILL BE AT YOUR GROUP ON

CONCEPT PHOTOGRAPHY
WWW.CONCEPTPHOTOGRAPHYLTD.CO.UK

• Sun hats and sun cream

We can still experience some quite warm weather when we return in September so need to remind all parents to ensure children attend nursery with an appropriate, NAMED, sun hat.

When needed, we will be using **Nivea Babies & Kids sensitive protect spray sun-cream SPF 50+** at the Children's House. This sun lotion has the highest, 5-star UVA rating and has been dermatologically tested and developed for children's delicate and sensitive skin.

If you wish for us NOT to use this cream on your child please provide a NAMED bottle of your preferred sun-cream that can **remain on site at ALL times**.

• Label, label, label!!!

Please can we be mindful of the size and contents of bags brought into nursery. We have everything that your child might need for a session in nursery.

Please can you NAME all items such as water bottles, lunchboxes and jackets/ cardigans/coats as these can get easily lost and mixed up.

Please do inform us if your child has taken any medication or sustained any injury prior to a session with us. You will be asked to fill out a quick form at drop off. However, for your ease, these forms can also be downloaded and printed out from our website to complete at home and bring into nursery with you.

[Link: Childrens House website forms](#)



Situated in the grounds of:-

Rushcombe First School
Hanham Road
Corfe Mullen, Wimborne
Dorset, BH21 3PX

Tel: 01202 690800 in school hours

Medicine Form

Name		Date of birth
Reason for medication		
Prescribed by Prescription medicines will only be given if prescribed by a doctor, dentist, nurse or pharmacist		If non-prescription please tick here
Name of medication (including brand if non-prescription)		

A reminder about **messy play** at the Children's House...

A session at nursery can involve working with some very messy substances, such as paint, glue, sand and mud. Whilst we make every effort to protect clothing with aprons and water-proofs, please send your child to school in clothes that you don't mind them getting messy in.

At the Children's House we strongly believe that the marks on your child's clothes, the pockets filled with sand and the paint in their hair are the indicators of future architects, artists and scientists in training!



Toys from home...

Please can we remind parents to avoid allowing children to bring toys from home into nursery. We cannot take responsibility for loss or damage to precious items and it can also cause all sorts of sharing issues. We don't have sufficient space to store these items safely away.

We are mixed classes at The Children's House starting from age 2 years old, and therefore many small items are not suitable for this age group.

Small toys brought to nursery in children's bags or pockets can be a choking hazard for our younger age group.

We appreciate your support with keeping our children as safe as possible.



A reminder about **allergies and lunch boxes...**

To avoid transfer of allergens to susceptible people in nursery, please avoid including the following items in your child's lunch box;

Nuts and food items containing nuts such as Nutella spread, peanut butter and some cereal bars

Coconut and food items containing coconut such as some cereal bars and yogurts

Pine nuts and food items containing pine nuts such as pesto sauce and some pre-prepared pastas and salads



Things to remember!

If someone different (not named on your registration form as a designated collector of your child) needs to collect your child, please inform us of their name, a brief description and give us an agreed password which they can use in order for us to release your child to them.

Please be reminded that our new fee rates from the Autumn Term 2026 will be:

£8.25 per hour, for all unfunded hours
Additional service charges on all funded hours will be £2.10/hr

We'll email parents a link to the Autumn Term price lists when bills go out at the start of term.

- **The term and holiday dates** for this academic year and the next are available on our website to assist with your forward planning.

[Link: Childrens House Hours, Fees & Holidays](#)

- **Up to date contact information**

It's so important that yours and your emergency contact's details are kept up-to-date, so that we can get in touch with you should there be any need to. Please check that the information we have on our records is correct.

- **Parent funding forms**

Please be certain that you've returned your Parent Funding Form in order that we can claim Early Years funding if your child is eligible this term. Your completed form must be back to us by **3rd September at the latest**. Please email it back to us in the original Word format. If you're not certain how to complete Section 4 (hours and weeks) please leave it blank for us to complete for you.

And finally....

The Children's House operates an 'open door policy' and we are always happy to arrange a convenient time to discuss anything about your child's development and wellbeing. We also try as much as we can to pass on information on a daily basis through face-to-face contact at the nursery door, Tapestry and Facebook posts, noticeboards and Mailchimps.

Children return to nursery from **Tuesday 1st September** (Monday 31st August is a bank holiday).

I hope you all have lots of energy - we have an action-packed term ahead!

Kind regards

Stacey

