



Gracelands  
Nursery School

SPRING 1 - 2026

# NEWSLETTER

## Sowing the seeds for lifelong learning

### Dates for your diary

#### FEBRUARY

- 13th - Break up for the half term holiday
- WB 16th - SCHOOL HOLIDAY (1 week)
- 23rd - Back to nursery (spring 2)

#### MARCH

- 5th - World Book Day (book character dress)
- 20th - World Down Syndrome Day (wear different socks to nursery)
- 25th - Ramadan, Eid & Easter family activity session
- 26th - N1 local visit to Christ Church
- 27th - Break up for Easter holiday
- WB 30th - SCHOOL HOLIDAY (2 weeks)

#### APRIL

- 13th - Back to nursery (Summer 1)
- 15th - Early writing 'learn together' parent workshop

#### MAY

- 4th - Bank holiday (nursery closed)
- 19th - N2 school transition parent meeting
- 22nd - Break up for half term
- WC 25th - SCHOOL HOLIDAY (1 week)

#### JUNE

- 5th - Eid community party at Gracelands
- 18th - Nursery and family trip to Twycross Zoo
- 22nd - Parent consultations

#### JULY

- 1st - N1 Oral Health Parent workshop
- 8th - N2 Sports Day
- 9th - N1 Sports Day
- 16th - Graduation event for school leavers (PM provision only)
- 17th - AM provision only
- SUMMER HOLIDAY

### Head Teacher's message



Dear Parents and Carers,

Thank you for your continued support this half term. We started a new calendar year with new children joining us; they are settling well and enjoying the activities on offer. Thank you to all our parents who have helped support your child with their transition into nursery.

World Book Day: Children are welcome to dress as a favourite book character or wear their cosy pyjamas on Thursday 5th March

to celebrate World Book Day with us.

Attendance: Attendance has taken a dip this half term, with absence increasing and both through illness and ad-hock short-term reasons. We encourage positive nursery school attendance habits to maximise early education opportunities.

8:30-9 missed early education entitlement time: We have also noticed that morning sessions starting at 8:30, often aren't being accessed until 9am. Children could be missing 2.5hours of their 15hour entitlement each week!

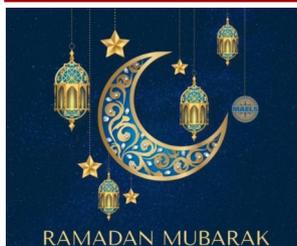
Parent volunteering: Are there any parents who would like to come to share a story with the children in your home language? Maybe you have a specific skill you could share or model. Please speak to Sophie or Harshila if you would be happy to do this, even if only once or twice.

Food Safety: Please find an updated Food Safety & Food and Drink Policy here. This policy includes important safety guidance for under 5s from the Department for Education.

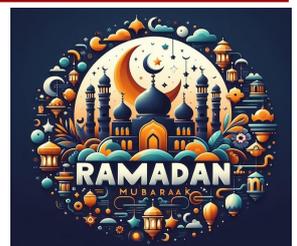
[Gracelands Nursery School - School Policies and Documents](#)

Finally, as we enter half term, lots of our families will be entering the holy month of Ramadan. Ramadan Mubarak to you all.

Look after yourselves and see you on Monday 23rd February. *Sam*



May this holy month  
bring you peace, joy and  
countless blessings



**Executive Head Teacher:** Sam Richards

**Deputy Head Teacher:** Harshila Parmar

**SENCO:** Gail Goldberg

**Teacher:** Sophie Cameron

**Office Admin Assistant:** Abdi Omer

**Nursery Practitioners:** Salma Mushtaq, Sughra Sattar, Sonia Parvaz, Rifat Shaheen, Zaryab Mahmood (mat leave), Ammara Usman, Mevish Rehmat & Ayah Masood

WE ARE A UNICEF GOLD  
RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood  
and lived in this school.



## Contact Us

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Maintained Nursery School'



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## SPRING CURRICULUM FOCUS

# LEARNING

This half term, at Gracelands Nursery School, we have been enjoying a wonderfully busy and creative few weeks filled with learning, celebration, and exploration.

We began by marking a range of cultural events together. The children learned about Ramadan, and we celebrated Shrove Tuesday with a special visit from our local Reverend, who talked to us about Lent.

Our maths learning came to life during NSPCC Number Day, where the children took part in exciting number activities and welcomed families into the classroom for a stay-and-play session. A big thank you to all parents and carers who joined us and made the day so special.

Creativity has been at the heart of our curriculum again this half term. We have loved exploring the work of our key artist Yayoi Kusama, especially her bold use of colour and pattern. In the studio, our 3D art project took off as the children printed bright, colourful circles onto a large box, transforming it into a vibrant collaborative artwork.

Alongside this, we have been listening to jazz music, identifying different instruments and talking about how the music makes us feel.

Cooking has been another much enjoyed experience. The children have followed recipes to make pizzas, porridge, and pancakes, developing independence and confidence as they measured, mixed, and tasted their creations.

Our core texts have sparked rich conversations and storytelling. We revisited traditional tales such as Goldilocks, The Three Billy Goats Gruff, and Mr Wolf's Pancakes, noticing familiar characters and themes across different stories.

In Little Nursery, we explored counting books including *Five Little Ducks* and *One Banana, Two Bananas*, and we have loved singing "How Many Fingers?" while representing the numbers with our hands.

It has been a joyful half term full of curiosity, creativity, and community. We are so proud all of our Gracelands children and look forward to more adventures next term.



## ATTENDANCE INFORMATION

2025-26 year to date	
	Attendance %
Big nursery	83%
Little nursery	76%
<b>All</b>	<b>81%</b>
Attendance this half term	
	Attendance %
Big nursery	82%
Little nursery	77%
<b>All</b>	<b>81%</b>

It's been a great start to the year for attendance.

Please take the time to read our attendance policy and support approach, this can be found here:

<https://tinyurl.com/4jrnpwxr>

We want every child to access as much of their education entitlement as possible.

Our aspiration is to reach 90% attendance this year.

It can be tricky, especially at this time of year, to know when to keep your child off school when they have signs of winter colds. Hopefully the NHS guidance 'Too Ill For School?' below will help.

RRSA links:

United Nations Convention on the Rights of the Child links =

**Article 3:** best interests of the child

**Article 28:** right to an education

## ATTENDANCE MATTERS



*If you do keep your child at home, it's important to phone us on the first day. Let us know that your child won't be in, giving the reason. If the phone is engaged, please leave a message.*

## NEXT HALF TERM

There will be opportunities for children to learn where their food source comes from through planting and growing, and exploring their natural world. We look forward to learning about life cycles through our core books, planting and stick insects.

We will be learning about the importance of climate change and how they can help save our planet. This will be through recycling, encouraging no plastic and reusable resources.

Children will continue to explore music through a variety of media, linking this to early writing and storytelling.

We will be joining in with 'World Book Day', exploring a range of stories through role play.

Our studied artist will be Vincent Van Gogh; the children will explore painting flowers inspired by Van Gogh's Sunflower painting, as well as exploring his unique style of painting.



## March: National Bed Month

Startwell is promoting bed month because it is so important to get a good night's sleep. If children are sleep deprived, they are less likely to be active and more likely to want high sugar/fat foods. National Bed Month is a great time to talk about good bedtime routines and the importance that sleep has on our bodies. Take a look at Startwell's Sleep Page [Sleep - Startwell 2020](#) (also on the final page of this newsletter). Some further websites to support parents with sleep tips are.

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/> AND [Helping you and your child sleep | Contact](#)

### Sleep tips for under-5s

- Make sure you have a calming, predictable bedtime routine that happens at the same time and includes the same things every night. Establish a bedtime routine, for example bath, pyjamas, story then bed. Try using pictures or timers to help your child understand.
- If your child is going to bed hungry try to get them to eat more in the evening. Remember – some drinks or snacks may affect their sleep.
- If your child complains that they're hungry at night, try giving them a bowl of cereal and milk before bed (make sure you brush their teeth afterwards).
- If your child is afraid of the dark, consider using a nightlight or leaving a landing light on.
- Do not let your child look at laptops, tablets or phones in the 30 to 60 minutes before bed – the light from screens can stimulate the brain and interfere with sleep.
- If your child wakes up during the night, be as unengaging as possible to avoid exciting them and leave lights off if possible.
- Avoid long naps in the afternoon.
- If your child becomes distressed when you leave them, gradually get them accustomed to you not being in the room. Start by sitting and avoiding getting into bed; after a few days, increase the distance between you and your child until they no longer need you to fall asleep.



## DFE UPDATE: RECALL OF INFANT FORMULA



### Details of the recall

The Food Standards Agency (FSA) is asking parents, early years settings and other caregivers to check their infant formula against specific batches of Aptamil and Cow & Gate products listed in the Product Recall Information Notice published on Friday 6 February 2026.

As you might have seen in media coverage and on social media, Danone's recall has been issued due to potential cereulide contamination, which can cause illness including vomiting and stomach cramps. The issue only affects the batches listed in the recall notice, in addition to the product included in Danone's earlier recall on 23 January 2026.

Specific product details can be found here:

[Danone recalls several Aptamil and Cow & Gate First Infant Milk and Follow on Milk formula products because of the possible presence of cereulide \(toxin\) | Food Standards Agency](#)

The FSA's advice to parents and carers is that if they have any of the affected products, stop using them and switch to an alternative formula. If formula was prescribed, they should speak to a pharmacist or doctor before changing. If they have recently fed the formula to their baby and are concerned about symptoms, they should contact their GP or call NHS 111.

## SAFEGUARDING UPDATE FOR FAMILIES

This website shares very important information and tips on keeping children safe.



You can sign up to receive info, resources and safety articles from them.

[Child Accident Prevention Trust | A safer world for all our children](#)

### A four-year-old boy died days after swallowing a fridge magnet

Recently, a four-year-old boy died days after swallowing a fridge magnet. An inquest revealed he swallowed a 1cm-by-1cm magnet that was on his fridge. The magnet attracted to a piece of metal it was believed he had swallowed at an earlier date, and tore a hole in his bowel, which led to sepsis and a heart attack.

Tragically, this isn't an isolated incident. In 2025, a study found that around 300 UK youngsters were admitted to A&E in a single year after swallowing magnets. One in 10 required life-saving operations. A safety alert was issued by the Office of Product Safety and Standards in 2021 warning families about small, strong magnets.

Yet many families are still unaware of the dangers.

### Tips on magnets safety

Strong magnets can rip holes through your child's gut if swallowed. Here's how to keep them safe:

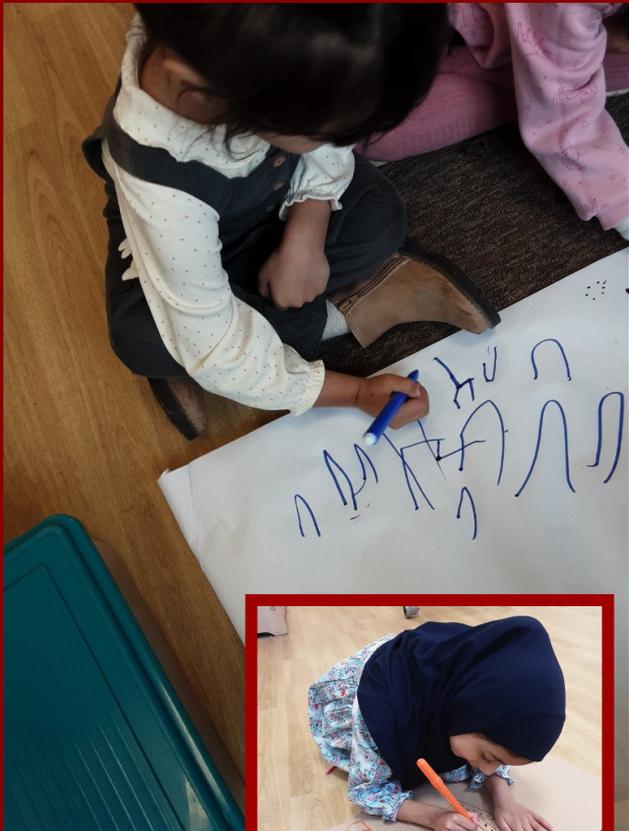
1. Avoid small, loose magnets around small children.
2. Only buy magnets from reputable retailers or brand names you know.
3. Teach children to never put magnets in their mouth.

***If you think your child may have swallowed a magnet, go straight to A&E or call an ambulance. Do not wait for symptoms to show.***





*Sowing the seeds for lifelong learning*



If you don't yet follow us on **INSTAGRAM**, please do!  
We enjoy posting photos and videos to share what we get up to each week!

# SLEEP

Sleep is very important for children. Good sleep for children is linked to many benefits for their physical and mental health including maintaining a healthy weight. Current evidence recommends that pre-school children should be getting a minimum of 10-11 hours of night time sleep.

The last hour before bed should be a quiet period. This means avoiding exciting play, physical activity and exciting/frightening television programmes. Ideally all screen time before bed should be limited. This includes tablets, smartphones, TVs and other electronic gadgets as these can affect how easily children get to sleep.

Children having a favourite soft toy or blanket that they take to bed each night can be helpful. This can help the child fall asleep especially if they wake in the night. Make sure that the toy or blanket is safe without any ribbons or buttons that could be a choking hazard.

To try and get your children to have a good night's sleep a good bedtime routine can help.

Typical bedtime routines are:

Bath



Story

Bed



It is important that a bedtime routine is consistent and the bedroom environment is the same every night. The bedroom should be cool, quiet and dark without a TV in the room. A story in the child's bedroom is a calm and relaxing way to end the bedtime routine. Do not let the bedtime routine be too long. 60 minutes is a reasonable time limit. Ideally your child should be taken to their cot or bed while they are still awake so that they can learn to fall asleep without you.

Children will get used to their bedtime routine and understand what is expected from them. This will hopefully lead to a good night's sleep for the child.

For more information on children's sleep and sleep routine speak to your health visitor or visit

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>