



AUGUST 2025

Read all about us!

For our new parents it is important that you read TKC News, as it has been designed to help us keep you informed of TKC policy updates or changes, TKC business plans, nursery news and events.

As the excitement of our recent Ofsted achievement settles in and we have had the Summer to reflect, it is now time to look ahead to the new term. Being graded Outstanding in all areas is an incredible accomplishment that reflects the hard work, dedication, and passion of our entire team. We consistently go above and beyond to provide the highest quality care and education for every child. From the warm and nurturing environment we create, to our engaging curriculum and strong partnerships with families, every aspect of our nursery has been recognised for excellence. We are incredibly proud of this outcome and remain fully committed to maintaining these high standards as we continue to support our children's growth, learning, and happiness.

As we conclude our topic 'Our Community and Where We Live', which has seen the children exploring our local area and its amenities, we now begin planning for our September topic: 'My Family'. This will give children the opportunity to learn about different family structures, our unique differences, friendships and a variety of professions. Your child's Key Person will be in touch soon with suggestions on how you can engage with and support nursery activities from home. Please also speak to a member of staff if you would like to share your expertise

on any of the festivals or celebrations, we have this term. We greatly appreciate any contributions by parents and families.

Over the summer a number of the Pre-School have been making their final transition to 'big school'. As well as having lots of outdoor fun, we have also eventually been able to eat some of our home grown produce and it was worth the wait!

Vicky x

Investigators

Wow! Another TKC year has quickly drawn to a close! Over the past few weeks, we have been saying some heartfelt goodbyes to some of our wonderful Investigators, who are heading off to primary school. We want to wish them all the very best of luck on their new journey; we know they will do amazingly well. We hope they will knock on our windows or door for a wave and a smile whenever they walk past! We celebrated their final days with us through a beautiful graduation ceremony. It was an emotional but joyful day, filled with pride and celebration, not even the rain could dampen our spirits!

We would like to say a big welcome to the Adventurers who will be joining us. Zoe and I are so excited to begin this new term where we will be getting to know all the children and planning engaging, meaningful activities as we support them on their learning journeys. Our next topic will be 'All About Me and My Family', which is always a favourite of mine. It's a wonderful way to get to know our new friends, while giving our current children a

chance to recap on all they have learned so far. We have got lots of exciting activities planned, which we will keep you updated about. As always, please share with us any interests, adventures, and special moments from home that you feel, would enhance our activities. Please feel free to share these with us, we'd love to include them in our daily learning experiences.

Chloe and Zoe x

Adventurers

The Adventurers have been busy exploring our local community and wildlife, showing lots of curiosity and enthusiasm! The children have enjoyed learning about our local community and where we live and have enjoyed weekly visits to the library, the park and our community garden. A firm favourite was observing the squirrel boxes in the local park. We have looked at maps, directions and used Google Earth to explore both familiar and new places.

As we look ahead, our next topic will be "All About Me". This is a perfect way to get to know one another as we welcome new children into the Adventurers in September. Through this topic, we will share fun facts about our interests and families and explore our emotions using a combination of play, stories, music and art to help the children identify and label emotions.

Ann and Emily x

Explorers

Over the last few months, the children have really enjoyed learning about how people

help us, and we will be continuing to explore through stories, small world play, and role play activities. We also hope to sneak in a couple of trips - whether that's a visit to the shops, the park, or the library. These outings help bring our learning to life and give the children great opportunities to explore the world around them.

The Explorers are looking forward to a busy few weeks as we transition into our new topic, 'All About Me and My Family'.

Looking ahead to September, we will be welcoming new faces through the door and settling those transitioning into their new environments. This will be the perfect opportunity to get to know all about them! In the Explorers room, we'll be looking in mirrors, naming body parts, talking about what we see, and encouraging children to begin recognising themselves and others. We'll also be making simple family photo books and doing fun hand and footprint crafts. We always appreciate family pictures and hope to see our Family board bursting

with pictures of pets, family holidays and special moments. The children love to see their favourite faces every day at nursery and share pictures with their friends.

Annie, Beth and Immy x

Promoting Healthy Eating Habits and the new EYFS Guidance

by Vicky Minns

With the new EYFS nutritional guidance becoming statutory from September 2025, it is the perfect time to reflect on how food plays a powerful role in children's learning, development, and overall wellbeing. This updated guidance is not just about ticking boxes, it is about recognising that what children eat affects how they grow, learn, and feel. The EYFS now clearly states that "meals, snacks and drinks must be healthy, balanced and nutritious", something we've always taken seriously at TKC.

We have already made positive changes, such as removing desserts from our menu, focusing on fresh ingredients, and encouraging children to engage with food in meaningful ways, from preparing snacks to learning where ingredients come from and watching the growth process in our kitchen garden. I love food, and my children have grown up enjoying cooking and eating a wide variety of it too. So, nothing in the latest guidance feels unexpectedly radical. However, the core principle really stands out:

"Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious." The key fundamentals remain central to our practice:

- Access to fresh drinking water
- Nutritious, well-balanced meals
- Promotion and application of good food and hygiene practices

The updated guidance simply helps us meet these expectations more clearly and consistently. The first years of a child's life represent a crucial period for establishing lifelong health and wellbeing. Nutrition during pregnancy, infancy, and the preschool years significantly impacts physical development, emotional wellbeing, cognitive function, and even future economic outcomes. Yet in the UK, many children face nutritional challenges exacerbated by socioeconomic disparities and misleading food marketing.

Why Does Food Guidance Matter?

Healthy food is not just a lunchtime option. It is a fuel for learning, growing, and playing. This structured guidance ensures that every child, including those with dietary restrictions or from disadvantaged backgrounds, receives the nutrition they need to thrive.

For Parents:

The guidance builds trust and transparency. When families know exactly what their child will be eating each day, you can feel reassured and confident in the care we're providing. It is also about raising the bar for our children's wellbeing and we are excited to continue putting nutrition at the heart of our daily practice.

Here are a few simple approaches we use at nursery that you can try at home:

- Follow Your Child's Lead

Support your child's ability to self-regulate their appetite. Avoid pressuring them to "clean their plate", let them decide when they are full. Repeated, low-pressure exposure helps them become more familiar and comfortable. Even if they reject it at first, keep offering it in small amounts, alongside familiar foods.

- Create Joyful Mealtimes

Make mealtimes relaxed and social. Family-style serving and a calm atmosphere help build positive associations with food. Eat with them too. Seeing you eat the food can increase their willingness to try it.

- Introduce One New Food Each Week

Offer new foods regularly without pressure. Repeated, gentle exposure increases the chance of acceptance over time. Did you know that research suggests that a baby may need to be exposed to a new food 8 to 10 times before accepting or liking it?

- Involve your child in the journey of food, from soil to plate!

Whether it is planting seeds and watching a tomato plant grow or helping choose fruit at the supermarket, these hands-on experiences build a natural curiosity and appreciation for food.

TKC frequently review our menus, policies and food education activities to ensure we are not only meeting expectations but leading by example. Thank you, as always, for your support. Together, we are laying the foundations for a lifetime of healthy habits.

Vicky x