



Ladybirds News



Autumn Term November 2021

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AGM

AGM: We will be holding our AGM in Jan/Feb. More information to follow. Come along to have your say on the running of Ladybirds.

Useful Links

A healthy balanced diet is hugely important for everyone, especially at this time of year when all the winter bugs start to go around. Whilst many guidelines are tailored to adults, the "Eatwell Guide" outlines the proportion of overall diet which should come from each food group, and children aged 2-5 should gradually move to eating the same foods as the rest of the family in the proportions shown in the guide. More information can be found at:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide>

In the cold weather it can be more difficult to get little ones out to burn off all that energy. **Swimming lessons** can be a great way to get the exercise they need to stay healthy, and is an important life skill. Popular companies offering swimming lessons locally are 'Everyone Active Blandford', and 'Just Add Water':

<https://www.everyoneactive.com/centre/blandford-leisure-centre>

<https://justaddwaterswimschool.co.uk>

Autumn Fun

🐞 Phew! It's been a busy half-term so far with Halloween, Children in Need, and Remembrance. The children particularly enjoyed their walk to see the poppies at the war memorial, play pooh-sticks, and visit the large tree which had recently fallen down in a storm.



🐞 Thank you so much to the parents and families who turned up for the Halloween coffee morning. We raised £155 which has contributed to new kit for the mud-kitchen, and will enable us to throw a Christmas party for the children.

🐞 With the exception of comforters for new starters, please can we ask children not to bring toys into LB's. It can be unsettling for other children and difficult for staff to keep track of them to make sure they go home.

🐞 The new Mud-kitchen arrived and has been a huge hit, it has room for three children to play alongside each other and is great place for hide and seek! Many thanks to Paul Stockley for raising the money with a sponsored bike ride.

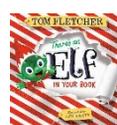
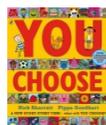


🐞 Please let Liz know if you'll be changing your child's hours in January.

What's happening this Term

Topics

- 🐞 You Choose
- 🐞 The Gruffalo's Child
- 🐞 There's an Elf in Your Book



Events



Christmas Party!

Friday 17th Dec 9:00 – 12:30. All children are invited (see flyer for more details).



Information for parents

End of term: Please note, we will be finishing at 12:30 on Fri 17th Dec. There will be no afternoon session.

Christmas Holiday: 20th Dec. – 3rd Jan. (Term starts Tues 4th)