

# Newsletter January /February 2026

A gentle reminder to please provide your child with a healthy lunch box each day. We encourage nutritious options such as fruits, vegetables, sandwiches, yoghurt, and other balanced foods to support your child's growth, energy, and learning.

We would like to encourage families to use our nursery catering service, as all meals provided are carefully planned to ensure they are balanced and meet children's nutritional needs.

For parents who prefer to provide a packed lunch, we kindly ask that only healthy options are included. Please avoid sweets, chocolate, crisps, and sugary drinks.

For guidance on balanced meals and healthy eating for children, you may find helpful information on the NHS website. <https://www.nhs.uk/healthier-families/>

We would like welcome you all into **2026**, our newsletters will be going out at the end of every two months to let you know what we have been up too.

**Thank you!** for some amazing feedback regarding our new daily feedback forms from some of you which we really appreciate.

We would also like to welcome **Chloe** our new **Senior Deputy Manager** to the **Hugs and Giggles Family**



## Star Room -

We have been working on the children's gross motor skills encouraging standing and walking, as well as preparing the older children which are transitioning with more group games and regulating their emotions.

## Management and team

**Emy** - Nursery Manager

**Chloe** - Senior Deputy Manager - Galaxy

**Salma** - Deputy Manager - Stars

**Rochelle** - Third in Charge - Rocket

**Imane** - Early Years Educator - Galaxy

**Achini** - Early Years Educator - Rocket/  
Stars

## Rocket Room & Galaxy Room -

We have been focusing on **Healthy eating and independence**, talking about healthy choices and for the older children to practising our cutting skills and self serving our foods. Making our own fruit salads, healthy sandwiches and digging or vegetables in the garden. **Galaxy** - As well as doing some digging for vegetables in the garden and trying the delicious carrots we found.

## Newsletter January

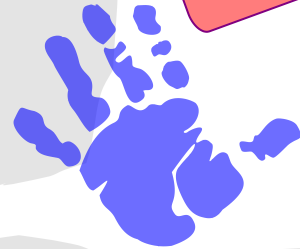
### Upcoming Events in March we are celebrating:

**World book day-** Its main aim is to encourage reading for pleasure among children. Children often dress up as their favourite book characters, and schools distribute book tokens that can be swapped for free books at local bookshops. It is a fun, energetic celebration of literacy.

**Holi 4th March**

**St. Patrick's Day- 17th March**

**Eid Al-Fitr 19th 20th March**



Hugs and Giggles is a nurturing environment for both you and your children. We regularly explore and engage with different rooms to help build positive relationships among children of various age groups. Through these interactions, we encourage gentle behaviour, social development, and communication.



We kindly ask all families to maintain good communication with the nursery by regularly checking and using the **Tapestry** platform. This is where we share important updates, observations, and information about your child's learning and development.

Please also ensure you check your email regularly, as we will use it for additional communication and important announcements.

Thank you for your continued support and cooperation.

### Just a little reminder

- Please can you ensure to bring in spare clothes for your child in their bag. Please remember we are here to explore and get messy so please don't get frustrated if we get mucky.
- Wellies for digging in the garden and outing
- Please remember we are here to explore and get messy