

Welcome to Reception 2025



'Rooted and grounded in love for All'

Introductions



Mrs Rothel
EYFS Lead



Mrs Thompson
(HLTA)



Mrs Dransfield
(Teaching assistant)

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Forest of Galtres

School values: Care, Courage, Collaboration,
Creativity, Christian faith

Key Drivers for Early Years: Self regulation,
Diversity and Challenge

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The Early Years Foundation Stage



- A government framework that guides how we care for and teach children aged 0-5.
- Focuses on keeping children safe, helping them grow and learn, and getting them ready for school.



‘The experiences of a child under 5 are crucial because they shape brain development, behaviour and future learning.’

External feedback celebrates us because....



'Beginning in the early years, children learn to be independent and motivated'
Ofsted inspection, December 24



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What does a day in Acorns look like?

- The fun begins at 8:50am. Doors will close at 9am
- Morning: Maths, Phonics and learning in the areas of provision
- Lunch is 11.50- 12:45pm
- Afternoon: Understand the World or Religious Education or Art/Design Technology or Forest School
- Our day finishes at 3:20pm
- P.E is usually on a Thursday
- Forest School is usually on a Friday

Communication and language

Communication and language forms the foundation for every child's learning, social development and emotional well being.

We have created a rich, language filled environment where your children are encouraged to talk, question and share thoughts throughout the day.

Through songs, stories, role play and meaningful conversations we support your child to develop their vocabulary, confidence and ability to connect with others.

We also value the importance of non verbal communication and provide opportunities for every child to be heard and understood, whatever their stage of development.

Supporting communication and language in early years empowers children to become confident learners and effective communicators for life.

Developing a love for reading

- A love for reading book is sent home weekly (usually changed on a Friday)
- Reading records to record reading at home and in school. This is added to our class reading chart
- Children have a KS2 'Buddy' who they have opportunities to read with regularly



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The Characteristics of Effective Learning

Playing and Exploring:



Children actively engage in their environment, using their curiosity to make sense of the world around them.

The Characteristics of Effective Learning

Active Learning:



Children learn by doing, through hands on experiences, problem solving and trying out their ideas to build understanding and confidence.

The Characteristics of Effective Learning

Creating and Thinking Critically:



Children have the freedom to explore ideas, make connections and develop their own way of solving problems and making decisions.

Lunchtime



- Lunch choices are on the school website and an example copy is in your pack
- You can choose to send your child with a packed lunch or they can have a free school meal
- We eat lunch in the hall together
- Top table award on a Friday (6 children from across the school)
- We actively encourage children to use a knife and fork in Reception
- If your child has any allergies, please let the school know

Healthy Lunches

Healthy packed lunch guidance for parents/ carers with young children (2-5 years old)

A healthy packed lunch will give young children the energy and nutrition they need to get the most from their day – helping them to grow and develop, learn and play, be healthy and happy.

Packed lunches for children aged 2-5 years old should be made up of foods from the main food groups in the Eatwell Guide www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every young child has a healthy and

nutritionally-balanced lunch. NB. The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. <https://www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods/>

What should I include in my child's healthy packed lunch?

Try to include a variety of different foods across the week to provide all the vitamins and minerals required and make sure content varies from day to day.



STARCHY CARBOHYDRATE 1 or 2 portions per meal

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or cous cous, noodles, plain pasta – avoid flavoured instant packet products and limit canned pasta
- ✓ potatoes



DAIRY FOOD (or non-dairy alternative) At least 1 portion of milk or dairy foods, or alternatives per meal

- ✓ cheese – hard, soft, spread (avoid blue cheese and mould-ripened cheese and cut cheese into strips not chunks)
- ✓ yoghurt or fromage frais
- ✓ milk (avoid unpasteurised). Whole milk is recommended
- ✓ custard
- ✓ non-dairy alternatives (use



FRUIT (fresh, frozen or tinned)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ cherry tomatoes (cut into quarters)
- ✓ handful of...
- ✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack.
- ✓ melon (cut into slices not chunks)
- ✓ mango (cut into slices)



VEGETABLES OR SALAD

- ✓ vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup
- ✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar

If you are using canned products, choose those



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken, or beef in a sandwich (cut sausages into strips and remove skins)
- ✓ fish – preferably try to include oily fish e.g. tinned mackerel, sardines, pilchards, and salmon
- ✓ eggs (ensure eggs are fully cooked)
- ✓ lentils, beans, chickpeas
- ✓ alternative meat free option

Cool Milk

- Milk is free for children up to the age of 5.
- Here is the link: <https://coolmilk.com/>
- Please register your child to ensure they receive their allocation of milk



FREE and subsidised school milk
Register your child today!

Is your child entitled to FREE milk?

Child under 5?
Every child under the age of five is entitled to FREE school milk.
Register your child online for FREE school milk today.

Child over 5?
Every child over the age of five is entitled to milk at a subsidised price of around £14 per term.
Register online now and you can pay straight away!

Register your child for school milk today.
Sign them up in a few clicks...

Go online and quickly register your child for school milk at www.coolmilk.com

Need help? Contact our Customer Service team on 0800 321 3248 or via email at registrations@coolmilk.com

Cool Milk
www.coolmilk.com

The UK government continues to support school milk. Milk for under-5s is fully funded by DfES via the Healthy Milk Scheme. Milk for over-5s is subsidised by DfES via the School Milk Scheme.
Company registration no. 3053450 England

What will my child need in Reception?

- Your labelled book bag to bring everything to school in. This will be kept on your peg



- A labelled water bottle.



- A labelled PE kit (in a drawstring bag) which will stay in school for each half term



- Your reading record and reading book in school every day
- A labelled school uniform (and labelled spare pieces too, if possible)
- Labelled wellies and a puddle suit/ waterproofs.



Uniform



White or royal blue polo shirt



Grey trousers/grey skirt
or dress



Blue jumper or cardigan



<https://www.petit-fernand.co.uk/>



Black shoes

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Communication

Tapestry: We use tapestry to communicate learning, focus child meetings, phonics links and important messages.



Newsletter: We send regular newsletters home as well as an important dates document at the beginning of each half term.



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Communication



ParentPay: This is how you can pay for school meals and school trips. You will also receive letters and newsletters on here, too.



Face to face: A member of the EYFS team will always be on the door. We have an open door policy at our school - you are always welcome!



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Thank you!

We can't wait for you to
join our happy, calm
and nurturing school.



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