



# Reception Newsletter

Autumn | 2025

Dear parents/carers,

Welcome back to Early Years and a big hello to our new families starting in Reception at Abbott! We hope you have had a wonderful summer and are excited to jump straight into our first half term. There are a range of exciting themes to cover and lots of new things to learn! We are so excited to be working with your children as they adjust back to school life.

This half term, we will be focusing on getting to know each other and settling into a new routine. We aim to celebrate your child's preferences and interests, support them to engage with their new peers and most importantly, have fun through lots of play and exploration!

We want to learn as much as we can about your children and discover all of their unique qualities and achievements. It is very important in Early Years to develop friendships and social skills so we will be spending time supporting emotional wellbeing and creating a safe, happy learning environment.

Thank you as always for your continued support and cooperation.

Miss Cordwell



@AbbottCommunityPrimary



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<https://www.abbott.manchester.sch.uk/class/eyfs>





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# Class Timetable



## Reception Timetable - Autumn 1



<div>  Reception Timetable - Autumn 1  </div>															
	08:45 - 9:00	09:00 - 9:10	09:10 - 10:00	10:00 - 10:30	10:30 - 11:00	11:00 - 11:15	11:15 - 11:40	11:40 - 11:55	11:55 - 12:00	12:00 - 13:00	13:00 - 13:15	13:15 - 13:30	13:30 - 14:45	14:45 - 14:55	14:55 - 15:15
Monday	Arrival & Registration	Morning Routine	Phonics	Continuous Provision	Snack Time & Outdoor Play	Maths Input	Continuous Provision	Literacy Input	Toilet & Handwashing	Lunch	Afternoon Registration & Tooth Brushing	Art Input	Continuous Provision	Tidy Up Time	Story Time/Song
Tuesday		Morning Routine	Phonics	Continuous Provision		Maths Input	Continuous Provision	Literacy Input				UW Input	Continuous Provision		
Wednesday		Morning Routine	Phonics	Continuous Provision		Maths Input	Continuous Provision	Literacy Input				PSED Input	PE		
Thursday		Morning Routine	Phonics	Continuous Provision		Maths Input	Continuous Provision	Literacy Input				Team-building	Continuous Provision		
Friday		Morning Routine	Phonics	Continuous Provision		Maths Input	Continuous Provision	Literacy Input				Family Fridays (13:30 - 14:30)			



# Important Reminders

Your child must bring spare clothes (including underwear) every day in their school bag. Please label ALL of your child's belongings!



Please ensure that your child brings a labelled water bottle to school everyday. If you wish your child to have their own snack, please ensure it is fruit or vegetables.



We are a nut free school. Please ensure your child is not bringing food containing nuts into school, including spreads, chocolates and cereal bars.





## What to pack in a healthy packed lunch...



### A portion of starchy food

Base the packed lunch on starchy foods such as bread, bagels, pitta, chapattis, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

### At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



### A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.



### A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

## Top tips for lunchboxes

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping – why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

## Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools ([www.manchesterhealthyschools.nhs.uk](http://www.manchesterhealthyschools.nhs.uk)). For further information on packed lunches, please contact your School Nurse.



## The healthy lunchbox guide



**Ideas for choosing a balanced packed lunch!**





# Lunch box ideas...

## Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

## Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water

## Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumber, chives, low fat mayonnaise)
- Fromage fraise
- Raspberries
- Bottle of water

## Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water

## Packed lunch 5

- Pitta bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water

## Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage fraise
- Bottle of water



## Packed lunch 7

- Hummus
- Carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water

## Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk

## Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water

## Packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water

All images are suggestions only.

**Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?**

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

**FACT** Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.



# Curriculum Overview

## Physical Development

- Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Develop their fine motor skills so that they can use a range of tools competently, safely and confidently.
- Revise and refine the fundamental movement skills they have already acquired.

## Personal, Social and Emotional Development

- Manage their own needs.
- See themselves as a valuable individual.
- Express their feelings and consider the feelings of others.
- Build constructive and respectful relationships.
- Identify and moderate their own feelings socially and emotionally.
- Show resilience and perseverance in the face of challenge.

## Communication and Language

- Use longer sentences of four to six words.
- Understand how to listen carefully and why listening is important.
- Listen carefully to rhymes and songs, paying attention to how they sound.
- Listen to and talk about stories to build familiarity and understanding.
- Use new vocabulary through the day in different contexts.
- Listen and respond to questions about key texts.

# Curriculum Overview

## Mathematics

- Numbers to 5
- Comparing groups within 5
- Shape
- Change within 5
- Number bonds within 5
- Space

## Literacy

- Develop their phonological awareness, so that they can:
  - ✓ spot and suggest rhymes
  - ✓ count or clap syllables in a word
  - ✓ recognise words with the same initial sound
- Write some letters accurately.
- Write some or all of their name.
- Read individual letters by saying the sounds for them.
- Blend sounds into words, so that they can read short words made up of known letter-sound correspondences.

## Understanding the World

- Talk about members of their immediate family and community.
- Name and describe people who are familiar to them.
- Recognise that people have different beliefs and celebrate special times in different ways.

## Expressive Arts and Design

- Explore, use and refine a variety of artistic effects to express their ideas and feelings.
- Create collaboratively sharing ideas, resources and skills.



# Reading

Children will continue to bring home a reading record and picture book for you to share and enjoy together at home. This needs to be brought in **everyday** so that your child can read with a member of staff. Books will be changed every **Monday** and **Thursday**. Make sure to sign the reading record so books can be changed.

To further support independent reading for pleasure, take a look at the suggestions below that are linked to the topics and authors we are focusing on this half term. All of these books can be found on Youtube to listen to at home if you do not have access to a physical copy.





# Home Learning

All homework will be set, monitored and marked on Class Dojo. Class Dojo can be downloaded from the app store on your mobile device. You will have your own login in order to access your child's homework and upload photos or videos of your child's learning at home.



**ClassDojo**

Children also have access to online learning platforms that can be used at home. Log on details for these will be sent home soon.

