



Reception Newsletter

Autumn | 2026

Dear parents/carers,

Welcome back to Early Years, and a very big hello to all of our new families joining Reception at Abbott Community Primary School! We hope you have had a wonderful summer and are feeling excited for the new school year.

We are so excited to be working with your children as they settle into school life and begin their Reception journey.

This half term, our main focus will be getting to know each other and settling into our new routines.

Our first topic is 'All About Me'. We have lots of exciting opportunities for the children to learn, explore and discover. We will celebrate each child's individual preferences, interests and talents, while supporting them to make new friends and develop positive relationships with their peers.

Most importantly, we want the children to have lots of fun through play, exploration and exciting learning experiences! We want to learn as much as we can about your children and discover all of the wonderful and unique qualities that make them who they are.

Developing friendships, communication and social skills is such an important part of Early Years, so we will spend lots of time supporting the children's emotional wellbeing and creating a safe, happy and welcoming learning environment where everyone feels valued.

Thank you, as always, for your continued support and cooperation.

We are looking forward to a fantastic year together!

Miss Cordwell



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



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Class Timetable



Reception Timetable – Autumn 1



	08.45 – 9.00	09.00 – 9.10	09.10 – 10.00	10.00 – 10.30	10.30 – 10.45	10.45 – 11.20	11.20 – 11.35	11.35–11.50	11.50 – 12.00	12.00 – 13.00	13.00 – 13.15	13.15 – 13.30	13.30 – 14.30	14.30 – 15.00	15.00 – 15.15
Monday	Arrival, Name Writing & Registration	Morning Routine	Phonics	Snack & Story Time/ Outdoor Provision	Literacy Input	Continuous Provision (Guided Literacy)	Maths Input	Continuous Provision (Guided Maths)	Toilet & Handwashing	Lunch and outdoor provision	Afternoon Registration	Afternoon Input	Continuous Provision (Interventions)	Tidy up Outdoor Provision	Story and Home Time
Tuesday		Morning Routine	Phonics		Literacy Input	Continuous Provision (Guided Literacy)	Maths Input	Continuous Provision (Guided Maths)				Afternoon Input	Continuous Provision (Interventions)	Tidy up Outdoor Provision	
Wednesday		Morning Routine	Phonics		Literacy Input	Continuous Provision (Guided Literacy)	Maths Input	Continuous Provision (Guided Maths)				Afternoon Input	Continuous Provision (Interventions)	Tidy up Outdoor Provision	
Thursday		Morning Routine	Phonics		Literacy Input	Continuous Provision (Guided Literacy)	Maths Input	Continuous Provision (Guided Maths)				Afternoon Input	Continuous Provision (Interventions)	Tidy up Outdoor Provision	
Friday		Morning Routine	Phonics		Literacy Input	Continuous Provision (Guided Literacy)	Maths Input	Continuous Provision (Guided Maths)				Afternoon Input	Continuous Provision (Interventions)	Tidy up Outdoor Provision	

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). 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 frai
- 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 frai
- 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 bring home a phonics book and a bedtime story for you to share and enjoy together at home. They will also bring home a reading record for you to sign each time you read together. These need to be brought in **everyday** so that your child can read with a member of staff. Books will be changed every **Monday** and **Thursday**.

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 and Communications

All homework and class communications 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.



Bertie Bear

Each **Friday**, our cuddly friend will go home with a child who has shown hard work and impressive effort. This is a wonderful opportunity for your child to take care of our bear and share their experiences with the class.

When it's your child's turn, we would like you to take some pictures of your adventures and upload them onto our Class Dojo page. We can then share these pictures and stories during our class circle time.

Bertie Bear needs to be returned to school each **Monday** morning so he is able to encourage the children to work hard and make the right choices throughout the week.

We can't wait to see all the fun your children will have with our Class Bear!

