

BELTON PLAYGROUP NEWSLETTER



Upcoming events

Autumn Activity Morning
Date TBA

A lovely fun morning of crafts
for your children

Half Term

20th– 24th October 2025

Want to join our committee?

We are always looking for parents/grandparents/carers to help out on our committee, especially at fundraising events - please let a staff member know and we will give you further details

Do you have a skill you could share?

Are you brilliant at woodwork, can you tell amazing stories, do you know a lot about nature? If you have a skill you would like to share with us, please let a member of staff know and we can organise something!

August 2025

Welcome back to playgroup! And welcome to all of our new starters:

Poppy E, Daxton, Jack M, Martha, Lavender, Poppy N, Jack P, Ettie, Ralphie and Lennox.

We hope you have all enjoyed the summer, if you have any photos of the things that you have been up to, please feel free to whatsapp them to us and we can pop them in your children's learning journeys. It's lovely to share the memories with your children.

We had a very successful holiday club, with over 30 children attending. The weather was very kind to us, so we spent lots of time in the paddling pools and sandpit. The cabin was also popular, especially as we had a new giant Barbie house! We also had Super Star Sports each week, who delivered fun sessions. The children loved it.

You should have all received an email regarding the new Healthy Eating policy. The Department of Education has provided this new guidance for us, so that we can all provide a healthy, balanced and nutritious diet for our children. We expect a few teething problems but please be assured that we have the best interests of your children at the heart of our policy and will work with you to get it right for your child.

Healthy Eating

Here is a reminder of the food that we would like your child to have in their lunchboxes:

Provide:

- At least 1 portion of fruit and vegetables
- 1 portion of starchy foods
- bread
- potatoes
- sweet potatoes, and other starchy root vegetables
- pasta and noodles
- rice and other grains
- 1 portion of dairy or dairy alternatives
- Milk
- Cheese
- Low fat unsweetened yogurts/fromage frais (no pouches)
- 1 portion of protein
- beans
- pulses
- meat and poultry
- fish and shellfish
- eggs
- meat alternatives

Limit:

- rice cakes
- unsalted crackers
- mini breadsticks
- processed meat products

Avoid:

- Processed fruit products
- cakes
- pastries
- biscuits
- crisps
- chocolate
- sweets
- smoothies
- fruit juice
- squash

We have also been advised that we should avoid pouches that are high in sugar

A link to the Healthy Eating policy...

<https://www.beltonplaygroup.co.uk/wp-content/uploads/2021/05/Healthy-Eating-Policy.pdf>



We've all had a lovely summer and are ready to get back at it! The next few weeks will be spent getting to know our new key children and settling everyone back in. Please feel free to chat to us about any concerns you may have, we are all here to help

Sam, Becky, Vanessa, Jo, Leah,
Katie, Amanda, Gemma & Kerry



Connect with us:

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Belton Playgroup Term Dates 2025/26

Term	Start Date	Half Term Break	End Date
Autumn Term	26th August 2025 (unfunded) 1st September 2025 (funded)	20th– 24th October 2025	19th December 2025
Spring Term	5th January 2026	16th – 20th February 2026	27th March 2026
Easter Holiday Club	30th March – 2nd April 2026		
Summer Term	13th April 2026	25th– 29th May 2026	10th July 2026
Summer Holiday Clubs	20th – 23rd July 3rd – 6th August 10th – 13th August		