

Welcome to Reception 2026-2027





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Staffing

- Class Teachers Mrs Lydon & Mr Innes
- TA Support: Mrs Clark & Miss Richardson
- Additional Support: Mr McLoughlin, Mrs Nash, Miss Lawler & Mrs Knighton





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Areas of Learning and Development

Prime Areas

Personal, Social and Emotional Development

- Making Relationships
- Self-confidence and Self-awareness
- Managing Feelings and Behaviour

Physical Development

- Moving and Handling
- Health and Self-care

Communication and Language

- Listening and Attention
- Understanding
- Speaking

Specific Areas

Literacy

- Reading
- Writing

Mathematics

- Numbers
- Shape, Space and Measures

Understanding the World

- People and Communities
- The World
- Technology

Expressive Arts and Design

- Exploring and Using Materials and Media
- Being Imaginative



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Reading/Phonics



- <https://www.youtube.com/watch?v=a8ZMfYjdN-s>
- Please send books and reading records daily.
- Phonics parent workshop on .



Forest School



- We will be having Forest School Sessions on a Wednesday.
- Children will be provided with a cover-all.
- They will need to bring in their own wellies to leave in school.





A reminder for children on packed lunches



- It is now law that children's food is prepared for consumption safely, following this advice from the Food Standard's Agency. Please bare this in mind when sending children to school with certain food types.
- <https://www.foundationyears.org.uk/2021/09/food-safety-advice-on-choking-hazards-in-settings/>

Early years food choking hazards	
Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)	
Vegetables and fruit	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces - cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or stewing.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children, consider grating or mashing firm vegetables and vegetables like butter beans, chickpeas and tofu, or softening them up by steaming or stewing.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and aubergine) by steaming or stewing until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, if not help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut strips of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or take whole nuts	Chop or take whole nuts, seeds and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, flapjacks, toast bread and other breads into narrow strips.
Sweets and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and mints/marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children jelly cubes.
Baked sweets and ice lollies	Do not give babies and young children baked, hard, glossy, sticky or tough sweets, or ice lollies.
Reams and other dried fruits	Do not give babies under the age of 1 whole reams or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-stop-a-child-from-choking/>

It is also advised that care givers are familiar with how to respond to a choking incident, see: <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-stop-a-child-from-choking/>

and how to resuscitate a child: <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-resuscitate-a-child/>

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Early years choking hazards food safety advice

For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

1. Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-stop-a-child-from-choking/>. Introduce babies to solid foods from around 6 months of age.
2. **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
3. Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
4. **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
5. **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children.

How to stop a child from choking: <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby-first-aid-and-safety/first-aid-how-to-resuscitate-a-child/>



A reminder for school photos

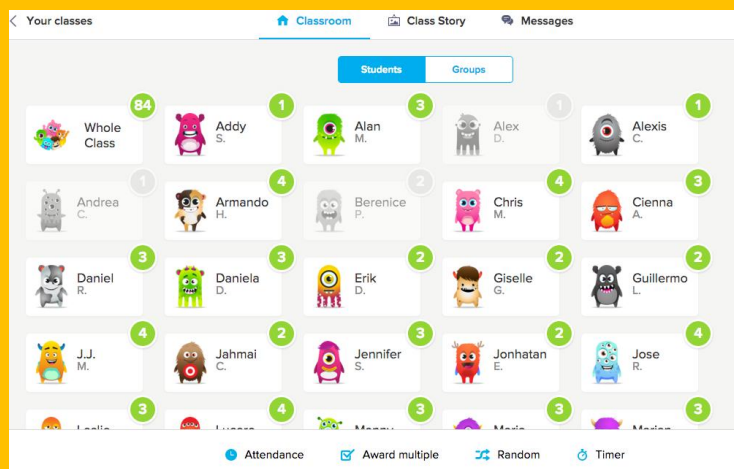


- Tomorrow (9th September) is school photo day
- Children need to come in their school uniform not their PE kits
- We will still do Forest School so please ensure they have wellies and a coat





Class Dojo



Class Dojo

This is our reward scheme that we now run throughout school. Children earn points for demonstrating good behaviour.



Join our class!

This year, I'll be using ClassDojo to share fun moments from the classroom and keep you up-to-date with info and events. See you on the ClassDojo app!

— Mr. Innes



Please connect to our class to see the points your children have been rewarded!



Our EP Rules

At Lanchester EP we
are:

Ready,



Respectful



&

Safe



Learners!



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Important things to remember...

- **Medical forms** - completed at office, all medication to be handed to office by an adult not the child and collected from the office if needed.
- Any **absences** need to be passed on to the office, this includes any appointments such as dentists, doctors etc. Holiday forms available at the office.
- Clothing - ensure that all items of clothing are labelled with your child's name.
- Book bags to be brought in daily.
- PE days are Wednesday and Friday - Children to come in wearing their PE kits.
- Class Dojo (if not connected yet, let us know!)
- School Facebook Page - Lanchester EP Primary School
- Contact emails: g.innes@lanchesterep.net h.lydon@lanchesterep.net



Who to see for what!



For any issues, simply contact the class teacher either on the yard at the beginning of the day or home time. Or send us an email.

For any issues that may require more than a brief chat, please feel free to make an appointment with the class teacher.

h.lydon@lanchesterep.net or g.innes@lanchesterep.net