Highwood Primary School

Promoting Resilience - Achieving Potential

EYFS Family Newsletter- Autumn 2026

Dear Parents and Carers,

At Highwood, the safety, health and wellbeing of every child are at the heart of all that we do. The Early Years Foundation Stage (EYFS) statutory guidance has recently been updated, with an increased focus on safer eating, safer sleeping and healthy screen use. We would like to inform you of the changes we have made at school and share some simple, practical tips to help support your child at home.

If you have any questions or concerns, please do not hesitate to get in touch.

Best wishes,

Mrs Thompson and the Early Years Team

Healthy Screen Time

Screens are part of modern family life, and we understand that managing them can sometimes be challenging. New government guidance published in March 2026 offers advice on helping children under five develop healthy screen habits.





Safer Sleeping and Rest

Safer Eating and Healthy Food Choices

Mealtimes and snack times are opportunities for children to enjoy nutritious food, develop independence and learn essential social skills. The updated EYFS nutrition guidance encourages settings to offer healthy, balanced and nutritious food. We would encourage you to take up the offer of the free school dinners but understand that there are many reasons why your child will bring a packed lunch instead.

If you do send a packed lunch in with your child, please ensure it contains healthy, balanced and nutritious food in line with the nutrition guidance. Which can be found here:

www.gov.uk/government/publications/early-years-foundation-stage-nutrition

Please avoid fizzy drinks, chocolate bars and anything containing nuts or sesame seeds (including hummus). We have some children at Highwood with severe allergies.

Here are some ideas for suitable packed lunches:



- **At Highwood we ensure snack times and lunch times for our Nursery and Reception children are supervised by adults with relevant first aid qualifications.**
- **We have qualified first-aiders in the Nursery**

