Eat Well
Move More
Thrive Together

PANCo Newsletter

What is PANCo?

At Nursery Rhymes & Jabberwocky Pre-School, our PANCo (Physical Activity and Nutrition Coordinator) project is part of our ongoing commitment to children's health and wellbeing. Each year, our PANCo team completes a Start Life Well self-assessment to identify one area of improvement linked to healthy eating, movement and overall wellbeing.

From this, we set a yearly focus, for example, helping children understand how food fuels their bodies, or how movement supports strong, happy minds. Each term we explore this theme through play, cooking, gardening, story time and outdoor experiences. Staff reflect on what is working well and through this newsletter we invite families to join in with home challenges and together and continue promoting positive health and wellbeing.

By integrating nutrition, movement and emotional wellbeing into everyday routines, we help children develop lifelong healthy habits, improve concentration and confidence and nurture a positive relationship with food and their bodies in a fun, child-led way.

Our PANCo Journey so far

This year, our focus has been on embedding Eat, Move & Thrive across everyday practice, rather than as a stand-alone activity.

Across the setting, children have:

- Explored a variety of foods through tasting, baking and food play.
- Developed confidence through daily physical activity and outdoor play.
- Built strong emotional wellbeing through routines, relationships and support.

We are proud to see that children are becoming:

- More confident trying new foods.
- More active and engaged in movement.
- More able to express their feelings and build relationships.

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This Years Focus

Our 2025/26 PANCo project builds on last year's success. This year, we are exploring how healthy eating and wellbeing can be embedded through all areas of play and learning, rather than as a stand-alone topic. We will be helping children connect food, movement and wellbeing to their everyday experiences, from cooking and gardening to role play, story time and outdoor exploration.

Each term, we will focus on a different theme, ensuring children experience a wide variety of learning opportunities that promote healthy habits, positive wellbeing and an active lifestyle throughout the year.

What has this last term's focus been?

This last term, Children have been supported to build confidence in trying new foods, develop independence at mealtimes and explore how movement supports their bodies. Alongside this, we have focused on helping children to understand and express their emotions, supporting their overall wellbeing and development.

Healthy Me Strong Bodies, Strong Minds

We hope to have experienced...

- Exploring new foods including fruits, savoury meals and baking experiences.
- Taking part in daily movement including obstacle play, dancing, yoga and outdoor adventures.
- Using stories, circle times and routines to support emotional wellbeing.
- Encouraging independence through self-serving, food prep and self-care routines.

Growing, learning and thriving. Every day, in every way.

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Family Partnership

Each term, we will share a PANCo Family Update through our newsletter. You will find out what we have been doing with our termly focus, practical home ideas, healthy recipes and termly challenges you can join in with at home.

We would love parents and families to get involved by sharing experiences you have had at home and anything you have tried too. These will help us celebrate a consistent message between home and nursery.

Family Challenge of the Term

Next term, we are encouraging our families to support children in developing simple self-care routines at home.

How to join in:

1. Encourage your child to brush their teeth morning and night
2. Support your child to drink water regularly throughout the day
3. Practice simple self-care skills such as hand washing and dressing.
4. Talk together about how these routines help our bodies stay healthy and strong.
5. Share a photo, drawing or update with us!

Why it matters:

Building self-care routines helps children develop independence, confidence and wellbeing. These small everyday habits support healthy bodies, positive routines and emotional security. together!

At Nursery We Hope To Experience...

- Exploring toothbrushing and oral health through play and role play
- Learning about hydration and healthy drinks
- Developing independence through dressing, self-care and routines
- Creating calm spaces to support rest, relaxation and emotional wellbeing
- Talking about how our bodies feel when we are active, calm or tired

Parent Partnership AT NURSERY RHYMES

When children experience similar routines and activities at both home and nursery, it helps them feel secure, build confidence and develop a stronger understanding of their daily world.