



News Story – Sharing Kindness: Our September Food Bank Initiative

Babies

Today in our Baby Room, the children took part in a special Food Bank Day activity that helped them learn about food, kindness, sharing and helping others. They began with a fun food-matching activity, where they explored pictures of different foods and matched them to real food items. This supported their early vocabulary as they learned and used words such as *fruit*, *vegetables*, *milk*, *bread* and *food*.



We then set up a pretend food shop, which the children absolutely loved. They chose different food items, placed them into shopping baskets and pretended to shop for donations to give to the food bank. This hands-on play supported their Communication and Language as they listened to simple instructions and learned new words, and their Physical Development as they reached, grasped, carried and placed items into baskets. It also nurtured their Personal, Social and Emotional Development by encouraging kindness, sharing and an early understanding of helping others. Their

Understanding the World was strengthened as they explored familiar foods and learned about how food banks support people in the community.

The activity also linked beautifully to our Islamic values, reminding the children of the importance of compassion, generosity and caring for others. Throughout the session, the children showed curiosity, confidence and enthusiasm, engaging fully in meaningful play and learning that even small acts of kindness can make a big difference.



It was wonderful to see the children enjoying themselves while developing important skills and taking part in an activity that promotes empathy and community spirit.



Toddlers

For National Food Bank Day, the children took part in a range of engaging activities that helped them learn about food, kindness and caring for others. They enjoyed exploring a food-themed tuff tray, where they investigated the different items provided and took part in a role-play picnic. This encouraged them to recognise and name a variety of foods, supporting their communication and language skills as they shared their ideas and talked about what they could see. The activity also supported their understanding of the world, helping them learn how food is part of our daily lives and why some families may need extra support from food banks.



The children then visited our food bank collection table in the hallway, where they looked at the generous donations that had been brought in. This created meaningful opportunities to develop their personal, social and emotional skills as we talked about kindness, sharing, caring for others and recognising that people have different needs. The children were encouraged to think about how their actions can help someone else, and how giving to others can make people feel valued and supported.



We also linked this to Islam, discussing the importance of sadaqah (charity) and helping those who are less fortunate. The children learned that Islam teaches us to share what we have, show kindness and support our community. Through these experiences, the children were developing compassion, generosity and respect for others, building positive values they can carry with them in their everyday lives.



Pre-School

We have had the most wonderful month focusing on the importance of helping others, and we are incredibly proud of our generous nursery family!

Throughout September, our children and parents have been donating a fantastic variety of foods to support our local community food bank. Some of the activities we did:

Circle Time Conversations: We talked about what a food bank is and why people use them. The children explored beautiful themes of generosity and kindness, learning how small actions make a big difference to those in need.



National Food Bank Day: On Wednesday, we celebrated with a special food-themed activity! The children discovered new vocabulary, named different items, and sorted which types of foods are best to give away.

Real-World Helpers: We loved seeing the photos and videos parents uploaded of the children out shopping for the food bank! A huge thank you to the children who proudly carried their bags into nursery to stock up our donation table.

Learning Through Play: In our home corner, we added real food boxes to create a mini food bank and shop. The children have loved role-playing, practicing their sharing skills, and taking turns being the shopkeeper!

Thank you so much to everyone who donated and supported this vital learning experience. You are helping us grow kind, empathetic, and community-minded children.

