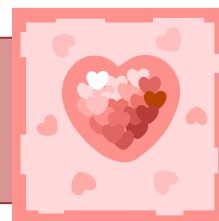




Tigers February Newsletter



Dear Parents, we ask that all children have appropriate clothing as we do spend a good deal of time outside, whatever the weather!

Please can you ensure you have NAMED your child's hats, coats, gloves and scarves.

Also, we are encouraging the children's independence with putting on and taking off their coats themselves.

Please support us by doing the same.

Thank You



Staff News

You may have noticed Miss Nafisa is expecting her first baby! Miss Nafisa will be working until April and we look forward to welcoming her back to Training Depot with her new addition in 2017. WE wish Miss Nafisa and her husband every happiness for the future.

Reminders

- If you wish to change your child's sessions, then please ask at the Office to complete a form. Please remember that we require a minimum of 1 weeks' notice for session changes.
- Please can we ask you to write your child's name on their nappies and wipes.
- If you are late to collect your child/ren by 10 minutes or more, there will be a charge of £10. After 6.10pm, this charge increases to £15.

Thank you

Family Breakfast

Our Family Breakfast will be held on Thursday 10th March. All parents are welcome to attend from 8:00am until 10:00am.



Term Dates:

February Half Term - Monday 15th - Friday 19th February

Easter Holiday - Friday 25th March - Friday 8th April
(Term finishes on Thursday 24th March as Friday 25th is a Bank Holiday)

May Half Term - Monday 30th May - Friday 3rd June

Last day of Summer Term - Friday 22nd July
(Please note that Training Depot Day Nursery is only closed on weekends and Bank Holidays).



Do you know about the hidden sugars in your children's food?

You can download the Sugar Smart app and scan the barcodes of their favourite food and drink and see how much sugar is lurking inside.

Go to <https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/home>



Mr David's Message

Dear Parents,

I am delighted to share some more good news about your chosen Nursery.

We are one of the very first nurseries in Luton to be accredited by Family Food First!! – see website.

What does this mean?

1. We only serve healthy, nutritious food to our children – and staff, from our own kitchens.
2. Every child enjoys physical activity at least twice a day.
3. Our children are taught dental hygiene and visits to a dentist are made.
4. Parents are also encouraged to learn about healthy eating - Nutritionists are often on site. We also teach children around their meal times.

Please help us –

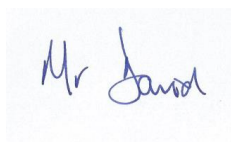
Please **no more** crisps/chocolates/sweets/cakes or biscuits at drop off or pick up. Bananas, apples, carrot sticks, rice cakes, bread sticks are a healthier alternative.

This month we are taking part in Chatterbox Challenge. This can be great encouragement to our children who are learning words and using them to speak. You can help by singing songs and rhymes with your child at home. Please see our curriculum plans on the parent notice board to find out which rhymes your children are learning each week.

Ask your children in Tigers how much they enjoy Dance Flavorz on Fridays?

Finally – another request for help – Parents leaving a buggy, especially a double buggy in our garage - please **ALWAYS** collapse your buggy – to help other parents and our staff who are accessing toys most days from our garage area.

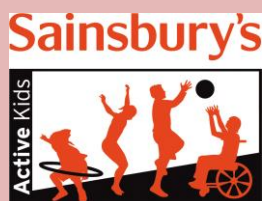
Best wishes



February 2016

We are collecting the Sainsbury's Active Kids vouchers again this year.

They are being handed out until the 3rd May 2016.



First Aid

If you are interested in finding out how to perform CPR on an infant, please go to

<http://www.itv.com/news/2016-01-20/baby-cpr-st-john-ambulance-release-video-showing-how-to-perform-life-saving-technique/>