

GDDN February Newsletter

Medicines



Please **do not** leave any medication in your child's bag, it must be bought into the office and a form must be completed. It is a Health and Safety issue.

Calpol **cannot** be given to children unless they have a temperature. Please ensure that if your child is not well, they rest at home with you.

Please provide warm outdoor clothing (labelled) for your child/ren to wear in the winter months – we do take them out, whatever the weather!



Please could you also make sure that your child has a spare (named) change of clothes at Nursery, especially if your child is toilet training. Thank you.

The Bedfordshire CAMHS (Child and Adolescent Mental Health Service) Neurodevelopmental Team, in partnership with Autism Bedfordshire, will be running a series of lectures to support parents and carers to understand and manage behaviours consistent with Autism.

- What is Autism? **Tuesday 29th January**
- Anxiety **Tuesday 5th February**
- Sensory **Wednesday 13th February**
- Communication **Tuesday 5th March**
- Managing Challenging Behaviours Sleep & Local **Tuesday 5th March**
- Support/Information **Wednesday 13th March**

Fizz Free February

The purpose of the Campaign is to get children and adults to give up all fizzy drinks during February in order to reduce their sugar intake, lose weight, save money and keep their teeth.

Tooth decay is the leading cause for hospitalisation among five to nine year olds in the UK, with 26,000 children being hospitalised each year due to tooth decay – in other words, 500 each week.

Source: Action on Sugar.



How much sugar is your child having?

Get help with swaps and tips - Change4Life is here to help your family cut back on sugar, with lots of great tips and ideas, so you can make some simple swaps.

- try our [top sugar swaps](#)
- discover easy ways to [make a swap when you next shop](#)
- read our [top swap tips](#)
- see the [full list of Change4Life sugar swaps](#)
- use our [sugar calculator](#) to see how much sugar your kids could be having in a day



Sugar: maximum daily amounts		
4-6 years	7-10 years	11+ years
5 cubes (19 grams)	6 cubes (24 grams)	7 cubes (30 grams)
<small>*1 cube = 4g sugar</small>		

Mr David's Message

Dear Parents and Carers,

A warm welcome to everyone as we happily receive more new starters.

Should anyone be uncertain of the name of their child's Keyworker – staff photographs are at the doorways to both nursery rooms, Tigers Room also gives the names of the children in each group.

We all look forward to the busy month of February, though I should mention half term week for many starts from Monday February 18th. Our plans and arrangements do include:

1. Chinese New Year celebrations
2. A visit to Luton Library
3. Active Luton, our guests giving lessons for the month - instruments, singing, music and exercises
4. x 2 weekly visits to St Anne's Old Peoples Home: garden preparation, mud kitchen and soon we will begin planting.

This is all in addition to usual daily teaching and learning.

Parents, I make two requests for your HELP, please.

Our continuing strong and important efforts applying the great advice we continue receiving from membership of Family Food First means:

Forget Fizzy Drinks - February

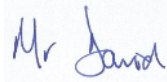
(Why not try milk or water as they are much healthier alternatives?)

Stop sweets – biscuits – chocolates - crisps being given as rewards or bribes for good behaviour

Please help our staff with this hugely important effort introducing much healthier habits to your children.

Last request: Please always collapse buggies when choosing to leave them in our garage storage. We simply have insufficient room and want to help as many parents as possible.

With our good wishes and kind regards.



February 2019

February Events:

Active Luton (Dance Theme) for Cubs

Wednesday 6th February 10.30 - 11.30

Wednesday 13th February 10.30 - 11.30

Wednesday 27th February 10.30 - 11.30

Chinese New Year - Tuesday 5th February

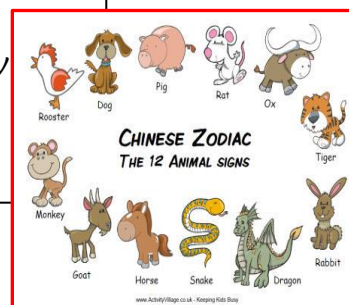
Library Visit - Wednesday 27th February

Thank you to our parent
who helped make some
Asian food it was
delicious.

In case of accidents – please do
not carry your child up and down
the stairs.



A special
welcome to the
gerbil brothers!
Our new pets in
the Tiger's
room.



Please ensure you child's folder is emptied every day.


If you are new, please remember to send your child's photo to manager@trainingdepot.co.uk for their peg card.

Parents / carers needed - do you have ½ hour to spare?
We are looking for parents to come in and discuss their jobs, hobbies, do some art and craft or cooking with the children. Please speak to Mr Dave for more information.

Your Child's Development
Information about how to help you child's development will be held in March. Please keep your eyes peeled for more information. Miss Majeda is our lead if you have any questions.

Parents support group
We are looking to start a parent support group the first meeting will be held on the 13th February. Please speak to Miss Nargis / Miss Majeda or Miss Sandhya for more information.

Please Note: Failure to pay your child's fees may result in their place being offered to someone else.

Please add us as a friend on Facebook to keep up to date with topics, books and pictures...

<https://www.facebook.com/trainingdepot.daynursery.06>

This Month's Policy Summary:

Fire Precautions/Fire Procedures Policy

The building and fire equipment are checked on a yearly basis by an external professional company.

All staff are to take note and follow the Fire Procedure given on the notices by the Fire Exits. All staff are to be aware of the location of all the Fire Exits.

Fire doors are to be kept closed. All Fire Exit routes are to be kept clear at all times.

On hearing the fire alarm, everyone is to vacate the building by the nearest Fire Exit as safely and quickly as possible. No one should stop for any personal belongings including coats or shoes.

Room Leaders or staff in charge of the room are to check their Nursery Room and toilets where possible to ensure all the children have been evacuated.

Fire evacuation practice is undertaken every 2 months, with the time of the drill and evacuation alternating between morning and afternoon. This ensures all staff and children have the opportunity to participate in a fire evacuation practice.

WOW

Has your child achieved something fantastic at home? Please use our **WOW** moments to share this with us. (Available on the Parents' board in the hallway).