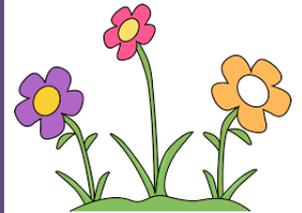




TDDN Newsletter

June 2020



Vitamin D

Sunlight is our main source of vitamin D. 20 -30 Minutes of sun exposure 2 -3 times per week is recommended.

Adults and children over one year of age should take daily vitamin D supplements.

Please do remember to apply sunscreen to your child.

Dear Parents,

As you are aware from the emails sent out, we opened on the 1st June to all the children. As explained in the email, we are welcoming you all back gradually. Please email Miss Shahina on officeadmin@trainingdepot.co.uk to let her know which week you would like to return. This will allow us time to organise the smaller classes for your children.

We would welcome your thoughts on what you are expecting us to do to help you feel more comfortable.

Keeping Us All Safe -

some of the measures we are taking:

- Your child may have regressed due to the lockdown, if this is the case we will speak to you.
- There will be a lot of outdoor play to help your child process what they have been through the lock down.
- We are asking for only members of the household to drop and pick up the child, and only one member at a time.
- If at all possible, members of staff and parents/carers are asked to avoid public transport when necessary.
- Parents/Carers when dropping and collecting their children are asked to stand at the marked waiting areas.
- We ask that no items be brought from home into the nursery.
- Parents/Carers are not to enter the nursery - a member of staff will come to collect or drop off the child at the door
- The child will be asked to wash their hands as enter the building and throughout the day.
- The children will be organised into 'bubbles' to avoid cross-contamination
 - ✓ These 'bubbles' will be small groups of children, assigned to practitioners
 - ✓ Different 'bubbles' will be placed in different areas of the nursery
 - ✓ Practitioners will also be asked to avoid interacting with practitioners from other 'bubbles'
- Staff will be carrying out deep cleaning regularly throughout the day
- Practitioners will continue to support the learning and development of the children, updating learning journals.
- If parents would like to have a more in-depth handover, we ask that they telephone the nursery.



We ask that you:

- Keep your child at home if they are unwell.
- Ensure you change and wash your child's clothes daily

Remind your child to wash their hands (we will be doing the same and aiding them to wash their hands properly).

Due to the lock down your child may display signs of Trauma

Infants under the age of 2 years

- Fuss more or be harder to soothe
- Exhibit changes in sleep or eating patterns
- Appear withdrawn

Children aged 2 to 5

- Show signs of fear
- Cling to parent or caregiver more
- Cry, scream, or whine
- Move aimlessly or freeze up
- Regress to earlier childhood behaviours, such as thumb sucking or bedwetting

We will ensure there is a slow transition back into nursery if needed, and work alongside you to help your children adjust to new routine.

Mr David's Message

Dear Parents and Carers,

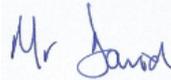
How very pleasing for us all to be welcoming back to nursery so many friends we have so greatly missed for such a long time! We very much hope you will all quickly adjust to the great number of changes we have been required to implement in both our methods and practice. We seek to continue to provide the very best care and high levels of safety for everyone. Some members of staff are also returning following extended as well as unwelcome breaks for them too! Delighted to have them return to us, bringing with them their experience and knowledge.

In our newsletter for June, I recommend you carefully read the following helpful articles:

- Carefully planned gradual programme of returning
- Keeping us Safe
- Curriculum of Learning
- Vitamin D
- Signs of Trauma
- School Transition arrangements

Please use emails or a telephone call should you wish to speak with a member of staff.

Thank you,
June 2020



School Transition

We have started the transition process with the schools, to ensure they have a sound understanding of your child's needs. This has been done through phone conversations. We do advise parents to also email or call the school if you have any unanswered questions.

To help you at home you could:

- Talk with your child
- Read with your child
- Count with your child
- Play listening games
- Encourage independence skills
- Encourage your child to hang up their coat and tidy away their toys
- Support your child to join in and share toys with other children.
- Provide daily physical activity



For more information log onto:

<https://www.flyingstartluton.com/transition/parent-transition-resources/>

Curriculum

May has been lovely and we have been enjoying the sun with lots of outside play. We have also enjoyed having a baby hospital for our role play area.

We have made good use of all our story sacks. The two favourite stories this month have been The Colour Monster, Three Little Pigs and the Gingerbread Man.

Themes we have explored: -

- Sensory play - we had lots of lovely discussions with the children on See, Hear, Taste, Touch and Smell.
- Food tasting - which the children enjoyed. Especially the cake they made!
- Exploring music and movement through Caribbean and Asian music.
- Animal yoga.
- Building giant waffle houses.



We also had an Eid party on the 27th May. The staff bought in lots of food for the children to try. We hope all families celebrating Eid had a lovely time. Thank you for your Eid cards and kind messages. We have especially loved receiving messages about your children acting out their day at the nursery and taking on the role of our staff.

Family
Food First
Message:

