



TDDN Newsletter

April 2021



Term Dates

Nursery Closed:

Friday 2nd April – Good Friday – Bank Holiday

Monday 5th – Easter Monday – Bank Holiday

Term Starts - Monday 12th April

Jo Jingles

Tuesday 13th - 10.00 am

Tuesday 20th - 10.00 am

Tuesday 27th - 10.00 am

Animal Edutainers – TBC

WELCOME

back to all of you, it's so nice to see everyone looking so well and the children's smiles as they have returned. We hope you made the most of having your children at home with you. Thank you for sharing photos of what you got up to. We have decided to continue to email you at the beginning of the week with the focus of the week so you can chat to your children about it.

Some of you have been sending in WOW moment videos, thank you these are great. We will pass them on to the key workers. Keep them coming!

Thank you to everyone that took part in our World Book Day, we loved the different outfits and books we got to share. We hope your children told you all about it.

We have also managed to book Jo Jingles as the children really enjoy her music last year.

Thank you to everyone that took part in Red Nose Day. We hope your children shared the activities that were carried out.

Please keep our driveway clear when dropping and collecting children, it is a healthy and safety issue. We need it clear at all times so staff, parents and children can access the nursery safely.



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



KEEP YOUR
SNACKS
TOOTH
FRIENDLY

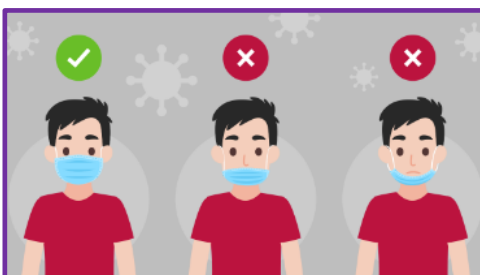


FAMILY
FOOD
FIRST

Toothy Tip



Babies/children who cannot spit out after brushing should have just a smear of family toothpaste on their brush.



Rapid Covid Testing - if you have no symptoms

Free community-wide rapid testing (lateral flow testing) is available to anyone who is not displaying any Coronavirus symptoms and who lives, works and studies in Luton (unless you are self-isolating). We are encouraging people who leave home and come into contact with others (ie key workers, essential shopping, caring, volunteering or worship) to get a rapid test on a twice weekly basis.

Rapid testing is being delivered in partnership with the council and NHS Test and Trace. [More information about is available on the government's website.](#)

You don't need to book – just 'walk up' to one of our rapid testing centres which are open 8am-8pm, seven days a week:

- Lewsey Community Centre, Landrace Road, LU4 0SW
- Farley Community Centre, Delphine Close, LU1 5RE
- Luton Central Library, St George's Square

The testing centres are safe and social distancing measures are in place at all times.

It takes less than 15 minutes to self-administer the test and you will get your result within 45 minutes by text or email.

Please wear a mask when collecting or dropping of children, this is for everyone's safety!

Mr David's Message

Dear Parents and Carers

Welcome back to everyone following the mid-term holiday of two weeks being a national break for nurseries and schools term between winter term finishing on March 26th and spring restarting on April 12th.

Please be advised the half-term between this new spring term and term end on July 23rd for summer break – will be from Monday 31st May. Parents please kindly make a note of new school term times, so helpful for staff who are constantly so regularly questioned. Thank you!

Please, allow me a quick opportunity, having mentioned term times for Government funded places, we always provide, Training Depot Day Nursery remains open 52 weeks every year when those requiring 'fee paying places' for children are always welcome to continue their learning journey with us.

High among our plans in the coming term, please check out the visits for several weeks of Jo Jingles – music, singing/dancing and movement, also instruments and exercise. Animal Edutainers are also expected, I am sorry this is only offered to our children - already attending.

IMPORTANT REQUEST –PARENTS.

Each of you, including those perhaps not usually reading our Newsletter, - Please, carefully read and remember, ALL 11 Parent Reminders, included in OUR newsletter, to help:

1. Your child / children
2. You as the responsible person
3. Our Staff

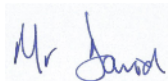
BIG THANK YOU

Also, information is given helping all to be alert to risk of terrorism.

Finally, please take time to study the Healthy Eating menus we provide, describing up to three meals which offered, depending on a child's chosen sessions in nursery. There is even more information available from our local council Flying Start Programme for Mums and Dads around healthy eating guidance and advice.

It is with great satisfaction, on behalf of all staff - with them, I look forward to getting to know you all. With so many new parents and their children joining us around the opening day of term.

With Best Wishes,



April 2021

Well Being Top Tips to support children

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

Support them through difficulties

Pay attention to their emotions and behaviour and try to help them work through difficulties. It's not always easy when faced with challenging behaviour but try to help them understand what they're feeling and why.

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

For more information: - <https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/einformation>

Flying Start Luton Children's Centre

HENRY Healthy Families Virtual Group Programme (8 weeks)

Virtually via online platform ZOOM

Would you like to:

- Feel more confident as a parent?
- Reduce mealtime stress?
- Enjoy being more active as a family?
- Encourage your children away from screens and TV?
- See your children eat more fruit and veg?

The group will help support you with giving your little ones a healthy lifestyle during these difficult times. There are 8 sessions, each lasting 1.5 hours. You will receive a FREE Henry toolkit, which includes children's books and other fun resources to support your child with eating well.

Join our FREE Virtual HENRY Programme



 flyingstartparenting@luton.gov.uk

 www.flyingstartluton.com/childrenscentres

 www.facebook.com/FSLuton

Messages from the rooms...

- ✓ Gentle reminder we cannot let you in before your allocated times please arrive at the correct times.
- ✓ No toys from home
- ✓ Nursery blue/yellow bags - please use - leave backpacks at home.
- ✓ Bags should contain enough supplies - shoes.
- ✓ Toilet training, clothing should be easy for your child to remove.
- ✓ Gentle reminder party bags, no sweets and we cannot accept any cakes.
- ✓ Encourage independence putting on hats coats gloves etc. Also encourage removing. School readiness.
- ✓ Jewellery - bracelets/necklaces are no to be worn.
- ✓ Charges are applicable for early arrivals/late collections. Please telephone the nursery if you are going to be late, you may still be charged.
- ✓ Lots of trainers with laces being worn, velcro please.
- ✓ Pushchairs in garage should be folded at all times. Encourage independence and exercise by walking to nursery.

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Available on the App Store

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