



TDDN Newsletter

November 2021



Dear Parents,

We hope you have adjusted to the clocks going back an hour.

We have had a busy October, celebrating cultural week where the staff dressed up in their native dress. Children took part in a stick dance to celebrate the Hindu festival of dance, as well as trying different foods, making flags and many more activities. Please remember, our activities are posted on our Instagram page.

We will be holding parents' consultation for the Tigers on the 22nd November from 9.30 to 2.30 and parents' consultation for the Cubs on the 23rd November from 9.30 to 2.30. Please contact the Office to make your appointment.

Finally, please ensure you are providing appropriate clothes as the weather is getting colder.

Activities in November

Diwali 4th

Bonfire Day 5th

Jo Jingles for Cubs and Tigers

Thursday 4th 2.00 pm

Thursday 11th 2.00 pm

Thursday 18th 2.00 pm

Thursday 25th 2.00pm

Instagram

We are now on Instagram! To get a full picture of what is happening at Nursery, please follow us – Training Depot Day Nursery.



Instagram

Did You Know?

- **Whitening toothpaste is not suitable for children 12 years and younger.**
- **Often there are sugar-free medications available instead of sugary ones. Choose these, where possible, and you will reduce the amount of sugar coming into contact with teeth.**
- **Brush twice a day for two minutes. Brushing before bedtime is very important – make sure you don't eat or drink anything after, unless it is plain water.**



WATER
AND
MILK
ARE A
TOOTH'S
BEST
FRIEND



Mr David's Message

Dear Parents and Carers,

Wow! Welcome to the start to a new half term of 7 weeks (until the Christmas holidays). I very much hope that no one forgot to change their clocks on October 31st!

Parents wishing to introduce new healthy practices and behaviours from home, will find information within this weeks' newsletter. Our Nursery Practitioners use carefully planned opportunities to reinforce healthy eating and hygiene routines. Examples include: at meal time and snack - cleaning and washing hands, using spoons and forks – preventing transfer of stray dirt or infections when using fingers or hands with food. We also reiterate the importance of oral hygiene with our children. Please look out and read the helpful ideas in the Newsletter about your children's teeth having 'best friends'.

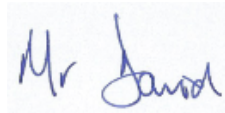
For many, half term is a great time to be together with family – with schools being closed. Do you feel it is important to be reminded of Covid-19 still affecting everyone in our country? Thousands are still being infected, with families at risk of losing loved ones.

Our nursery staff are very aware and practiced in seeking to keep us all as safe as possible. Continued and regular washing of hands as well as frequent sanitisation for anyone or anything remaining in contact with is being extremely important. Thank you.

Important Information: please see elsewhere:

1. Cubs – Parent Consultations – November 23rd
2. Tigers – Parent Consultations – November 22nd
3. Parents attending consultations – please contact our Nursery Office Team to book an individual appointment – Thank you.
4. The week beginning Monday 14th December is the last week of the Nursery term before the Christmas holidays.

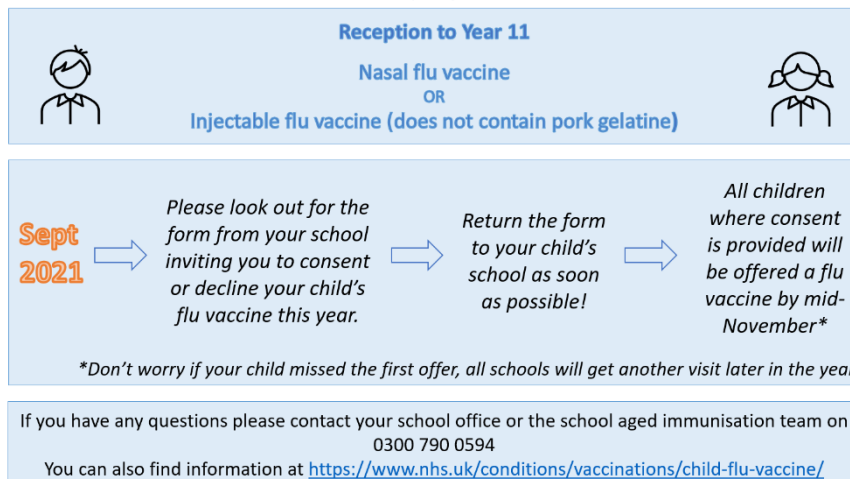
With Best Wishes,



November 2021

Please Note: Failure to pay your child's fees may result in their place being offered to someone else. A late fee is charged should you be late to collect your child.

School childhood flu immunisation programme - Luton



Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.

https://foundationyears.org.uk/wp-content/uploads/2021/09/Early-Years-Choking-Hazards-Poster_FINAL-21-Sept-2021.pdf?utm_source=Foundation+Years&utm_campaign=07077a779d-EMAIL_CAMPAIGN_2019_03_21_05_01_COPY_01&utm_medium=email&utm_term=0_8f9a6de061-07077a779d-321551965&mc_cid=07077a779d&mc_eid=c6640d1d64