

February 2022 Newsletter



Welcome to the new parents who have just joined us, we are here to help if you are unsure of anything. Please ask us.

We have had a busy month in January exploring lots of themes. We are working hard to ensure we are providing the children with a rich environment with lots of new vocabulary.

We have also purchased some new books for our book library. Please speak to your child's key worker if you are not getting any book sent home to share with your child at bedtime.



Please also remember if your child is ill the best place for them is home.

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.



Masks

Please remember to wear a mask when collecting or dropping off your child.



Are you registered with a Dentist?



It is recognised that too many children have experienced tooth decay, a preventable disease, in early years. Families can take babies to the dentist from 6 months of age even if they have no teeth yet! Families will receive age-appropriate preventative advice to ensure healthy smiles are achieved for their child. It also helps babies and children become accustomed to visiting the dental team, from an early age. It is also a good time for Mums to make the most of their free NHS dental visits as they receive free treatment up until their baby is a year old. Please speak to us if you need more information.



OFFER VITAMIN D SUPPLEMENTS



BALANCED DIET

VITAMINS

HEALTHY START

EVERYDAY

Mr David's Message

Dear Parents and Carers,

Hello again Parents: Month 2 of the new Spring Term is already with us AND, Half Term starts Monday 14th February, until Friday 19th February for every child receiving both either 15 hours or 30 hours of Government Grant payments.

Please carefully check through our Newsletter containing a great amount of valuable information to be remembered for the month, including...

BIG DATES

Wednesday 2nd Feb – Chinese New Year

Monday 7th February – Friday 11th - Mental Health Week

Monday 14th February – Valentine's Day

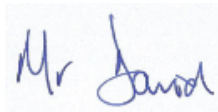
Also, please remember:

Training Depot Nursery Library Books (many of them being new) are being shared for reading at home and safe return. Please speak to your child's Key Worker.

Finally, do carefully read through very helpful guidance describing good food to eat and choose, also the best eating habits at the table alongside good hygiene.

Hoping you all enjoy working with your child, both at home and with your Key Workers at Nursery.

Kindest Regards,



February 2022

Healthy Tips

1. Request sugar-free medicines for babies and children; if they are not available, try and give the medicine at mealtimes to reduce an extra sugar attack.
2. It is how often we have sugars and acidic food/drink that has the biggest impact on our teeth – not just the amount. This is why snacks and drinks in between meals need to be tooth-friendly.
3. Honey, smoothies, fruit juice and dried fruit are NOT tooth friendly, and should only be consumed at a meal time.

February Events:

Tot Bop:

Monday 7th

Monday 21st

Monday 28

National Story Telling Week Commencing:

1st

Children Mental Health Week Commencing:

7th

Chinese New Year :

1st

Valentine's Day :

14th (Day of love and kindness)

Half Term Holiday for Grant Only Children

Monday 15th - Friday 19th

Healthy Choices



See How Much Sugar, Salt And Fat Is In Your Family's **Food** And Make Healthier Swaps. Download the Free **NHS Food Scanner App** today. Swaps Made Simple. Children Nutrition. Healthy Hacks Made Simple. Scan - Swipe - Swap! Make healthy swaps.

https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/?WT.mc_ID=Search_FS_Jan_2022&gclid=CjwKCAiA24SPBhBOEiwAjBgkhqFlIE4Qkf_RC6il-awz0eBabFx66Rgqqyz7IEkAxrX618dz3KcvQRoCfzEQAvD_BwE&gclid=aw.ds

Messages from the rooms...

- ✓ *WOW Moments! If your child has done something special at home and you'd like to share, please collect one from a member of staff.*
- ✓ *Lots of toys are still making their way into Nursery. Please keep these at home.*
- ✓ *No jewellery with the exception of studs are to be worn please, for health and safety reasons.*
- ✓ *Please label all coats, hats, scarfs and gloves.*
- ✓ *Encourage independence by allowing your child to put their coats, hat and gloves on by themselves.*
- ✓ *Velcro shoes instead of shoelaces please, to again, encourage independence.*