

# TDDN Newsletter

## June 2022



### Healthy Tips

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.

Dear Parents,

We hope you enjoyed the extra-long break and had time to join a street party near you.

We have our Jubilee tea party planned for the 10<sup>th</sup> June you are all welcome to come and join in. if you would like to come please email the office on the [officeadmin@trainingdepot.co.uk](mailto:officeadmin@trainingdepot.co.uk). The tea party is for the whole family.

We have had a big focus on sharing and kindness in the nursery over the last month. We have 5 standards of behaviour that are taught to the children. These are as follows:

1. We are kind to our friends
2. We take care of our toys
3. We listen to our teachers
4. We use indoor voices and walking feet
5. We tidy up our toys.



Please use them at home as well so it re-enforces what we are teaching at the setting. Please also remember the importance of outdoor play.

The children have also spent their time growing their own plants, as well as setting our butterflies free.



**Please do remember to apply sunscreen to your child.**

### 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

Also remember outside play is very important, It can increase physical health, mental health, sensory, and aesthetic awareness.

<https://www.flyingstartluton.com/update/>

### School Transition

**This month we shall be focusing on transitions for the children that are leaving us to start school. We do advice you to go to the open days or evening there is usually a lot of information shared here.**

**How to support your child starting school:-**

1. Visit the school
2. Attend open days or evenings
3. Have a look at the webpage
4. If you need advice speak to the family worker, they will be more than happy to help
5. For more information use the following link:  
[www.flyingstartluton.com/preschool/parent-transition-resources/](http://www.flyingstartluton.com/preschool/parent-transition-resources/)



## Mr David's Message

Dear Parents and Carers,

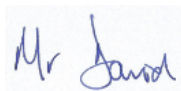
Welcome back to our Summer Nursery Term, with load and loads of activities, games and new opportunities for all our children and our staff are encouraging this month and another which follows. Sharing and kindness is being explained and included in lessons – see how many ideas are being encouraged.

Check out the pictures of our plants and butterflies in our newsletter.

Please make a note and try to remember the healthy tips being shared with parents, to help learning for your children as well.

Please be certain to join your children at Her Majesty the Queen's Jubilee Nursery Tea – June 10<sup>th</sup>.

Kind Regards,



June 2022

### Dates for your diary...

**Queen's Jubilee Tea:** 10<sup>th</sup> June 2-4pm (for children and families)

**Friday 17<sup>th</sup> Zoo Lab 9.30am:** (if you would like to attend please email the office)

**Tot Bop 2.00**

Tuesday 7<sup>th</sup>

Tuesday 14<sup>th</sup>

Tuesday 21<sup>st</sup>

Tuesday 28<sup>th</sup>

**Jo Jingles 1.20**

Thurs day 9th June

Thursday 16th June

Thursday 23rd June

Thursday 30th June

TEETH LOVE  
FLUORIDE  
TOOTHPASTE  
EVERY DAY  
TWICE  
A DAY



### Healthy Tips

1. Expectant women and new mums have free NHS dental treatment until the baby reaches their 1<sup>st</sup> birthday.
2. Calcium supports healthy teeth and bones. Try to have 3 portions of dairy (or equivalent) a day, which could be a glass of milk, a matchbox size piece of cheese or a pot of yogurt. Choose low-fat options for adults and children over 5.
3. Vitamin D is also important for teeth and bones, and to help calcium uptake in the body. Adults and children over the age of 1 are advised to take a 10mcg vitamin D supplement (babies under 1 consuming 500ml formula/day should not require additional supplementation).

