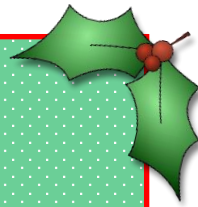




December 2022 Newsletter



Dear Parents:

Thank you to all the parents that took part in our parent consultation. We hope this was a valuable experience. We'd also like to make a special thank you to all the parents that took the time to complete our questionnaire.

If you did not manage to make an appointment and need to speak to your child's key worker, please contact the office.

We would like to thank the parents for always being so engaged with us, this is vital for your child's development.

On the 15th we will have Santa visiting us along with Jo Jingles, for the Cubs room it will be at 10 o'clock and for the Tigers it will be at 10.30am. If it is not your child's normal day and you would like them to attend, please let the Office know. (Parents will have to stay with their children).

Finally, as the weather is getting a bit colder please could you ensure that you are providing appropriate clothing for your child.
Thank you.

Please do not leave any medication in your child's bag, it must be handed to a member of staff and a form must be completed. It is a Health and Safety issue.

Christmas Dates and Times

Tot Bop

Monday 5th - 10am

Monday 12th - 10am

Hanukkah Activities - 19th

Christmas with Jo Jingles and Santa

- 15th *please dress your child in party clothes*

Christmas Holidays for Grant Only Children -

Monday 19th - Monday 2nd January 2022

Nursery Closed 26th, 27th - Bank Holiday

OFFER VITAMIN D SUPPLEMENTS



BALANCED DIET



VITAMINS



HEALTHY START

EVERYDAY

Healthy Tips

1. Introduce open-top cups to babies from 6 months old; discourage the use of bottles by their 1st birthday.
2. Toothbrushes should be replaced every 2-3 months or sooner once the bristles become splayed.
3. Toothbrushes should be air-dried, not touching anyone else's brush, after use.
4. Treats for little ones don't need to be sweets or any kind of food. Children often love stickers, trips to the park, feeding the ducks or a good tickle! Try to think of healthy, tooth friendly treats for them.

Please let the Office know if you child will not be in during the Christmas period!

Mr David's Message

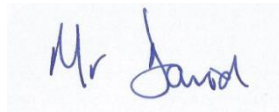
Dear Parents and Carers,

It's incredible to think it's the last month of the year and 2023 is fast approaching! All of us here at Training Depot wish you a very happy Christmas and a wonderful New Year.

Please do take the time to read through our monthly newsletter. There's plenty of information and advice provided for our children and their parents/carers. Please take particular note of the Christmas dates and times.

As always, should you have any questions or comments, please talk to a member of the team.

December 2022



NHS Communications Team

Are you aware of these two text messaging services for parents and young people across Beds and Luton?

Parentline: for parents and carers of those aged 0-19

Bedfordshire: TEXT 07507 331456

www.cambscommunityservices.nhs.uk/Bedfordshire/services/health-visiting/parentline

Luton: TEXT 07507 331886

www.cambscommunityservices.nhs.uk/luton/parentline-luton

Parentline offers advice and support on a range of issues such as weaning, sleep and emotional health. You can also find out how to access other local services. Watch our short animation: <https://vimeo.com/333146030>

ChatHealth: for young people aged 11-19

ChatHealth is a similar service for young people to confidentially ask for help about a range of issues or make an appointment with a school nurse. Young people can also find out how to access other local services including emotional support or sexual health services.

Bedfordshire: TEXT 07502 616070

www.cambscommunityservices.nhs.uk/Bedfordshire/services/school-nursing/chathealth-bedfordshire

Luton: TEXT 07507 331450

www.cambscommunityservices.nhs.uk/luton/chathealth

Parentline and ChatHealth are available Monday to Friday from 9am to 4.30pm. Parents, carers and young people can send a text anonymously to a dedicated number from any type of mobile phone. Watch our short animation:

<https://vimeo.com/507047916/7266be3f14>

School Admissions

Don't forget the deadline for school applications is the 15th January 2023. If you need help or advice applying for a school, please contact Admissions team

Town Hall, George Street, Luton, Bedfordshire, LU1 2BQ

Tel: 01582 548016

admissions@luton.gov.uk

Immunisations

Flu Vaccinations

Each year the flu immunisation programme helps provide protection to individual children. Children under the age of five have the highest hospital admission rates for flu compared to other age groups.

The immunisation programme also reduces the spread of flu to their families, younger siblings, grandparents and the wider community, protecting others who are at increased risk of becoming seriously ill from flu. Vaccination is in the form of a nasal spray.

There are other ways you can limit the spread of flu:

- Wash hands regularly with soap and warm water
- use tissues to cover the mouth and nose when coughing or sneezing put used tissues in a bin as soon as possible
- Regularly clean surfaces such as tables, and door handles which can also help to get rid of germs.

Pre School Boosters

Listed below are the pre-school immunisations every child will be offered at three years and four months of age. These immunisations protect against serious childhood diseases as children grow up and will "top up" their antibody levels from baby immunisations

- Diphtheria, tetanus, pertussis (whooping cough) and polio (dTaP/IPV or DTaP/IPV)
- Measles, mumps and rubella (MMR)