

February 2023 Newsletter



Dear Parents...

We have had a busy January settling in the new children and welcoming back everyone from the holiday.

We have had a focus on communication for the month of January. For any parents worried about your child's speech, please speak to your child's key worker. Also, there are training programs for parents on the Flying Start web page. If you would like more information, please speak to a member of our team.

We are taking part in the BookTrust Storytime session at the Library, small groups of children will be taken weekly for a story session delivered by the staff at the library.

As well as this, we would welcome any parents that would like to come in talk to the children about their jobs.

Please remember that it is cold and to dress your children appropriately – thank you.



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.



February Events:

Children's Mental Health week

6th - 10th

Jo Jingles

Tuesday 7th 2pm

Tuesday 21st 2pm

Tuesday 28th 2pm

Sign and sign

Wednesday 1st 10 am

Wednesday 8th 10 am

Wednesday 15th 10 am

Wednesday 22nd 10 am

Library story time

Friday 24th 10 am

Children Mental Health Week 7th

Valentine's Day 14th (Day of love and kindness)

Pancake day 21st

Half Term Holiday for Grant Only Children

Monday 13th - Friday 17th

Autism Bedfordshire

Please find attached the upcoming activities being run by Autism Bedfordshire in 2023.

We have:

Multisport - Running through January and February

Tennis - Running through February and March

Swimming - two Saturday sessions (one in January and one in February)

Then our half term activities:

Lea Manor swimming - Luton

Salto Gymnastics centre – Luton

As usual, please book through the enquiries email or 01234 214871

Mr David's Message

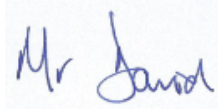
Hello again Parents and Carers,

Month 2 of the new Spring Term is already with us AND, Half Term starts Monday 13th February, until Friday 17th 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.

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

Kindest Regards,



February 2023

Healthy Tips

1. **Expectant women and new mums have free NHS dental treatment until the baby reaches their 1st 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).**

HOW CAN WE SUPPORT YOU TO BE MORE ACTIVE?

Whether you regularly take part in sport and physical activity or have never taken part before, we would love to hear your views on the draft strategy and our identified priorities.



To give your views, scan the QR code or visit- <https://mysay.is/AdultsportandPA>

The consultation will be live from:
Wednesday 30 November 2022 to Wednesday 22 February 2023

Luton

Spring 2023



Luton

When someone speaks to me I get very tense and panicky. My heart beats fast, I can't breathe easily and my throat goes tight.

SMARTI- Selective Mutism Advice

Resources and Information

Dear Parents

The Special Educational Needs Service (SENS) will be holding two online surgeries this term to guide those who are caring for or supporting children who have a diagnosis of Selective Mutism or those demonstrating speech anxiety.

These will be held online remotely (on Microsoft Teams) on 7th February and 21st March starting at 9am (30-minute slots).

Should you not have access to teams but would like a telephone call please say when booking.

Joint bookings for Nurseries and parents to attend the same meeting are encouraged.

If you would like to explore which slots are available and book one please contact Gold Coker gold.coker@luton.gov.uk or 01582 548151

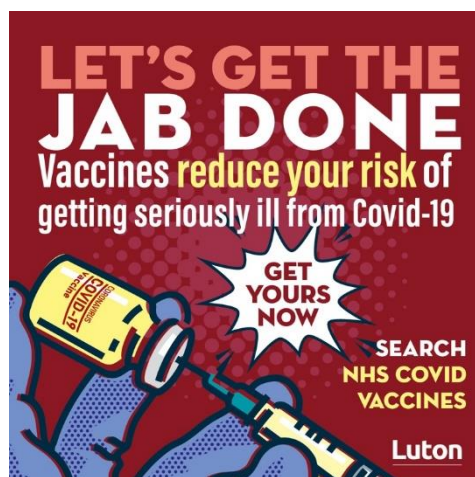
When booking we will need your email address, the name and age of your child/young person, or the child you support and school they attend so please have this ready.

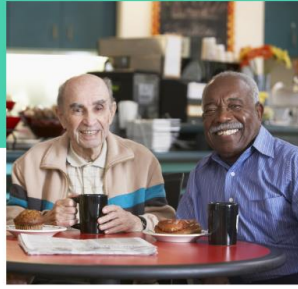
Kind regards

Tracey Spence

Team leader


Special Educational Needs Service (SENS)





JOIN US

Warm Space & Winter Clothes Pop-Up

 **Hightown Baptist Church**
Reginald Street, Luton, LU2 7QZ
Mondays 10am-12pm

 **The Raise Up Foundation**
All Saints/Solway Community Centre, 5 All Saints
Close (off Solway Rd North), Luton, LU3 1FA
Wednesdays 12pm-2pm

Collecting donations of:

- coats
- jumpers
- winter accessories

For a friendly chat, hot drink, local info, games and free winter coats, jumpers, hats, scarves and gloves depending on availability

Contact 07311063676

Wed 25th Jan
Baby Food Jars & Formula
The Raise Up Foundation

Mon 30th Jan
Children's Toys & Baby Food Jars
Hightown Baptist Church

