

Dear Parents,

Welcome to the November Newsletter.

Thank you to all the parents for the great turn out at the family breakfast on 19th October. It was great to be able to invite so many of you into the setting. It was also so lovely to hear the positive feedback from you all.



We have parents' consultation day for the Cubs on the 17th November and the Tigers on the 18th November. Please contact the office to book your slot so you can speak to your child's key worker and please remember to share your child's wow moments with your child's key worker.

Last month we looked at the different cultures by cooking different foods, clothes, making flags and much more. We also celebrated Mental health week. The children enjoyed having their hands massaged, maybe this is something you could do at home with you children as this helped the children to talk about their emotions, their likes, and dislikes.

Activities in November Tot Bop

Monday 7th 10am Monday 14th 10am Monday 21st 10am Monday 28th 10am

Parents Consultation for Cubs Thursday 17th – 8am to 4pm

(face to face or telephone) **Parents Consultation for Tigers** Thursday 18th – 8am to 4pm (face to face or telephone)

Bonfire Day 5th

Nursery Rhythm week/Road Safety Week beginning 14th

Instagram

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



Healthy Tips

- 1. Supervise brushing teeth and gums until children are 8 years old; they need help to brush their back teeth.
- 2. Toothpastes have different levels of fluoride in them. Check the ingredients for this information – it should not be less than 1000ppm (parts per million) for children under 7 and at least 1350ppm for adults and children over 7.
- For adults and children ober 7.
 For adults: mouthwash generally has a much lower level of fluoride in it than toothpaste. It should not be used immediately after brushing, but can be used at another time of day to freshen the mouth. Mouthwashes do not replace brushing.
 Never use someone else's toothbrush: bacteria will be passed from one mouth to another guen after
- Never use someone else's toothbrush; bacteria will be passed from one mouth to another, even after rinsing.

Mr David's Message

Dear Parents and Carers,

In this month's newsletter, you will find some healthy tips for teeth. It is very important to learn that a) whitening toothpaste is not suitable for those children under 12. b) Sugar-free medications are best to reduce the amount children's teeth are exposed to sugar and c) Brushing twice a day is best – and brushing before bed is especially important.

Please be certain to say help to your child's Key Worker, we really encourage strong school/parent partnerships, and we are always happy to see you and help when we can.

As it is now that time of year for coughs and colds, please be sure to keep your child at home if they are unwell.

Finally, Training Depot were delighted to welcome back our Family Breakfasts after having to stop holding them due to the Covid-19 pandemic. We were thrilled to see so many of you were able to attend. Please look out for our next one...

With best wishes,

November 2022

Please Note: Failure to pay your child's fees may result in their place being offered to someone else.



BRUSH ME 2X A DAY

Internet safety

Is very important to ensure your child is safe when on the tablets or mobile phones due to the internet. Please see the link below to help you: <u>https://www.childnet.com/resources/smartie-the-</u> <u>penguin/?utm_source=Foundation+Years&utm_campaign=c718577e9b-</u> <u>EMAIL_CAMPAIGN_2019_03_21_05_01_COPY_01&utm_medium=email&utm_term=0</u> 8f9a6de061-c718577e9b-321551965&mc_cid=c718577e9b&mc_eid=c6640d1d64