



# TDDN Newsletter September 2022



## Welcome

*...to the start of our new academic year.*

A warm welcome to all the new families starting with us. We are here to help; don't be shy any questions or uncertainties speak to a staff member and if they can't help, they will point you in the right direction. Please speak to us about how your child is settling in and any suggestions you may have to help the process.

We'd like to mention the following:

- We send out Parents' Newsletter once a month, we always try and include lots of information so please make sure you read it.
- We have had a great summer this year making the most of the weather. We have had a number of trips to the parks, BBQ theme as the children were very interested.
- Congratulations to Miss Cherise who will be starting her Level 5 qualification.
- Also, Congratulations to Miss Anna starting her Level 3 qualification.

### Are you aware of these two text messaging services for parents and young people?

**Parentline:** for parents and carers of those aged 0-19  
TEXT 07507 331886

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.

For more information please

visit: [www.cambscommunityservices.nhs.uk/luton/parentline-luton\\_or\\_watch\\_our\\_animation](http://www.cambscommunityservices.nhs.uk/luton/parentline-luton_or_watch_our_animation):

<https://vimeo.com/424779163/afd0181750>

**ChatHealth:** for young people aged 11-19 TEXT 07502 616070

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.

For more information please

visit: [www.cambscommunityservices.nhs.uk/luton/chathealth](http://www.cambscommunityservices.nhs.uk/luton/chathealth) or watch our short

animation: <https://vimeo.com/507051403>

Parentline and ChatHealth are available Monday to Friday from 9am to 4pm. Parents, carers and young people can send a text anonymously to a dedicated number from any type of mobile phone.

Please follow us on:

- Facebook: @LutonCommNHS
- Instagram: @lutoncommnhs
- Twitter: @LutonCommNHS



For all children starting School in September 2023 – please ensure your child's immunisation programme is up to date.

### Important documents you will be expected to sign:

TDDN accident form

Home accident forms

Behaviour forms

Safeguarding forms

Medication permission slips

Please be aware if your child has an Epi pen it is your duty to ensure we have an in-date Epi pen.

Otherwise, your child will not be able to attend nursery.

Please also note that if your child is unwell, they will be sent home.

## Mr David's Message

Dear Parents,

Please find throughout our Newsletter, many examples of guidance and information:

Parentline and ChatHealth (both available Monday to Friday) providing help and support for parents of children who might be experiencing anxiety or concerns around separation.

Healthy Tips for looking after our children's teeth.

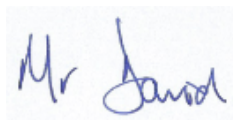
Important information is shared monthly within these Newsletters, every month.

There is much staff training continuing through this term. Both Miss Cherise, and Miss Anna are seriously seeking to improve their qualifications and knowledge.

When visiting Nursery, please feel free to speak to any member of our Staff team, and ask any questions that you have.

Wishing you all a great learning month of September.

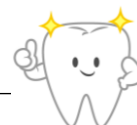
With Best Wishes,



September 2022

### Healthy Tips:

- 1. Milk and still, unflavoured water are the only tooth-friendly drinks. All other drinks can contribute to tooth decay and tooth erosion.**
- 2. Use family toothpaste which contains fluoride; this will help strengthen tooth enamel (the strong outer part of the tooth) to help prevent tooth decay.**
- 3. After brushing teeth (you and your children) should avoid rinsing out with water or mouthwash – you will wash the fluoride in the toothpaste away! Just spit out the excess foam – job done!**
- 4. Don't add sugar to drinks and food given to babies and children.**



### Parent Ground Rules

As a parent...

- I will work in partnership with the nursery to help my child's development and welfare needs.
- I will remember to provide items needed for my child, to ensure they have a good day at the nursery.
- I understand there is a late fee if I am late to collect my child.
- I will pay my fees in advance (if applicable).
- My child may come home with paint, food, sand etc... on their clothes. This is part of the learning process.
- All medicines must be handed in to the office and a form completed. It is your responsibility to ensure medication is collected at the end of the day.
- All children will be expected to go outside to play and explore. No requests will be accepted to keep children in. If your child is not well, please keep them at home.

**Term Starts Monday 5<sup>TH</sup>  
September 2022**

**Welcome back!!**

Getting to know you:  
weeks commencing - 5<sup>th</sup>-  
16<sup>th</sup>

**Tot Bop**

Monday 19th 10am

Monday 26th 10am

**Recycle week 20th**

**Navratri week 26<sup>th</sup>**



**OFFER VITAMIN D SUPPLEMENTS**



Please provide spare clothes for your child. They may have accidents due to not asking for the toilet in time. If your child is toilet training, please ensure you take off their nappies before you take them into the room.



Moved home? Changed telephone numbers?

**You must share this information with us!**



A warm welcome back. Please remember your children have had a long break away from us or you may be a new family that has joined us.

Please remember your child may experience separation anxiety, some of the behaviours to look out for are: -

- Trouble controlling temper
- Regressive behaviour
- Depressive sadness, or a lack of interest in favourite activities
- Changes in sleep schedule or appetite
- Self-isolating, or withdrawing from social circumstances
- Abnormal clinginess toward a particular parent or caregiver

#### **The three Rs – Relationships, Routine, and Resilience**

1. **Relationships** – Please talk to us about how your child is coping
2. **Routines** – We have daily routine in both rooms to help your child understand their routine while at the setting.
3. **Resilience** – we will support your child to talk about their emotions and this will help them to build their resilience by helping children identify difficult feelings they might experience, teaching them coping skills. You can also help with this at home, by talking to your child about their day at the setting.