



# TDDN Newsletter

## March 2023



Please provide warm and waterproof outdoor clothing (labelled) for your child/ren to wear in the spring 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 and wipes at Nursery, especially if your child is toilet training.

Please drop off and collect your child at the correct times. Early arrivals and late collections will be charged.



Welcome to the March Newsletter.

We hope you enjoyed the half term and managed to get some rest.

Please remember that we are open throughout the school holidays. If you would like to book your child in, please speak to a member of our team in the office.

We have had a fun filled February. We focused on mental well-being for the children as well as having fun making pancakes with the children. We also had lots of fun cooking in the half term where the children learnt about measuring, taste, smell and texture.

Our trips to the Library will also start this month for story sessions as a part of the Book Trust scheme.

Please remember to label your children's belongs as items can easily get mixed up and lost.

Welcome to our new families that have joined us this term. If you have any questions please ask.

### Holi

**Holi celebrates the arrival of Spring, and the end of Winter – the blossoming of love for many. It is a festive day to meet others, play and laugh, forgive and forget and to repair broken friendships. The festival also celebrates the beginning of a good spring harvest season.**



### Is your child ready for school?

- Embed healthy eating and sleeping routines
- Promote independent toileting for the child starting school, always bearing in mind the differing needs of children with SEND
- Help your child to communicate, share resources and interact positively with other children and adults
- Provide your child with the equipment they need to start school such as school uniform and shoes.

Do you need help and advice with any of the above? Please speak to Miss Sandhya or Miss Nargis.

Top tips for helping your child to be ready for school

- Talk with your child
- Read with your child
- Count with your child
- Play listening games
- Encourage independence skills
- Encourage your child to hang up their coat and tidy away their toys
- Support your child to join in and share toys with other children
- Provide daily physical activity

## Dates for your Diary

### Jo Jingles

Tuesday 7<sup>th</sup> 2pm  
Tuesday 14<sup>th</sup> 2pm  
Tuesday 21<sup>st</sup> 2pm  
Tuesday 28<sup>th</sup> 2pm

### Sing and Sign

Wednesday 1<sup>st</sup> 10 am  
Wednesday 8<sup>th</sup> 10 am  
Wednesday 15<sup>th</sup> 10 am  
Wednesday 22<sup>nd</sup> 10 am  
Wednesday 29<sup>th</sup> 10 am

### Library Story Time

Friday 3<sup>rd</sup> 10 am  
Friday 10<sup>th</sup> 10 am  
Friday 17<sup>th</sup> 10 am  
Friday 24<sup>th</sup> 10 am

**Happy Chick Company Delivery 13<sup>th</sup>**

**Butterfly Lifecycle – TBC**

**World book day Thursday 2<sup>nd</sup>**

**Holi 8<sup>th</sup>**

**British Science Week 10<sup>th</sup>**

**St Patricks Day 17<sup>th</sup>**

**Mother's Day 19<sup>th</sup>**



## Help with food and healthy eating - extra support and guidance

A local initiative to promote access to food and the support available in Luton to help those in need and provide a forum to share good practice and partnerships.

If you're struggling to feed yourself or your family, there are organisations that can help. They're used by hundreds of families every week in Luton, from all walks of life.

As growing numbers of people need support to feed themselves and their families, we want to make it easier to get help, sharing where you can find food suitable for you and your family. Our interactive map shows community food spaces in Luton. Please use the link below:-

<https://m.luton.gov.uk/Page/Show/Benefits/support/Pages/Help-with-food-and-healthy-eating.aspx>



## Healthy Tips

1. Did you know that the whole family, including babies, can use the same standard (non-whitening) toothpaste? It may be beneficial to get them used to the minty flavour early on.
2. A supermarket own-brand toothpaste is just as effective as a more expensive, branded toothpaste. Just remember to check the amount of fluoride in the toothpaste.
3. If your child does not like to brush their teeth, try doing a toothbrushing activity with them, such as drawing some teeth on paper and using an old toothbrush and shaving foam to brush them!

### Starting School

Please let us know as soon as possible when you hear about your child's school so that we can organise transition phone calls, and share your child's progress trackers.

Find a **welcoming warm space** in Luton this winter

Visit [luton.gov.uk/supportingyou](http://luton.gov.uk/supportingyou)

**WARM SPACES** Luton

**Total Wellbeing**  
Luton

**Stop Smoking. Start Saving.**

Take back control of your health and your bank balance.

You could save **£50 per week\***

Text **QUIT** to **60066**

\*Based on the average smoker smoking 10 cigarettes per day.

How can we support you to become more active?

Whether you regularly take part in sport, or are a complete beginner, we want to hear your views.

For more info visit [mysay.is/AdultsSportAndPA](http://mysay.is/AdultsSportAndPA)

Luton

**Facing the new year without alcohol?**

It's easier than you think, start by calling Luton's free Alcohol Helpline

**0808 1753063**

**Luton Alcohol Helpline**  
Mon & Thurs: 5pm - 8pm  
Wed & Sat: 10am - 3pm

Luton

**OFFER VITAMIN D SUPPLEMENTS**

**BALANCED DIET**

+

**VITAMINS**

=

**HEALTHY START**

**EVERYDAY**

**Luton Alcohol Helpline**

Many people use January as a reason not to drink alcohol after potentially overindulging during the festive period.

If you or your loved ones have struggled to do this and really want to reduce your intake of alcohol in the coming year, why not start by calling Luton's free Alcohol Helpline. Freephone: **0808 1753063**