



# TDDN Newsletter

## May 2023



### Dates to Remember:

#### MAY

**Monday 1<sup>st</sup>** bank holiday

**Monday 29<sup>th</sup>** bank holiday

#### Tot Bop

**Monday 15<sup>th</sup>** 10am

**Monday 22<sup>nd</sup>** 10am

#### Photographer

**Friday 26<sup>th</sup>** (parents are welcome with their children from 9am to 11am and 2pm to 4pm)

#### Half Term

Nursery closed for Grant Children

**30<sup>th</sup> May to 2<sup>nd</sup> June.**

#### JUNE

#### Tot Bop

**Monday 5<sup>th</sup>** 10am

**Monday 12<sup>th</sup>** 10am

**Monday 19<sup>th</sup>** 10am

**Monday 26<sup>th</sup>** 10am

**Family Tea – TBC**

**Zoolab – Friday 13<sup>th</sup>** 9.15-10.10

**Farm animals –TBC**

**School Transitions**

Dear Parents,

We hope you have enjoyed your bank holidays and managed to get away for a break. We look forward to the children sharing their holiday experiences with us. For those of you that were celebrating Eid and Vaisakhi we hope you had a fabulous time. If you celebrate these festivals and are happy to come in and speak to the children, please email the office so we can arrange a time that suits you.

We have the photographer visiting us on the Friday 26<sup>th</sup> May, if your child does not attend on this day and you would like a photograph, you are welcome with your children from 9 to 11am and 2 to 4pm). If you have any questions, please email the office.

**Please also remember to follow us on Instagram for updates on the activities and what your children are learning.**

### Starting School

Please email the office to let us know which school your child has been allocated. This will help us to support them at Nursery.

There are ways you can support your child when they start school. These include:

1. Visiting the school
2. Attending open days or evenings
3. Taking a look at their webpage together

If you need advice, speak to the family worker, they will be more than happy to help  
For more information, use the following link:

<https://www.flyingstartluton.com/preschool/parent-transition-resources/>



# Chums - Summer Term Virtual Workshops

## WORKSHOPS:

**Parent Sleep Workshop (Children aged 12 and under)** - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, possible causes of sleep difficulties and learning strategies to help overcome sleep problems.

- Tuesday 6<sup>th</sup> June; 17:00-19:00pm

**Teenage Sleep Workshop (Children aged 13+)** - The workshop will cover the following topics; why sleep is important, what is 'good' sleep, sleep hygiene tips and strategies for managing worries at night.

- Tuesday 20<sup>th</sup> June; 16:00-18:00pm

**Parent Self-esteem workshop (Children aged 12 and under)** – The workshop equips parents with an understanding of self-esteem and ways to promote high self-esteem through parenting style and collaborative activities to try at home with their young person.

- Tuesday 4<sup>th</sup> July; 17:00-19:00pm

**Teenage self-esteem (Parents and young people 13+)** - One off workshop which equips teenagers with an understanding of self-esteem and tools to build confidence through thought challenging, relaxation and activities to celebrate strengths and successes. Workshop also offers parental tips for building self-esteem in adolescence.

- Monday 12<sup>th</sup> June; 16:00-18:00pm

**0-5 Resiliency Workshop (Parents of children aged 0-5)** - The workshop will look at the importance of relationships, healthy attachment and how children are constantly learning from those around them. It will cover emotional regulation and how parents/carers are in a prime position to model healthy emotional regulation and behaviours. The workshop will also cover strategies and techniques to help build resiliency in children.

- Wednesday 19<sup>th</sup> July; 17:00pm-19:00pm

**Primary Resiliency Workshop - (Parents of children aged 6-12)** – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Wednesday 24<sup>th</sup> May; 09:30-11:30am

**Secondary Resiliency Workshop (Children aged 13+)** – The workshop will cover the following topics; mental health vs mental health problems, emotional regulation, psychoeducation around anxiety and low mood, and strategies for relaxation.

- Monday 27<sup>th</sup> June; 16:00-18:00pm

**Anxiety Workshop (Parents of children under the age of 12)** - The workshop will cover the following topics; Emotional development in children, emotional regulation, psychoeducation around anxiety and anxiety management strategies.

- Wednesday 10<sup>th</sup> May; 17:00-19:00pm

**Transition Workshops** – One-off psychoeducation workshops that provides anxiety /behavioural strategies based on guided self-help to help children with transitions to new schools / reintegration back to school. Parents and young people can attend:

- **Lower-Middle transitions (parent only)** – Wednesday 9<sup>th</sup> August 17:00pm-19:00pm
- **Primary-Secondary/Middle-Upper transitions (Parent and young person)** – Friday 18<sup>th</sup> August 9:30am-11:30am

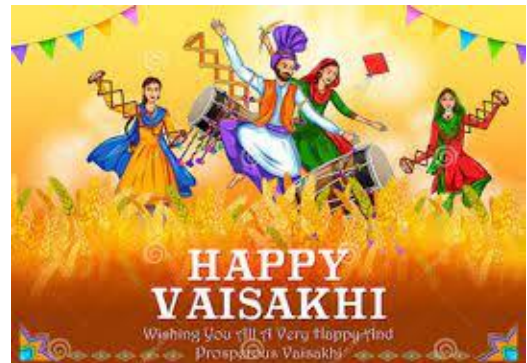
## Exam Stress Workshop

Teenage workshop for young people aged 12+ and their parent/carers -One off workshop which equips teenagers with an understanding of exam stress, strategies for managing exam stress, revision tips and self-care. The workshop also offers parental tips for supporting their adolescent's exam stress.

- Tuesday 9<sup>th</sup> May; 17:00-19:00pm

### 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!**



### Message Regarding Mr. David

You may be aware that Mr. David has not been able to visit Training Depot in recent weeks. Sadly, he has been suffering with ill-health, and has made the difficult decision to retire.

Training Depot will continue to run in the capable hands of the staff team, with Miss Sandhya and Miss Salma at the helm.