



Newsletter January 2017

Settling in

We are delighted that all of our new children beginning to settle happily in to Nursery. We thought it would be worth reminding all our families (old and new) that we always ask you to say 'goodbye' to your child when you leave. We know that it can feel tempting to wait until they are distracted and then slip away, but in the long term we have found this is harder for your child: the next time they come in, they will be anxious and unsure whether you will disappear.

We find it works best to be positive with the children beforehand about the lovely time they will have at Nursery. It usually helps to have a routine which gives your child time to settle (such as helping them put away their coat and lunchbox). Saying you will go with them to their first activity might also help, but then say goodbye and leave. If they get upset as you leave, our staff are on hand to comfort them and explain what is happening.

We promise you the children love being at Nursery and we would always let you know if they were upset. Saying goodbye helps them know what is going to happen, and that you will be back for them later.



Parent meetings

Our parent meetings are spread throughout the year. After your child has been our Focus Child, their key person will arrange a time (during the day) to have a 1 to 1 discussion with them about your child's progress.

Nursery library books to borrow

You are welcome to borrow as many books as you would like, to share with your child at home. We have collections in the main room, conservatory and

the little room. If you have borrowed all of the books on display, please let us know and we can restock with others.

Family Food and Art Night



This family event will be on **Thursday 23rd March from 4pm to 5:30pm**

Bring the family to meet our visitors and share art and food activities from around the world

Spare clothes

Please make sure your child has a complete set of spare clothes on their peg so that they can change if they get wet or covered in paint. We want to encourage the children to be as independent as possible, so please send them in clothes that they are able to do up or put on for themselves (or are working towards being able to do).

Help us raise money for Lark Hill Nursery School

If you shop online and register with easyfundraising you can raise money for us, without costing you a penny. Each time you shop online (with big companies like Amazon, B& Q, Boots etc) if you go through via the easyfundraising site first, the companies will make a donation to our Nursery for each purchase you make.

Register with www.easyfundraising.org.uk and nominate Lark Hill Nursery School as your organisation - it is totally free for you and will help our Nursery.

Packed lunches

As you know we aim to (and are expected to) promote healthy eating through our snacks and lunches. We also ask families to provide healthier choices in their packed lunches. Please do not send cans of fizzy drink, chocolate bars, sweets or crisps, and avoid sugary spreads such as jam or chocolate spreads in sandwiches. If you would like to send a small treat, maybe a small cake or biscuit could be added. Please make sure your child's bag / box is clearly labelled with your child's name as well as any small containers inside.

Ideas for a healthier lunchbox could include :

- 1) A portion of **starchy food** e.g. a wholegrain roll, sliced wholemeal or white bread, pitta pocket, pasta, rice salad, couscous, noodles or potatoes.
- 2) Plenty of **fruit and vegetables**, e.g. a small apple, satsuma, handful of cherry tomatoes or carrot sticks.
- 3) A portion of **milk or dairy food**, e.g. individual cheese portion or pot of yoghurt, fromage frais or custard.
- 4) A portion of **lean meat, fish or alternative**, e.g. ham, chicken, tuna, egg, houmous, lentils or falafel.
- 5) A **drink**, e.g. a small carton of fruit juice, milk, a bottle of water, or a smoothie.

Please do not send anything with nuts in due to the allergies of other children. And we have been advised to request that any grapes are cut in half to reduce any choking hazard.

We often find that families send too much food as they are worried about their child not having enough to eat. Please remember we have a snack in the morning and the afternoon, and that children need smaller portions of food than adults. A typical healthy lunch could be sandwiches, fruit, a yoghurt and a drink.

Here is a useful site with advice about portion sizes:

<https://www.infantandtoddlerforum.org/portion-sizes-table-2015>

It suggests, for example, a typical 3 year old would only need 1 piece of bread per meal.

Illness advice

From time to time your child will pick up illnesses. Obviously we want to help reduce the spread of infection as much as possible, and we are given advice by the Control of Infection Unit at Stepping Hill Hospital.

The most effective way to reduce the spread of infections is to encourage the children to wash their hands. We aim to promote this at Nursery, especially before eating.

Please do not send your child to Nursery if they are unwell, or have needed Calpol (or similar) in the morning. We cannot give your child Calpol.

If we do not feel your child is well when they arrive at Nursery, we will ask you to take them home. If they become unwell during the day, we will contact you to collect your child, so please make sure that we have up-to-date contact details.

Common illnesses - with stay at home times

Sickness &/or diarrhoea - 48 hours after their last "episode" and eating normally.

Chicken pox – 5 days after the start of the rash.

Conjunctivitis – until they have been on treatment for 24 hours.

Impetigo – until treatment is started and lesions are crusted and not weeping.

Measles – 5 days after the start of the rash.

Mumps – 9 days after the start of symptoms.

Shingles – 7 days after the start of symptoms.

Slapped Cheek Syndrome – until your child feels well again.

Please note these are the minimum stay-at-home times. Please do not send your child back to Nursery if they still seem unwell after this length of time.

If your child needs regular medication, such as an inhaler, please complete a permission form and ask us for a form to give your GP too. We will also ask you to take home the spacer each half term to clean it thoroughly. Thank you for all of your support in ensuring all of our children and staff remain healthy

Here's to a healthy and happy year !

Best wishes

The Nursery Team