

Stockingford Nursery School Newsletter October 2022



Term dates

Term ends – 21st October

Half term – Monday 24th October - Friday 28th October

School Photographer - Thursday 1st December

Church Visit - Wednesday 7th December – details to follow

Term ends - Friday 16th December

Training Day - Tuesday 3rd January 2023

Training Day - Friday 31st March 2023

Training Day - Monday 5th June 2023

Training Day - Tuesday 25th July 2023



Text Service

All parents must ensure if you have not done so **IMPORTANT** already - sign up to the Myschoolapp to receive information from the Nursery School. We will no longer be using the text service after Christmas. [Please see the following page for information about how to sign up to the app.](#)



IMPORTANT

Primary School starters September 2023

Nursery children that are starting school in September 2023 **must apply** for their school place before **15th January 2023** in order to be allocated a primary school place. You can make your application online from **1st November** by following the steps on the website at:

www.warwickshire.gov.uk/admissions
National offer day is Monday 17th April



Yellow Zigzags

Please **DO NOT PARK** on the Yellow Zig-Zags lines outside the Centre. They are there for the safety of your children.

You are breaking the law and could receive a fine.



Parking

Parents please do not park in our car park, it is solely for the use of staff. Do not park across our neighbours driveways.



Half Term



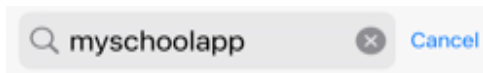
Don't forget the children finish on Friday 21st October for a weeks holiday. Nursery will be re-open on Monday 31st October.

MySchoolApp



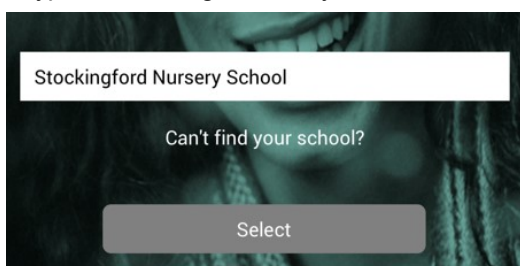
We are launching a new form of parent communication called MySchoolApp. This is a free app that you can register to. Please follow the below steps to register before 1st September so that we can start to send any communications to you ready for the start of the new school year.

To get started, you need to go to your normal app store and search for MySchoolApp



When opening the app for the first time, you will be asked which school you want.

Type in Stockingford and you will see our name.



You then need to register, you will be asked for your name, email and phone number, and to set your password. You will be asked to accept the terms and conditions.

Once that is done, you can start using the app!

One of the many benefits of this app is that if your first language is not English, you can change your language settings by going to Menu, Settings, and then choose "Change Language".

We hope that this will allow all parents to have a more inclusive experience during your child's time here with us.

If your child is absent from Nursery

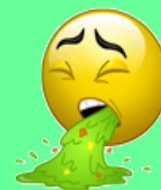
Please remember to contact the Nursery on the day your child is going to be absent, you can either:



MySchoolapp Please see above

Telephone 02476 383708

Email parents1041@welearn365.com



(please ensure you put your child's full name and the reason for their absence in the text)

They should be at home until you feel they are well enough to come back to school. In the case of **sickness and diarrhoea** please make sure your child is symptom free for at least **48 hours** before returning to Nursery.

Please could you make sure all your phone numbers are up to date if not please let the office know of any changes.

Big Nursery Notices

Red string bags



Please can you ensure that your child brings a full change of clothes including socks.

Make sure all coats and clothing is named.



Red bags- if children choose to use drawstring bags like the ones provided by Nursery School, they can be hung on your child's coat peg. If they choose to use a small backpack they can be placed at the bottom of the coat trolley beneath their child's coat.

Parker Poundasaurus

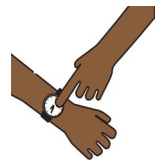
Parker Poundasaurus is often hungry and likes to eat coins. Children are welcome to feed a £1 weekly voluntary contribution to Parker to help raise money for nursery funds for special activities like 'Growing Day' and to buy new resources for the children to enjoy. Parker Poundasaurus will join us at the beginning of sessions and will be located outside Nursery.



Session Times

Nursery sessions are:

- 👉 9.00am - 11.30am for the morning session.
- 👉 12.40pm - 3.10pm for the afternoon session.



Please make sure you are on time for the start of sessions as this does have an impact on teaching time and please collect your child on time as children can become a little upset if they are collected later. Thank you.

Collecting and dropping off children

When adults and children arrive at 9.00am and 12.40pm and at 11.30am to collect their children, please can you queue next to the white picket fence on the way to the veranda door and then leave next to the veranda shutters. Parents and children can hang up and collect their coats and bags en-route. We kindly ask that parents do not tap on the veranda shutters or Nursery windows as this can distract the children from learning and can make some children tearful.



PACKED LUNCH GUIDELINES FOR CHILDREN ATTENDING BIG NURSERY

To help provide your child with a balanced lunchbox, we hope the following suggestions are a good starting point in promoting a healthy diet for your child.

Try to include:

- 1 Portion of vegetables or salad and one portion of fruit (fresh, canned or dried).



A portion for a child under 5 is a child's fistful or e.g.
1-2 Cherry tomatoes (cut in quarter's length ways to avoid choking hazard)
2 slices of cucumber
2 slices of apple or pear
A few segments of a Satsuma
5 grapes (cut in quarter's length ways to avoid choking hazard)
1 dessert spoon of peas or sweetcorn

- 2 One portion of milk or dairy items such as milk, cheese, yoghurt, fromage frais or yoghurt drink.

A child's portion is for example, 100ml of milk, a small pot of yoghurt or a small cube of cheese.



- 3 One portion of starchy food; such as bread, pasta, rice, noodles or potatoes.
A portion is one small slice of bread, 1 egg-sized potato or 2 tablespoons of rice or pasta.

- 4 One portion of meat, chicken, fish, eggs, beans or other protein source.

A portion size is approximately one third to one half the size of the child's palm.



We ask that children **do not** bring in the following foods and drinks:

- Nuts
- Nut based peanut products i.e. butter or hazelnut spreads
- Seafood i.e crab sticks
- Sweets
- Chocolate (even as a covering or filling)
- Fizzy drinks, even diet ones

◆ If giving crisps or other savoury snacks please put just a handful in a small container or bag, and look for reduced salt and fat versions.

◆ All the children will be offered a drink of water with their lunch.

◆ You are the expert on your child and know how much they eat, but please be aware that a lunchbox with too much food in it may overwhelm your child.

◆ If you would like further information about Healthy Eating or suggestions of food to include in your child's lunchbox please ask a member of staff.

Little Nursery Notices

Coats and bags

As the weather has been changing, can we ask appropriate clothing is being worn/brought in depending on the weather.



Please can you make sure your child brings their winter coats to Little Nursery and you have put their name in both their coats and bags. This would be really appreciated.

In their bags could you please put nappies, wipes, (pants if toilet trained) and a spare change of clothes. Thank you.

Jewellery

Please could children with pierced ears wear studs in their ears for safety reasons, and no necklaces or bracelets are to be worn in Little Nursery for safety reasons. We advise jewellery be kept at home so it does not get lost or broken.



Pull-Ups

Please could children wear 'pull-ups' only if they are being potty trained, as some of the children are getting upset if they have to be changed.



Session Times

- ☞ AM Session 8.45am - 11.45am
- ☞ PM Session 12.30pm - 3.30pm



Please could just one adult bring in your child on time for the start of session and can you make sure you pick your child up on time, Nursery Staff need to clean between sessions and children can become a little upset if they are collected later. Thank you.

Voluntary Donations

Children are welcome to feed a £1 weekly voluntary contribution to Peppa to help raise money for nursery funds for special activities and to buy new resources for the children to enjoy.

Peppa will join us in Nursery at the beginning of sessions and will be located in the corridor just outside the room, so please come and say hello.



No Juice Cups or Toys

Please do not send your child to Nursery with a juice cup. We do not have the capacity to store them. Children are provided with water and milk.

Please do not send toys into Nursery as children can become upset if they misplace them or another child wants to play with them. Thank you

Designated Safeguarding Leads (DSL's)

The Designated Safeguard Leads (DSL's) in Nursery School are:

- Sharon Kindred, Headteacher - Designated safeguard Lead
- Katherine King, Lead Teacher - Deputy Safeguarding Lead
- Sally Phillip, Teacher - Named Designated Safeguard Lead.



Sharon Kindred



Sally Phillips



Katherine King

Everyone has a duty of care for the children in Nursery School. If you need to discuss any safeguarding issues, please speak to one of our DSL's.

*'Under the Education Act 2002 (Section 175 for maintained schools/Section 157 for academies/free/independent schools), schools must make arrangements to safeguard and promote the welfare of children. Parents/carers should know that the law (Children Act 1989) requires all school staff to pass on information which gives rise to a concern about a child's welfare, including risk from neglect, physical, emotional or sexual abuse. Staff will seek, in general, to discuss any concerns with the parent/carer and discuss the need to make a referral to Children's Social Care if that is considered necessary. **This will only be done where such discussion will not place the child at increased risk of significant harm or cause undue delay.** The school will seek advice from Children's Social Care when they have reasonable cause to suspect a child may be suffering or likely to suffer significant harm. Occasionally, concerns are passed on which are later found to be unfounded. Parents/carers will appreciate that the school's Designated Safeguarding Lead carries out their responsibilities in accordance with the law and acts in the best interests of all children.'*

Well being corner

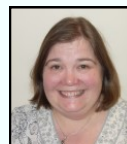
Welcome to our wellbeing corner which aims to provide support and ideas for keeping you and your child emotionally and mentally well. Each month this newsletter will offer tips, information and support for you and your child, so read through and have a go- you never know. Sometimes a small change can make a big difference!

We are lucky in our Centre to have Mental Health First Aid staff who can offer a listening ear and if need be, guide you to finding the right support and services. Please ask if you would like any further information about Mental Health and Wellbeing. Never be afraid, worried or scared to ask for support! We are always here to offer a helping hand.

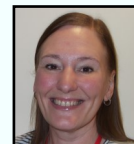
Mental Health First Aiders



Sharon Kindred



Sally Phillips



Sara Ward

Looking after your own mental health

The NHS Every Mind Matters website have some useful information for anyone who feels they may need a little support or advice.

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about. Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of. Is there a friend, fellow parent or carer you trust enough to tell how you're feeling? Maybe there's family, friends or a colleague who could support you or allow you a break? There's plenty of help out there. You should never feel like you have to cope on your own. Young Minds has lots of support for parents, including a helpline and guidance around parenting with a mental illness. Mind has information and suggestions on how to manage parenting with a mental health problem.

Scope has advice on managing stress when caring for a disabled child.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

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Well being corner



Feeling Alone

Loneliness is something that we can all experience. However, parents are at an increased risk of loneliness.

Research on loneliness in young mothers under the age of 30, found that **more than eight in every ten** feel lonely at least some of the time.

Loneliness is an experience that can also affect our mental health.

Research has shown that:

- ◆ Mothers under 25 are more likely to need help for their mental health
- ◆ Young fathers are more likely to need support with anxiety and depression

That's why it's important as young parents to understand what loneliness is and recognise where you can find support from

The Mental Health Foundation and The Lullaby Trust have developed this guide* to support young parents who may be feeling lonely.

Here are the top tips from young parents on ways to feel less lonely.

- **Tip 1:** Be mindful of the social media you use
- **Tip 2:** Use positive affirmations every day
- **Tip 3:** Use your experience to support others
- **Tip 4:** Raise awareness and be heard
- **Tip 5:** Know your rights
- **Tip 6:** Find your community and support others
- **Tip 7:** Remind yourself of what makes you unique
- **Tip 8:** Take care of yourself

*For more information ask for a guide at Nursery or click on the link below.

<https://www.mentalhealth.org.uk/sites/default/files/2022-06/A-Young-Parent-Guide-to-Loneliness.pdf>



[Our best mental health tips - backed by research](https://www.mentalhealth.org.uk)
This guide provides you with our best tips on how to look after your mental health - backed by research.
www.mentalhealth.org.uk

When you feel your child needs just a little bit more support with their wellbeing.....

Play outside together

Take time to explore, discover, climb and run or create obstacle course for one another. Make dens outdoors. Could you all have a picnic in the den?

Use emotional language

We need to help children understand their feelings and using emotional language will help give them the vocabulary they need to understand their own feelings, as well as other people's. Even when children are babies we can start talking about their feelings. For example, when a baby is crying to be fed, we can say: "It's okay, I know you are feeling hungry. I am going to feed you now."

When a toddler is crying because their parent has left them at nursery, we can say: "I can see that you are really sad that Mummy has gone. She will be back later but I am here for you now."

Stop rushing

We are often very busy but we need to help children find the time to rest and experience moments of stillness. Find time to lay back together and relax or daydream? You can also use yoga and mindfulness with young children.

Being creative

Give children the space to be creative and join in the process with them. Find times to sing and dance with them. Give children the opportunity to experiment with a wide range of materials and mark-making tools. Creativity should be about enjoying the activity and not about having a finished product.

Join in

Children have a passion for learning and discovering. They need adults around them who want to learn and explore with them. Be a co-explorer and adventurer with your child. Children are great at becoming fascinated by something – this might be the snail and sticks you see on the road as you are walking to the shops, or it might be a keen interest in dinosaurs.

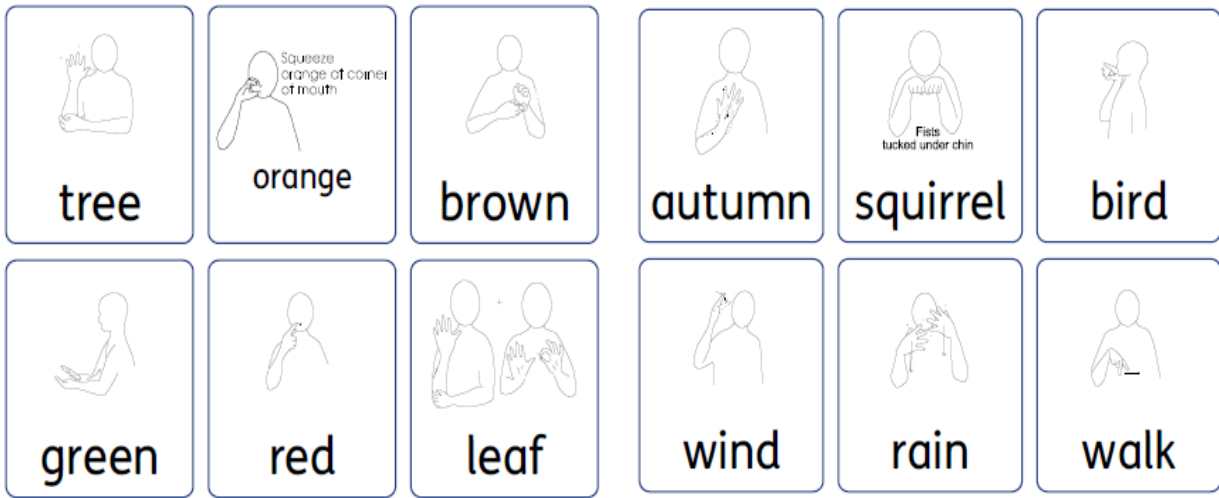
<https://www.eyalliance.org.uk/happy-children-%E2%80%94-taking-care-young-peoples-wellbeing>

Makaton signs of the Month - October

We will be helping children to communicate through Makaton signs and spoken language.



We are proud to say we are a
Makaton accredited School



British Values Liberty

Individual liberty or 'freedom for all' links to Self-Confidence and Self-Awareness from the Personal Social and Emotional Development section of the Early Years Foundation Stage curriculum. We develop this value by encouraging children to make choices, to develop independence and to allow them to think for themselves. In Nursery, children are able to independently choose resources to extend their knowledge in the indoor and outdoor environment and at Forest School. Through 'In the moment Planning' we take into account every unique child's starting points, individual interests and then scaffold learning to support them with their next steps for learning. This helps children to develop a positive sense of themselves and to become, confident, independent learners. We support this by providing a range of experiences that allows children to explore feelings and responsibility, encouraging children to voice their own opinions but to listen and value different opinions from others.



Stockingford Nursery School, Children & Family Centre and Library St Pauls Road, Nuneaton CV10 8HW

TRUE COST OF LIVING

The cost of living crisis is having an impact on all of us. But as food and energy prices rise, people already struggling to afford the essentials are being pushed into impossible decisions.

PAY THE BILLS

EAT DINNER

Take action

WHAT CAN WAIT?

Foodbanks partner with a wide range of care professionals such as doctors, health visitors, social workers and police to identify people in crisis and issue them with a foodbank voucher.

Stockingford Nursery School can issue a food bank voucher to use locally. Please pop into reception anytime for further information.



Drop in for support and advice for all families in Warwickshire.
Monday - 12:00pm - 2:00pm
Stockingford Children and Family Centre

Family Support Worker
Duty Line Telephone Number
01926 412412
9am -4pm
Monday -Friday



For families, children and young people 0-19 years old, or 0-25 years with additional needs

The Early Help and Targeted Support Team



ediblelinks
connecting people and communities

BAG A BARGAIN

Treat yourself to a Family Food Bag for just £1 (max 2 bags per family)

We are teaming up with Ediblelinks to redistribute surplus food into our community.

On the first Monday of the month (excluding Bank Holidays)

(6 June, 4 July, 1 Aug,

5 Sept, 3 Oct, 7 Nov, 5 Dec)

Come along to Stockingford Nursery School, Children & Family Centre and Library, from 11am-12pm, no need to book, just turn up.

Each month there will be representatives from other agencies who can offer support if needed.

citizens advice

Nuneaton & Bedworth

CITIZENS ADVICE gives free, independent, and confidential advice with issues about benefits, employment, money, debt, divorce/separation, housing, consumer problems and much more...

DROP-IN SESSIONS

Stockingford Nursery School, Children & Family Centre and Library

The second and fourth Wednesday from 9.15 to 11.15am.

OR CALL: 0808 250 5715
9.00am to 5.00pm Monday to Friday



CHILDREN & FAMILY CENTRE



Warwickshire County Council



Advice & Support



CHAT Health - A texting advice service for parents and carers of the pre-school child.

If you have any questions about your pre-school child, or your own health and well-being you can use our texting service 07520 615293 anytime. A health visitor will aim to text you back within 2 hours in normal working hours (Monday to Friday 9am to 5pm, excluding Bank Holidays).

Please note we support messaging from UK numbers only, which will be charged at your normal rate.

The Early Help and Targeted Support Team

Family Support Drop In for advice for all families in Warwickshire

For families, children and young people 0-19 years old, or 0-25 years with additional needs

Duty Line 01926 412412 - 9am – 4pm Monday – Friday



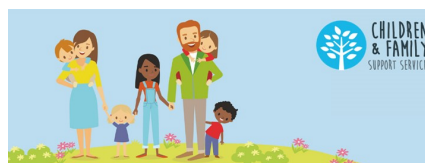
Drop In Sessions
Free and every week

Monday 12.00-2.00pm	Stockingford Children and Family Centre St Pauls Road, Nuneaton CV10 8HW
Tuesday 10.00am-12.00pm	St Michaels Children and Family Centre Hazel Grove, Bedworth CV12 9DA
Thursday 1.15-3.15pm	Camp Hill Children and Family Centre Hollystitches Road, Nuneaton CV10 9QA
Friday 12.00-2.00pm	Riversley Park Children and Family Centre Coton Road, Nuneaton CV11 5TY
Please note that times and dates may change during school holidays.	

Family Information Service (FIS)

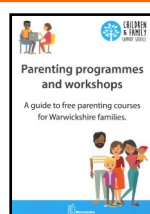
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare health and wellbeing



Phone: 01926 742274

Website: <https://www.warwickshire.gov.uk/children-families>



Parenting Information

Parenting Programmes and 2 Hour Workshops

Please visit the link below:

<http://childrenandfamilies.eventbrite.com>

