

# Stockingford Nursery School Newsletter December 2022



## Term dates

Term ends Friday 16th December

### Spring Term 2023

Teacher Training Day Tuesday 3rd January 2023  
Term starts New Children Wednesday 4th January 2023  
Term starts Returning Children Thursday 5th January 2023  
Half term Monday 20th - Friday 24<sup>th</sup> February 2023  
Teacher Training Day Friday 31st March 2023  
Term ends Thursday 30th March 2023



### Summer Term 2023

Term starts Monday 17th April 2023  
Bank Holiday Monday 1st May 2023  
Half term Monday 29th May - Friday 2nd June 2023  
Teacher Training Day Monday 5th June 2023  
Induction Day Wednesday 5th July 2023  
Term ends Monday 24th July 2023  
Teacher Training Day Tuesday 25th July 2023

## 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](http://www.warwickshire.gov.uk/admissions)

National offer day is Monday 17th April 2022.



## Birthdays

Whilst we celebrate your child's birthday in Nursery, we ask you do not send in sweets due to children's allergies and dietary requirements.



Don't forget the children finish on Friday 16th December for the Christmas holiday. Nursery will be re-open on Thursday 5th January 2023.

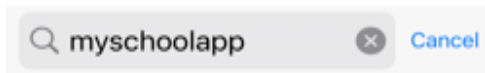


## MySchoolApp



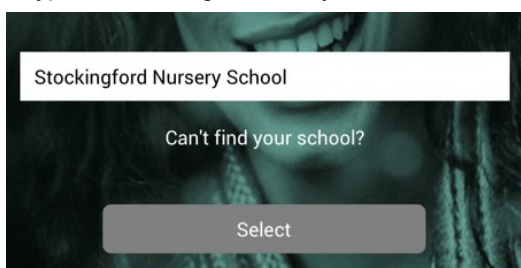
We are launching a new form of parent communication called MySchoolApp. This is a free app that you can register to. Please follow the below steps to register before 1st September so that we can start to send any communications to you ready for the start of the new school year.

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](mailto: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.

Dear Parent(s) / Carer(s),

**Re: Increase in scarlet fever**

We are writing to inform you of a recent [national/focal] increase in notifications of scarlet fever to the UK Health Security Agency (UKHSA), above seasonal expected levels.

We would like to take this opportunity to remind you of the signs, symptoms and the actions to be taken if you think that you or your child might have scarlet fever.

**Signs and symptoms of scarlet fever**

Scarlet fever is a common childhood infection caused by *Streptococcus pyogenes*, or group A *Streptococcus* (GAS). It is not usually serious, but should be treated with antibiotics to reduce the risk of complications (such as pneumonia) and spread to others. The early symptoms of scarlet fever include sore throat, headache, fever, nausea and vomiting. After 12 to 48 hours, the characteristic red, pinhead rash develops, typically first appearing on the chest and stomach, then rapidly spreading to other parts of the body, and giving the skin a sandpaper-like texture. The scarlet rash may be harder to spot on darker skin, although the 'sandpaper' feel should be present. Patients typically have flushed cheeks and be pale around the mouth. This may be accompanied by a bright red 'strawberry' tongue.

If you think you, or your child, might have scarlet fever:

- contact your GP or NHS 111 as soon as possible
- make sure that you or your child take(s) the full course of any antibiotics prescribed. Although you or your child will feel better soon after starting the course of antibiotics, you must complete the course to ensure that you do not carry the bacteria in your throat after you have recovered
- stay at home, away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection

You can help stop the spread of infection through frequent hand washing and by not sharing eating utensils, clothes, bedding and towels. All contaminated tissues should be disposed of immediately.

**Invasive Group A Strep (iGAS)**

The same bacteria which cause scarlet fever can also cause a range of other types of infection such as skin infections (impetigo) and sore throat. In very rare cases, the bacteria can get into the bloodstream and cause an illness called invasive group A strep (iGAS). Whilst still very uncommon, there has been an increase in iGAS cases this year, particularly in children under 10 years old. It is very rare for children with scarlet fever to develop iGAS infection.

As a parent, you should trust your own judgement.

Contact NHS 111 or your GP if:

- your child is getting worse
- your child is feeding or eating much less than normal
- your child has had a dry nappy for 12 hours or more or shows other signs of dehydration
- your baby is under 3 months and has a temperature of 38C, or is older than 3 months and has a temperature of 39C or higher
- your baby feels hotter than usual when you touch their back or chest, or feels sweaty
- your child is very tired or irritable

Call 999 or go to A&E if:

- your child is having difficulty breathing – you may notice grunting noises or their tummy sucking under their ribs
- there are pauses when your child breathes
- your child's skin, tongue or lips are blue
- your child is floppy and will not wake up or stay awake

**Stop the spread**

During periods of high incidence of scarlet fever, there may also be an increase in outbreaks in schools, nurseries and other childcare settings. Children and adults with suspected scarlet fever should stay off nursery / school / work until **24 hours** after the start of appropriate antibiotic treatment. Good hygiene practice such as hand washing remains the most important step in preventing and controlling spread of infection.

# 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

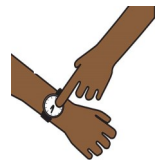
Parker Poundasaurus is often hungry and likes to eat coins. Children are welcome to feed a £1 weekly voluntary contribution to Parker to help raise money for nursery funds for special activities like 'Growing Day' and to buy new resources for the children to enjoy. Parker Poundasaurus will join us at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



# 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

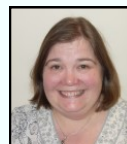
Welcome to our wellbeing corner which aims to provide support and ideas for keeping you and your child emotionally and mentally well. Each month this newsletter will offer tips, information and support for you and your child, so read through and have a go- you never know. Sometimes a small change can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

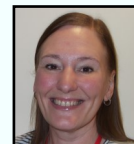
### Mental Health First Aiders



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/>

[WT.tsrc=search&WT.mc\\_id=EMMParentsSearch&gclid=EAlalQobChMlrLH8sjc6wIVw7HtCh07jQjWEAAYASAAEgJTvD\\_BwE](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.tsrc=search&WT.mc_id=EMMParentsSearch&gclid=EAlalQobChMlrLH8sjc6wIVw7HtCh07jQjWEAAYASAAEgJTvD_BwE)

# Well being corner

## Your wellbeing this Christmas

Christmas can be a happy time of year for some but for others it can be difficult both practically and emotionally. It is important to not put on much pressure on yourself so we have included some tips for supporting you and your family.

### Tips for coping during Christmas

- Be gentle, generous and patient with yourself
- Plan ahead
- Manage relationships
- Look after yourself
- Talking to other people
- Get support

Instead of going to a Christmas carol concert or service, you could watch one on TV or join in with a virtual choir.

If you'd usually share a meal with certain people, such as friends or co-workers, you could plan to order delivery or cook and eat a meal at the same time.

If you usually take children to a Christmas fair or to visit Father Christmas, you could help them write a letter to Santa instead.

Make Christmas crafts with your child to help decorate your tree or home.

If you are planning to give any gifts, you could exchange your gifts in advance, so you don't have to worry about it on the day.

## Christmas wellbeing tips

### **Tips for a restful Christmas.**

#### **1. Honesty**

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it. Sometimes you need to put yourself first.

#### **2. Press pause**

If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself.

### 3. Pyjamas!

In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas.

### 4. Get unstuck

Make sure you're not too house-bound and spend all the time eating and drinking! A brisk walk outside is a nice way to spend time with loved ones, or a day trip somewhere. Things can get quite intense if you're stuck in the house all the time, and a bit of exercise helps too.

### 5. Don't believe the hype

Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes. Don't get sucked into measuring your experience against something that's ultimately fake.

### 6. Bed head

Give yourself a head start – try to go to bed early on Christmas Eve so you feel well-rested on the day itself.

### 7. Talk

If you are feeling overwhelmed or under pressure, talk to someone about it. If you are worried about how you might feel on the day, talk to someone else who will be there too so they can support you when needed during the festivities.

### 8. Plug yourself in

If you are staying in an overcrowded house with people going to the loo at all hours, make sure you take ear-plugs to maximise your chance of a decent night's sleep.

### 9. Give yourself a prezzie

Make sure you take some time out after Christmas to do something you really want to do, no matter how small.

Think about what *you* want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected.

<https://www.mind.org.uk/information-support/your-stories/ten-christmas-wellbeing-tips/>





# Makaton signs of the Month - December

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



We are proud to say we are a  
Makaton accredited School

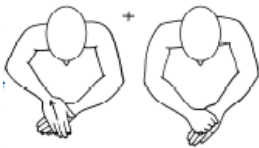
## Sleigh

Hands move quickly  
backwards and forwards  
together by wrist



## Christmas

Slide right hand over back of  
left hand towards body, then  
close right hand and place on  
back of left hand



## Toys

Whole formation  
circled twice



Mime holding sack  
over shoulder

Mime holding sack  
over shoulder

Father Christmas



Christmas Tree



## Reindeer

Hands move up and  
out to show antler size

## British Values - Rule of Law

Rule of Law is linked to Managing Feelings and Behaviour in the Early Years Foundation Stage, which is part of Personal Social and Emotional Development. We need to support children in understanding their own behaviour and how it can impact upon others. At Stockingford Maintained Nursery School, we follow expectations, policies, procedures and routines. Children are supported to understand and adhere to the expectations and boundaries in our Nursery. Some of our expectations include 'kind hands', 'listening ears' and 'tidy up time'. We also support children to develop skills of sharing and turn taking. We reinforce this through Makaton, Communication in print symbols and through modelling. Children are supported to begin to understand their own & others' behaviour and to think about consequences and learn to distinguish right from wrong. Teaching staff are keen to encourage children to make positive choices, so their setting is a happy and safe place for them to learn and thrive.





# What's happening at Stockingford Library

## Festive Crafts

Join us on  
**Monday 19th Dec**  
and  
**Friday 30th Dec**  
for **FREE** craft  
activities  
**10am-11am**

For children of all ages!  
at Stockingford Library,  
St Pauls Rd, Stockingford,  
Nuneaton  
CV10 8HW

Warwickshire  
County Council

## Stockingford Library **FREE** Lego Club

Are you bored after school on a  
Thursday?  
Why not come to Lego club!  
Lots of bricks and a new theme every  
week.  
3.30 - 4.30pm

### Learn, Build and Play

For children aged 4 and above with their grown-ups.  
All children must be accompanied by an adult.  
(This activity is not suitable for younger children due to  
small Lego parts)

St. Pauls Road Nuneaton CV10 8HW

## Rhyme Time!

For 0-2 year olds  
**FREE!** and their carers

Join us for rhymes for 0-2 year olds  
Come and join in with rhymes suitable for  
a child from birth to toddler.

### THURSDAYS 11am - 11:30am

You are warmly invited to choose some books  
before you leave. We are so happy to welcome  
you into our Library and we hope you will have  
lots of fun with us.

# 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**

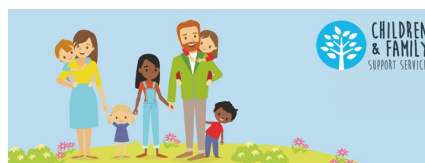
<b>Monday 12.00-2.00pm</b>	<b>Stockingford Children and Family Centre</b> St Pauls Road, Nuneaton CV10 8HW
<b>Tuesday 10.00am-12.00pm</b>	<b>St Michaels Children and Family Centre</b> Hazel Grove, Bedworth CV12 9DA
<b>Thursday 1.15-3.15pm</b>	<b>Camp Hill Children and Family Centre</b> Hollystitches Road, Nuneaton CV10 9QA
<b>Friday 12.00-2.00pm</b>	<b>Riversley Park Children and Family Centre</b> Coton Road, Nuneaton CV11 5TY

Please note that times and dates may change during school holidays.

## Family Information Service (FIS)

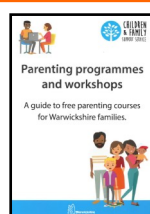
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- 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>

