

Stockingford Nursery School Newsletter November 2022



Term dates

School Photographer Thursday 1st December
Church Visit for Big Nursery Children Wednesday 7th December – details to follow
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 24th 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



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.

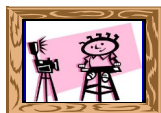
Thank you.



School Photographer

Thursday 1st December

A photographer will be taking individual portrait photographs of all the children during their normal session time in Big & Little Nursery.



Children In Need

A big thank you to everyone who helped raise money for Children In Need.

We raised an amazing £41.77

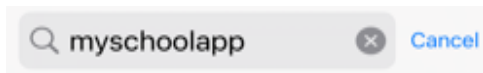


MySchoolApp



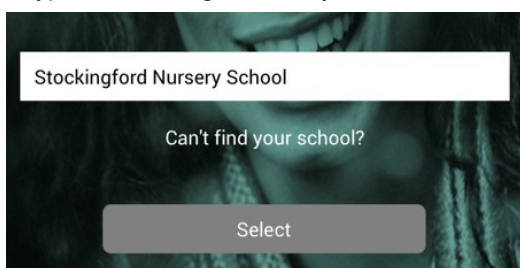
We are launching a new form of parent communication called MySchoolApp. This is a free app that you can register to. Please follow the below steps to register before 1st September so that we can start to send any communications to you ready for the start of the new school year.

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

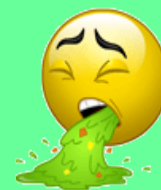
Please remember to contact the Nursery on the day your child is going to be absent, you can either:



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

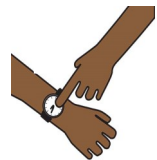
Parker Poundasaurus is often hungry and likes to eat coins. Children are welcome to feed a £1 weekly voluntary contribution to Parker to help raise money for nursery funds for special activities like 'Growing Day' and to buy new resources for the children to enjoy. Parker Poundasaurus will join us at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



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

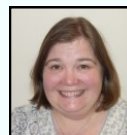
Welcome to our wellbeing corner which aims to provide support and ideas for keeping you and your child emotionally and mentally well. Each month this newsletter will offer tips, information and support for you and your child, so read through and have a go- you never know. Sometimes a small change can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



Supporting Children's Big Emotions

There are a few basic things to remember in understanding children's behaviours that can help keep things in perspective, these include:

Developmental immaturity. Remembering that young children are still developmentally immature. This may seem obvious, but it's important to recognise that young children are inexperienced and sometimes they just don't have a sophisticated understanding of how the world works. It's also important to recognise that what parents and adults are asking young children, with limited life experience, is hard work for children.

Check basic needs aren't the problem. Make sure your child's behaviour is not because their basic needs are not being met. Children who are tired, hungry, or unwell cope less well than when these things are not an issue.

Have realistic expectations. Have you considered what type of young adult you hope your child will become? Of course, most parents say they want their children to be independent, resilient, responsible etc.

Make sure your expectations are made clear to children. Often parents slip up when they assume children understand the expectations they have of them.

Practice makes perfect. Social behaviours are a learned skill and take time to get right.

Strategies for Success

- **Set clear expectations.** Children must know what each rule, routine and expectation looks like, sounds like and feels like. Make sure you describe the behaviour you want to see (not what you want to stop).
- **Visual rules and routines.** Make the rules and routines visual in the house. Use photos, clip art or stick men drawings of the target behaviour to help give children visual cues for the right behaviours.
- **Reward effort** where ever you can. 'Catch them being good', and celebrate along the way.
- **Stay positive** because – you've got this! You need to have a **teaching focus** in supporting your child to become socially successful. Your child is looking to you for guidance and leadership.
- **Practise makes perfect.** Learning a new skill takes time and lots of practise. Practise outside of emotional time. Use games and pretend to practise doing all the social things your child finds tricky outside of when they need to do the right thing for real.
- **Your language is critical.** When talking with children about their behaviour refrain from asking, 'why'; in most cases they won't really know. Instead replace 'why' questions with 'what, when and how' type questions. For example, "What should you be doing?," "When do we?," "How should we?," This gives your child a chance to rethink what they are currently doing and remember your expectations, rules and practice sessions.

- **For those children who don't handle 'No' well:** Children who often display oppositional behaviour are trying to exercise and practise autonomy (which is normal and necessary). Saying 'no' to these children can escalate the situation dramatically. Try using a simple strategy of 'conditional consent'. Try saying "Yes, after we...", "Yes, when you...", "Yes, first we need to...". Restricted choice is also a very effective strategy for these children. Decide on a range of things they *can* have control over e.g. don't try to enforce what they will absolutely wear, but provide a range of choices (that you are happy with) and allow them to choose anything from this range. If food is an issue, use the same approach; they can choose what they want to eat from the selection that you have pre-decided on. Discuss the option with them and make it clear they have the power to choose.
- **Follow up and follow through.** Your children don't expect you to be perfect, but they do want to believe in your credibility and predictability. Follow through is important; if you say they will receive a reward (or a consequence) for a certain behaviour make sure you follow through. Don't make empty promises or consequences you cannot enforce (e.g. no TV for a month or we'll go to the theme park if you're good; when you know you will not be able to do this). Take the time to follow up with children about their behaviour as well; if it was a big enough deal to discuss expectations and have practice sessions, it should be a big enough deal to discuss and debrief on how the child has gone trying to do better (good and not so good) in a calm and rational way. This allows your child to see the same level of importance to the situation as you do and to refine the plan for next time

<https://www.firstfiveyears.org.au/child-development/supporting-childrens-big-emotions>

Self-care for Parents and Carers

It is important to find time for yourself, but we know this can be a challenge as you juggle family and relationships with your home and work life. Day to day life can sometimes be all too consuming and so it can be easy to forget to look after your own wellbeing needs, as well as those of your children, which can lead to feelings of stress or being overwhelmed. Factoring in regular time or activities for yourself will hopefully allow you to enjoy the good moments in life more and to find strength during difficult times.

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>



Self-care for parents and carers - Anna Freud Centre

Give yourself permission. It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. But taking time for yourself is not selfish.

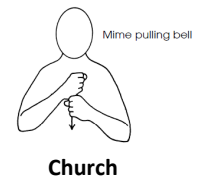
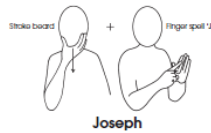
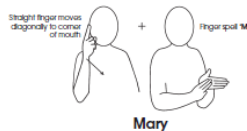
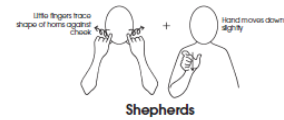
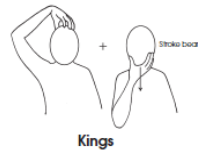
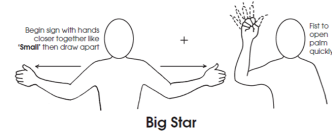
www.annafreud.org

Makaton signs of the Month - November

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 - Mutual respect and tolerance of those with different faiths and beliefs

This links to the Early Years Foundation Stage curriculum focus on Knowledge & Understanding of the World: People and Communities and Personal Social and Emotional Development: Managing Feelings and Behaviours & Making Relationships.

At Stockingford Nursery School we provide an ethos of inclusivity and tolerance for different people, faiths, cultures and races. We support children to respect and value their own and other's cultures. Children learn about similarities and differences between themselves and others through learning about cultural traditions and celebrations. This is taught through planned activities, resources, displays and books in the Nursery. We celebrate different special days and festivals through inviting guests into nursery, visits, exploring artefacts and cooking different foods.



Staff encourage and model the importance of tolerant behaviours through sharing and respecting each other's opinions. We also promote diverse attitudes and challenge stereotypes through stories and the use of resources that challenge gender, cultural and racial stereotyping.

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**





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

LOVE YOUR LIBRARY

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

LOVE YOUR LIBRARY

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.

Bookstart

Warwickshire County Council

LOVE YOUR LIBRARY

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



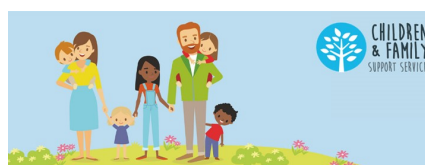
Drop In Sessions
Free and every week

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)

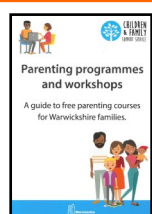
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- 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>

