

Stockingford Nursery School

Newsletter June 2022



Term dates

Summer Term 2022

WCC Induction Day

Wednesday 6th July 2022

Term ends for children

Wednesday 20th July 2022

Teacher Training Day

Thursday 21st July 2022

Additional Bank Holiday

Friday 22nd July 2022



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.



Induction day Warwickshire Schools - Wednesday July 6th.

If your child is leaving to go to School in September and they have an induction visit to School on this day, please do **not** send them into Nursery as well. Nursery will be open **only** for children who are returning to us in September, or have no School to visit on this day.



OFSTED

As you will be aware, we had our School Ofsted inspection on the 14th and 15th June. Thank you to those parents who spoke to the inspectors and shared their views online. We will share the outcome of the inspection with you as soon as we are able to.



Illness

Do not bring your children into Nursery if they are poorly or have had sickness and diarrhoea the night before.



Big Nursery Notices

Red string bags



Please can you ensure that your child brings a full change of clothes including socks, as children will be accessing the Cobble Stream. **Make sure all coats and clothing is named.**



Also please can you use your child's red string bag as our new coat pegs will not accommodate anything bigger. If you have lost your red string bag you can purchase your own or buy another one from the Nursery.

Parker Poundasaurus

Parker Poundosaurus 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 Poundosaurus will join us at the beginning of sessions and will be located outside Nursery.



Forest School

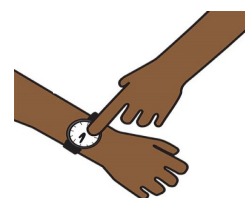
The children in Big Nursery will be visiting our Forest School site for outdoor learning sessions on a **Friday**. We will send text messages to let you know when it will be your child's key worker groups turn. As the weather will be turning colder, please could you make sure your child is dressed appropriately and they bring a warm coat, hats and gloves. Wearing trousers is advised as they will have the opportunity to climb and explore the outdoor, natural environment. We have some waterproofs and wellingtons available at nursery for your child, but you are welcome for your child to wear their own wellies if they wish.



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.

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



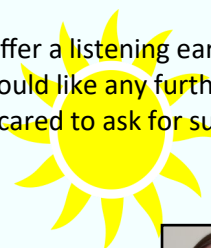
Katherine King

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.

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!

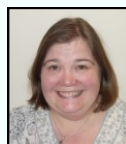
We are lucky in our Centre to have Mental Health First Aid staff who can offer a listening ear and if need be, guide you to finding the right support and services. Please ask if you would like any further information about Mental Health and Wellbeing. Never be afraid, worried or scared to ask for support!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



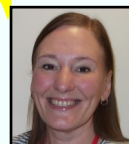
Mental Health First Aiders



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/?](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.src=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIqObChMlrLH8sjc6wIVw7HtCh07iQjWEAAYASAAEgIJTvD_BwE)

[WT.src=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIqObChMlrLH8sjc6wIVw7HtCh07iQjWEAAYASAAEgIJTvD_BwE](https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/?WT.src=search&WT.mc_id=EMMParentsSearch&gclid=EAlaIqObChMlrLH8sjc6wIVw7HtCh07iQjWEAAYASAAEgIJTvD_BwE)

Well being corner



LOOKING AFTER YOUR MENTAL HEALTH IN THE SUMMER HOLIDAYS

Ahh the school holidays...time to relax and enjoy some sunshine (if the weather allows). For many of us, summer is the season of fun and freedom but for some of us it can become stressful. Below are some valuable tips for supporting your mental wellbeing.

Don't do away with the routine - Long lie-ins are a must sometimes but if you're sleeping lots every day, it can have a negative impact on your mental health. It's ok to relax your routine a little – we're not suggesting 6am starts – but try to go to bed at a reasonable time and get up not much more than an hour later than you normally would. Have a shower and get dressed, even if you've got nothing planned. You'll feel refreshed and more energised.

Get planning - If you're struggling to get motivated, planning your time can help. Give yourself something to do every morning and afternoon, and make sure you have a good mix. Schedule in some time for gaming, reading or watching TV and add in a couple of chores.

Practise a summer of self-care - Self-care is all about being kind to yourself, listening to what your body and mind need and making time for the things that make you feel good. Check in with yourself each morning and evening to see how you're feeling and if there's anything you need. Sometimes a few minutes of mindfulness, a short walk or a nice relaxing bath can do wonders. Try making a list of some feel-good activities and plan them out for the weeks ahead.

Enjoy the great outdoors - It might feel like we're miles from the countryside but there's more to see than you might think. There are beautiful parks and nature reserves such as Coombe Abbey and Hartshill Hayes. Whatever works for you, try to get outside at least a few times a week.

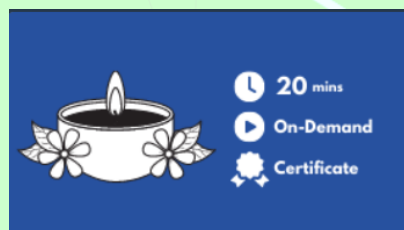
Stay connected - If you can't meet up with your friends over the summer, six weeks can feel like a lifetime. Having some company is important for everyone, so make an effort to catch up with family members and keep in touch with friends if possible.

Simple Self-Soothe Strategies

This is a free online course that walks you through a range of practical strategies that can be used by adults or children in order to create a sense of relaxation and wellbeing.

Please click on the following link for more information:

<https://www.creativeeducation.co.uk/courses/simple-self-soothe-strategies/#learndash-course-content>

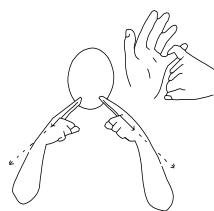


Makaton signs of the Month - June

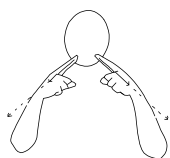
We will be helping children to communicate through Makaton signs and spoken language.



We are proud to say we are a
Makaton accredited School



Teaches



Teacher



School



Listen

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.



If your child is absent from Nursery

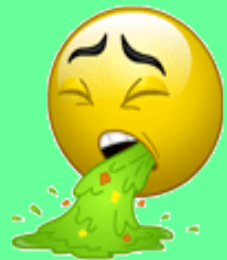
Please remember to contact the Nursery on the day your child is going to be absent, you can either:



Telephone 02476 383708
Text 07511 213751
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.



If your child is taking antibiotics please keep them at home until they are feeling better and well enough to attend Nursery School

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

Parent Governor

Becoming a governor offers you the opportunity to make a real contribution to the life and work of our Nursery. Governors play a key role in the leadership of the Nursery, and work together with staff to make sure that our Nursery provides a challenging and supportive environment for its children.



We have vacancies for:

- **Parent Governor**—if you have a child attending the Nursery
- **Co-opted Governor** — any member of the community.
(This could be anyone living in the local community or a local business person)

If you are interested please ask at the Reception Office.

Sunny days

Please remember to put plenty of **sun cream** on your child before bringing them to Nursery and that they are dressed accordingly, wearing **sensible clothes which cover shoulders** up and a **sun hat**. We advise that shoes rather than sandals give more protection to your children's feet. Please make sure your child wears socks as shoes can often rub against their skin.
Children should not wear flip flops to Nursery.



11am-5pm

FUNTOPIA

The **BIG** day out for **LITTLE Kids**

Under 90cm Free

Over 90cm £10

Adult £2.50

**Family Tickets
also available!**

**Inflatables
Under 5's Area
Nerf Wars
Driving School
and much more!**



**WE'RE
BACK!**



UNLIMITED PLAY!



@Funtopiauk

**9th July AND 6th August
Riversley Park, Nuneaton CV11 5TU**

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.

Read more

PAY
THE BILLS

EAT
DINNER

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: 0800 250 5715
9.00am to 5.00pm Monday to Friday



SEND Feedback for Children, Young People, Families and other agencies - add your voice



NHS
Coventry and Warwickshire
Clinical Commissioning Group



NHS
Coventry and Warwickshire
Clinical Commissioning Group

www.warwickshire.gov.uk/sendfamilyfeedback



OFFICIAL

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



CHILDREN
& FAMILY
SUPPORT



CHILDREN
& FAMILY
CENTRE

**Drop In
Sessions**

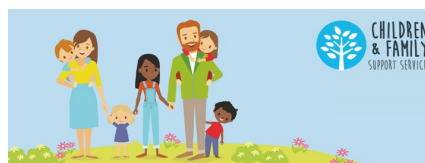
**Free and
every
week**

| | |
|---|--|
| 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)

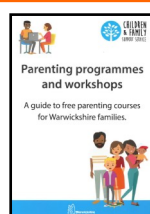
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- 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>



CHILDREN
& FAMILY
SUPPORT



CHILDREN
& FAMILY
CENTRE