

Stockingford Nursery School

Newsletter July 2022



Summer Term 2022

Term ends for children

Wednesday 20th July 2022

Teacher Training Day

Thursday 21st July 2022

Additional Bank Holiday

Friday 22nd July 2022

Teacher Training Day

Monday 5th September

NEW SEPTEMBER STARTERS ONLY

Wednesday 7th September

Returning children in September first day back is Thursday 8th September

Half Term holiday

Monday 24th Oct - Friday 29th Oct



Goodbye to Mrs Payne and Good Luck for the future. We would like to thank Mrs Payne for everything she has done for the children and families at Stockingford.

Goodbye

Goodbye to our children leaving to go to school - we hope you have a wonderful time with your new teachers and making new friends. We will miss you!



In September, Keyworkers in Little Nursery are Jo and Allease. Keyworkers in Big Nursery are Mrs Phillips, Mrs Grimstead, Mrs Griffiths and Mrs Shepherd.

We look forward to welcoming our returning children back to Nursery School on **Thursday 8th September.**

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.



On behalf of the Governors and staff we would like to wish you all a wonderful and summer holiday.

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.

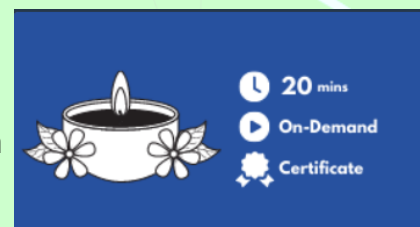
Stay connected - If you can't meet up with your friends over the summer, six weeks can feel like a lifetime. Having some company is important for everyone, so make an effort to catch up with family members and keep in touch with friends if possible.

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>



FUN THINGS TO DO THIS

Summer



1. Paddle in the sea or shallow river with a friend
2. Walk barefoot in the grass
3. Do bubble paintings - straws , paint and washing up liquid
4. Make a seasonal fruit smoothie (even better go fruit picking for it)
5. Cook sausages on a BBQ, Fire pit or open fire with an adult
6. Go for a walk and take a picnic for halfway
7. Play the car colour gameHave a water bomb fight
8. Run under a water sprinkler
9. Go sand dune jumping
10. Watch a full sunset
11. Watch a full sunrise
12. Do a butterfly painting
13. Learn a new song
14. Learn a new poem
15. Go on a bear hunt
16. Make your own musical instruments
17. Make fruit cocktails complete with mini umbrella
18. Make your own muffin pizzas
19. Go to an outdoor show/fair/market
20. Visit somewhere in your locality
21. Visit a different locality and send a postcard from there
22. Have a mad hair day
23. Wear PJ's all day
24. Camp (outside or in)
25. Ride a pony (make a pool noddle one)
26. Have a topsy turvy day (breakfast for dinner , pudding first)
27. Have a day without electronics
28. Find an unusual place to read a book
29. Make real lemonade with real lemons
30. Create a tropical setting in your home or garden and have a tropical day
31. Have a cinema day at home
32. Make popcorn from corn
33. Make a picture collage of your summer



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 Library

Summer Reading Challenge 2022

St.Pauls Road
CV10 8HW



Presented by The Reading Agency.
Delivered in partnership with libraries.

FREE activities

Join us Fridays 10.30 -11.30am
for exciting science themed activities:

Friday 29th July - Space

Friday 5th August - Bees

Friday 12th August - Junk Modelling Robots

Friday 19th August - Magnets

Friday 26th August - Light

For children aged 4* – 11 year (*starting school in
September) taking part in the Gadgeteers, the
Summer Reading Challenge.

Call into Stockingford library to collect a free ticket



Illustrations by Julian Benetford and © The Reading Agency 2022

SCIENCE
MUSEUM
GROUP

IGNITING
IMAGINATION
INSPIRING
INNOVATORS

20 YEARS
THE
READING
AGENCY

Stockingford Library

Free and easy to join



Stockingford Library is located in the Children and Family Centre together with the Nursery on St Paul's Road, Stockingford, Nuneaton. CV10 8HW

We are open Monday to Friday 8:30am to 5pm

We have lots of lovely books for readers of all ages, including local history and large print.

Free access to computers, scanners and Wi-Fi
Photocopier and printing facilities (A4, small charge)



Come and take a look at our newly refurbished Junior area.



Join us for weekly activities
The Ford Chats - New group
 Wednesday 11:00 - 12:00
Rhyme Time - songs and rhymes for 0-2 year olds, and their grown-ups
 Thursday 11:00 - 11:30
Lego Club - for children aged 7-11, Thursday 15:30 - 16:30
Stockingford Knitters - Friday 14:00 - 16:00
 We have children's craft events throughout the year and the Summer Reading Challenge.



ediblelinks
connecting people and communities

Bag a Bargain

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

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

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

Come along to Stockingford Nursery School, Children & Family Centre and Library.

from 11am-12pm, no need to book, just turn up.

Free easter egg raffle on April 4th

(4 Apr, 6 June, 4 July, 1 Aug, 5 Sept, 3 Oct, 7 Nov, 5 Dec)

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



citizens advice Nuneaton & Bedworth

Need some help?

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



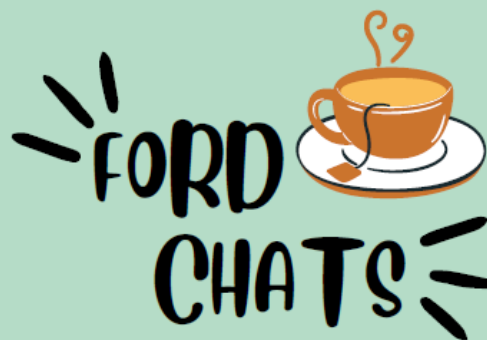
Stockingford Nursery School, Children & Family Centre and Library

The second and fourth Wednesday from 9.15 to 11.15am.
Starting Wednesday 13th April 2022

Camphill Children and Family Centre

Every week on a Thursday from 9 to 11am.
Starting Thursday 7th April 2022

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



Coffee and Conversation

Join us every Wednesday 11am-12pm for a FREE cuppa and friendly conversation.

Stockingford Library
St Paul's Road
Stockingford
Nuneaton
CV10 8HW



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



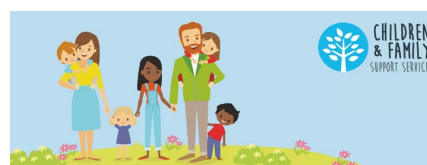
Drop In Sessions
Free and every week

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)

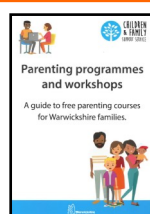
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- 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>

