

Stockingford Nursery School Newsletter September 2022



Welcome back to all our returning nursery children
and a big welcome to our new starters.

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



Germs

Can we remind children to cough and sneeze into their elbow to help prevent germs spreading. We are encouraging regular handwashing and the use of hand gel.



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.



Phone Numbers

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



Website and Facebook

Our website address is
www.stockingfordnurseryschool.co.uk

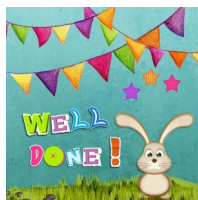
You can also find us on Facebook under the name: Stockingford Maintained Nursery School.
Please give us a like



facebook

Genes 4 Jeans Day

A big thank you to everyone who took part and donated, we raised a fantastic £43.56



Disability Living Allowance

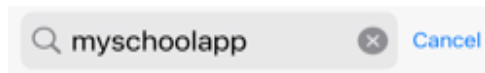
If your child is in receipt of Disability Living Allowance, please could you bring proof of this and show to the office staff. Thank you.

MySchoolApp



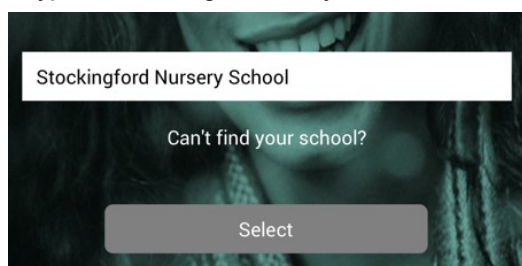
We are launching a new form of parent communication called MySchoolApp. This is a free app that you can register to. Please follow the below steps to register before 1st September so that we can start to send any communications to you ready for the start of the new school year.

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
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.

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.

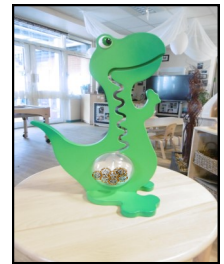
Make sure all coats and clothing is named.



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

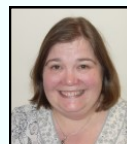
Welcome to our wellbeing corner which aims to provide support and ideas for keeping you and your child emotionally and mentally well. Each month this newsletter will offer tips, information and support for you and your child, so read through and have a go- you never know. Sometimes a small change can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

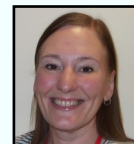
Mental Health First Aiders



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



How to look after your mental health

It's important to take care of yourself and get the most from life. Below are 10 practical ways to look after your mental health. Making simple changes to how you live doesn't need to cost a fortune or take up loads of time. Anyone can follow this advice. Why not start today?

1. Talk about your feelings

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.

3. Eat well

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

4. Drink sensibly

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

5. Keep in touch

There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!

6. Ask for help

None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help. Your family or friends may be able to offer practical help or a listening ear. Local services are there to help you.

7. Take a break

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

8. Do something you're good at

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. Accept who you are

We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others

'Friends are really important... We help each other whenever we can, so it's a two-way street, and supporting them uplifts me.' Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

More information and support can be found on:

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>



[Our best mental health tips - backed by research](#)

This guide provides you with our best tips on how to look after your mental health - backed by research.

www.mentalhealth.org.uk

BEING A CO-REGULATOR FOR YOUR CHILD

Before children can regulate their emotions, they need to first co-regulate with their parents or trusted adult. This will help to guide and support them on their journey about understanding their feelings and in beginning to regulate their own emotions.

Co-regulation require self -awareness from adults

Children will often match and reflect your own energy, so in these situations it's important for you to be calm. Only a regulated adult can help a child regulate — after all, you can't give what you haven't got.

This can be difficult, as a crying, screaming, or hitting child will cause us to be stressed. It's important to pay close attention to your own stress, and perhaps start with some deep breathing.

To help children problem-solve their own big emotions, you need to ensure your own body language, facial expressions, voice and demeanour are gentle and supportive. Then, and only then, can you help address a child's distress.

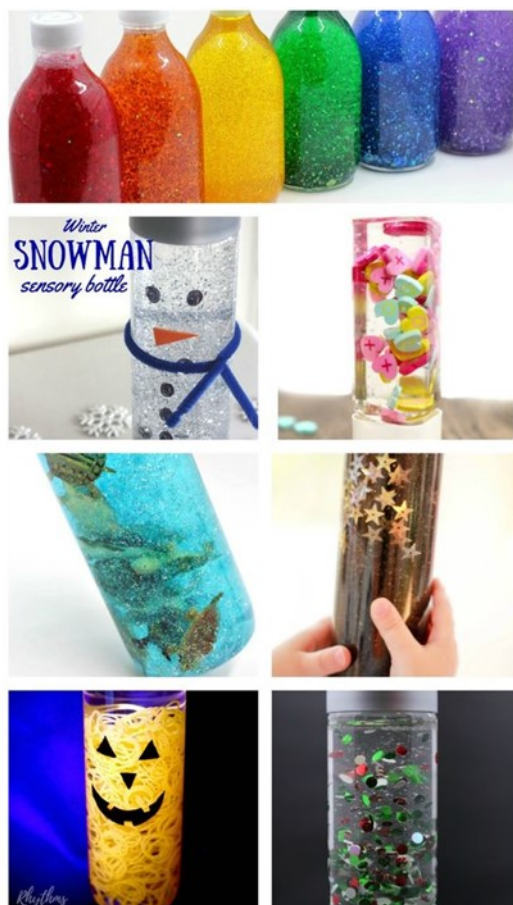
Below is a link to read more about co-regulating with your child.

<https://www.famly.co/blog/co-regulation-children-emotional-development>

Calming Down

Children may need support calm and once calm, they are more able to listen and reflect on their emotions with you.

Calm down bottles can be used to soothe a child as they watch the glitter, pom poms or buttons settle.



Makaton signs of the Month - September

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



We are proud to say we are a
Makaton accredited School



Wash Hands



Hello



Goodbye



Eat



Toilet



Help



Drink

British Values Democracy

Democracy is where everyone is treated equally and has equal rights. At Nursery we support children with their personal, social and emotional development by giving them opportunities to develop their self-confidence and self-awareness. Children are encouraged to express their views and value the opinions and ideas of others. Through 'In the Moment Planning' we encourage children to make choices and decisions about their learning and what they would like to explore. Teaching supports taking turns, sharing, collaborating and making decisions together. Adults also give children opportunities to develop enquiring minds by encouraging them to ask questions and to talk about their feelings.



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



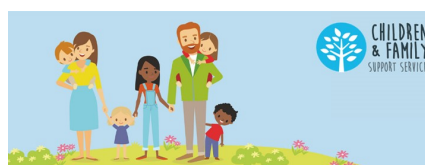
Drop In Sessions
Free and every week

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)

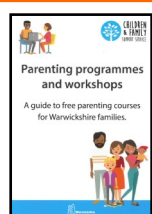
We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- 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>

