



The White House Nursery Alvaston Parent Newsletter – March 2021

We would like to take this opportunity to thank all our families for their continued support and understanding throughout these challenging times. We understand that the weather is sometimes predictable and there may be a slight wait when getting children into and out of the building during drop off and collection times. Thank you for your patience, if we know your child may take a bit longer to come out, we may ask you wait in your car or at the bottom of the ramp and we will bring your child to you. This will stop a back log of parents waiting to collect their children.

Parent Memos:

- Please ensure your child is well enough to be at nursery. We understand that as the weather is changing colds are more common, however when your child is ill they may need to be at home to avoid spreading illness to other children
- Please ensure no medication is stored in children's bags. Children can access their own belongings whilst at nursery and this is to ensure we are keeping all children safe. If a child does require prescribed medication whilst at nursery this needs to be handed over to the staff member on arrival and the required forms to be filled out.
- Please discourage children from bringing toys in from home, unless this is used as a comforter. Also, no foods to be brought in from home as we have children on site with severe allergies.
- Please ensure that your child has a nursery bag with enough spare clothes in for the day and that they are suitable for the changes in weather. Please also ensure and that all items are clearly labelled with your child's name. We do have some nursery clothes for emergencies, but these are also running low. If you have any nursery clothes at home, please can you return them.
- We appreciate some of our parents may be exempt from wearing a face covering, so please ensure you are maintaining social distancing at all times when dropping off and collecting children.
- Can you please ensure that you have collected your child in time to receive feedback before their session finishes. We are trying to put as much information as possible on parent zone to support smooth collection times but if there is anything you want to know please ask.
- We want to remind all parents that nursery closes at 6.00pm, all children need to be collected and feedback given by 6.00pm in order to give staff the time to complete health and safety and close down checks before their shift finishes.
- Please can we ask all parents to provide suitable footwear and clothing for outdoor play such as wellies, waterproof coats and/or puddle suits. This includes babies who are cruising/crawling.
- If your child is starting school in September 2021 you will be informed of your child's allocated school on 16th April 2021. Can we ask all parents and carers to **inform us of your child's place as soon as you know** so we can start their transition process.



What to pack in your nursery bag...

- ☒ A supply of wipes *(All children)*
- ☒ A supply of nappies
- ☒ Changes of clean clothes
- ☒ Nappy Cream
- ☒ Child's Medication
(To be handed over to unit staff and documents signed)
- ☒ Seasonal items
(Wellies, hat, gloves, coat or snow suit, sun hat)
- ☒ Spare underwear
- ☒ Comforter *(If applicable)*

Please ensure that all items are clearly labelled with your child's name to avoid any mix ups!



What **NOT** to pack in your nursery bag...

- ☒ Adults Medication
- ☒ Snacks/ Sweets
- ☒ Drinks
- ☒ Nappy Sacks
- ☒ Plastic Bags
- ☒ Cigarettes
- ☒ Money



Some of these items could be a health and safety risk for children, please ensure they are not left in nursery bags.
Thank you.

Two Year Old Funding Reminder:

If you meet the criteria to receive 2 year old funding, please remember to apply and receive your free funded hours. Once you have done this please ensure you pass on your eligibility code to us so we can allocate your hours. If you are unsure please seek advice from your local authority or ask a manager at the nursery.

Staff Updates:

A very warm welcome to Martin who has just joined us. He is our new nursery cook and will be working hard in the kitchen to provide healthy, yummy meals to keep those little tummies full!

We would like to wish Sam from our baby unit the best of luck as she starts her maternity leave.

Amelia our baby room senior has now left (23.02.2021) and we would like to take this opportunity to thank Amelia for her time at The White House Nursery and wish her the best of luck in her new career.

Congratulations to Gemma on her promotion to Senior Nursery Nurse in our Baby unit. Gemma has worked for The White House Nursery for 6 years and has a great passion for childcare.

Mia will be moving into our toddler unit as she starts her apprenticeship.



Martin



Sam



Amelia



Gemma



Mia

Safeguarding:

Can we please ask that when you are driving in or out of the nursery car park you keep your speed to a minimum and drive with caution.

We ask all parents and carers to inform us if and when your child has had an injury at home, no matter how small it may seem. You will need to complete a pre-existing injury form on drop off with the details of the injury so the staff are aware.

Dates for your Diary:

Upcoming Bank Holidays (nursery closed): Friday 2nd April & Monday 5th April, Monday 3rd May & Monday 31st May.

Easter Holidays - Funded children and term time only children break up on 1st April and return 19th April. If you are unsure if this includes your child, please ask Kirsty or Kelly.

We have nursery term calendars available from the office, if you would like one that is relevant to your child's nursery contact please ask a member of staff.

During this term we will be celebrating the following events, please check your Parent Zone app for regular updates and details to the following, closer to the said dates:

- World Book Day - Thursday 4th March
- Mother's Day Celebrations - Week commencing Monday 8th March
- Easter activities will take place from week commencing Monday 29th March

Teaching and Learning in Nursery:

We feel incredibly sad that we are unable to provide our stay and play sessions for our families at the moment. However, we are still going to be doing lots of lovely activities in nursery to support the children's learning and development.

The children will still be celebrating Mother's Day and Easter in different ways suitable to their age. We will provide a wide range of different learning opportunities for the children to explore and enjoy.

We will regularly send photographs to you through the Parent Zone app and, we will share photographs and videos on our White House Facebook and Instagram pages so you can see what the children have been up to. So be sure to follow us on social media if you don't already!

National Lockdown:

As this is our third National Lockdown since the pandemic started in March 2020, and nearly a year on many of us are facing many difficulties, challenges and anxieties from this situation.

At present, the majority of our children and families are accessing the nursery but some families are deciding to keep their children at home.





Whatever your individual circumstances may be, if you require further help and support with your child's learning and development at home please let us know.

Our staff continue to update and communicate with parents via the Parent Zone app to inform you of what your child will be learning and experiencing at nursery along with ideas and activities you can do at home.


We love to see what you have been busy doing at home so please continue to send us photos, videos and observations of your child to support what we do at nursery.


We have included some resources on our website which we hope will be useful in supporting you and your child during this time. Please visit www.thewhitehousenursery.co.uk/blog

8 WAYS TO HELP CHILDREN STRUGGLING DURING LOCKDOWN

- 1 Know how to spot the signs**
If you notice your child is becoming withdrawn, that there's been a change in sleeping or eating habits, if they seem to lack confidence or get upset, it might be a sign they're struggling.

- 2 Talk to your child**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them.

- 3 Create structure and routine**
Try introducing a rota or loose timetable that includes fun things you're doing during the week. This can help to create a feeling of stability, which can alleviate anxiety.

- 4 Give children a sense of control through information**
Look online with your children to find useful information and resources that help children feel they have control.


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- 5 Keep children learning**
Using fun and creative ways at home to learn alongside continued access to educational opportunities will support your children's development.

- 6 Limit screen time and mix up activities**
As most socialising moves online, it's important to have conversations on how an increase in screen time can have an impact on everyone's mental health and self-esteem.

- 7 Help your child manage stress**
If you spot signs your child might be struggling, it's important to talk to them. Keep talking and trying to communicate in any way you can – hugging, listening to them, texting them, etc.

- 8 Expressing feelings doesn't have to be face-to-face**
Children might find it easier writing their thoughts down, so the whole family could do this and put them in a 'feelings box' and then talk about their good, sad or difficult feelings at the end of the day.
