



St. Thomas a Becket Nursery School

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Eastbourne
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01323 725977

Registered Charity No. 1097448

Dear Children, Parents and Carers,

Hello and welcome to term 2! This newsletter includes some general information for you sprinkled with a little excitement ahead of Christmas 2022.....our nursery elves have started work already! Our last day at nursery before Christmas will be Friday 16th December 2022. We return on Tuesday 3rd January 2023.

Child Sickness or Absence

If your child is sick or will be absent to nursery for some other reason, please can we ask you to either phone nursery on 725977 or email us on stthomasabecketnursery@gmail.com to let us know. Thank you!

Nursery hours, Holiday and Inset Day dates:

Children can come to Early Bird club from 8.30am for a small charge of £2.00, or from 8.45am for just £1.00. We know traffic can sometimes be a challenge, but late pick-ups are unsettling for the children and we must finish at 3.00pm as this is when we are OFSTED registered until. **Unfortunately, we cannot provide childcare after 3pm.**

Useful tips for the Christmas holiday period

We all enjoy our sweet treats over Christmas, the staff here are definitely guilty of liking chocolate a little too much! It is especially important to remember to look after our health at this time so we've listed some useful tips for keeping our bodies and teeth healthy during the Christmas Holiday period, (our **Healthy Me** nursery board also has meal and lunchbox ideas):

- Try to fill up first on wholesome foods before sweet treats, eg: rice, pasta, vegetables, potatoes, meat and fish and drink plenty of water to help with digestion;
- Take time to enjoy the outdoors and get some fresh air. The park, a windy seafront walk or feeding the ducks;
- Remember to have some rest days to balance out the busy days and late nights.

Helping to keep our teeth healthy over Christmas:

Trying to keep sweet and sugary foods to a minimum will also help prevent tooth decay, along with regular teeth brushing:

- Brush teeth twice daily for about 2 minutes with fluoride toothpaste, before bed and on 1 other occasion. Use only a smear of toothpaste.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride, (check label) or family toothpaste containing between 1,350ppm and 1,500ppm fluoride.

More information can be found on the NHS website:

[Children's teeth – NHS https://www.nhs.uk](https://www.nhs.uk) > Live Well > Healthy teeth and gums

Family Photos

The Caterpillar and Butterfly children have 'Family Boards' that display photos of the special people in their lives. The children thoroughly enjoy spotting their families, pointing to and naming them, showing their friends and chatting about their home life. There are a few gaps for some of the children and it would be lovely to

continue to fill the board with the 'missing' family photos. If you haven't done so already, please do drop a family photo in, or send one on Tapestry and we will be able to print it off for you.

Our Voice

The children have a '**WOW**' moments display. We add events that they have accomplished, pictures and comments they have made. Please do let us know if your child has done or said something new. Very often, what may seem a simple or small moment of achievement, is a wonderful accomplishment and one to be celebrated.

What's going on in Nursery this term?

The **Butterflies** have been singing a new dinosaur song, perhaps you could try it at home:

**Twinkle, twinkle dinosaur
Stomping through the trees so tall,
One is big and one is small,
Listen to their mighty roar,
Twinkle, twinkle dinosaur,
Stomping through the trees so tall!**

Along with activity games, imaginary play, arts and crafts, reading and indoor and outdoor play, the Butterflies are making Christmas decorations, Christingles, dancing and singing Christmas songs.

The **Caterpillars** have been experimenting with, playing with and using many different materials, adding and building on their creations to achieve wonderful final art products of their own imagination and making. Alongside their creative activities, climbing, role play, story time, singing and dancing and many a birthday party have taken place. Christmas decorations have started, with plenty of colour and sparkles dominating the room.

**Twinkle, twinkle Christmas Star,
I can see how special you are,
Up above the stable so high,
Like a diamond in the sky,
Twinkle, twinkle Christmas Star,
I can see how special you are.**

The Children's day at Nursery

Nursery use 'Tapestry' as their online diary to share children's learning and photos with families. Please continue to view your child's day and communicate with us through this useful App. If you have any queries regarding Tapestry, or if you require any help, please do not hesitate to talk to us.

Deadline for School Places

If your child is starting school for the first time and is born between 1st September 2018 – 31st August 2019, you will need to apply for their school place by the deadline of 15th January 2023. You can find out about schools and apply online at: eastsussex.gov.uk/schools. If you require any help please email: School Admissions at: admissions@eastsussex.gov.uk

Funding

When your child turns 3, you may be entitled to 30 hours government funding. This can be applied for when your child is 2 years and 36 weeks old. More information can be found on the government website:

<https://www.gov.uk> > [30-hours-free-childcare](https://www.gov.uk/government/topics/childcare)

Open Door Policy

We are here to support you and your child/children through the early period of their life. We value your input, ideas and feedback and we are open to talk to you about any worries or concerns you may have. Please do not hesitate to contact us in person or by telephone or email.

Wishing you a very merry Christmas and a happy and healthy New Year 2023, your Nursery team