

St. Thomas a Becket Nursery School

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Eastbourne
BN22 8XT


01323 725977

Registered Charity No. 1097448

Dear Children, Parents and Carers,

We write this newsletter ahead of our Easter break and wish you a very happy Easter Holidays ahead.


Dates to remember for the **Easter Break and May Nursery Bank Holiday** closure dates are:

 Easter Holidays 2023 - 03/04/2023 to 14/04/2023

Early May bank holiday – Monday, May 1

Extra bank holiday for King Charles III coronation – Monday, May 8

Spring bank holiday – Monday, May 29

 Summer Half Term Holidays 2023 - 29/05/2023 to 02/06/2023

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 and leave a message or email us on stthomasabecketnursery@gmail.com to let us know. Thank you!

Hand Foot and Mouth Disease – adults and children

We have had a few suspected cases this week of hand, foot and mouth disease. It is a common childhood illness (can also affect adults). It usually gets better on its own in 7 to 10 days. The 1st signs of hand, foot and mouth disease can be a sore throat, a high temperature, not wanting to eat



The 2nd stage usually starts a few days later and can include:

mouth ulcers, which can be painful, a raised rash of spots on the hands and feet, and sometimes the thighs and bottom, The rash of spots can look pink, red, or darker than the surrounding skin, depending on your skin tone. The spots can turn into blisters, which might be grey or lighter than surrounding skin and can be painful.

You cannot take antibiotics or medicines to cure hand, foot and mouth disease. It usually gets better on its own in 7 to 10 days.

To help the symptoms drink fluids to prevent dehydration and avoid acidic drinks, such as fruit juice, eat soft foods like yoghurt and avoid hot and spicy foods, take paracetamol or ibuprofen to help ease a sore mouth or throat, ask a pharmacist for advice about pain relief treatments e.g. ulcer gels/ sprays/ mouthwashes.

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 MUST finish at 3.00pm as this is when we are OFSTED registered until. **Unfortunately, we cannot provide childcare after 3pm.**

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)

What's going on in Nursery this term?

The **Butterflies** have been busy this term starting to talk about school, celebrating birthdays and getting outside as much as possible, the children are growing in confidence and it's been lovely to see great friendships forming.

The **Caterpillars** have been getting outside and splashing in puddles and having lots of time running and playing on the field, the Caterpillars have been learning about turn taking and sharing.

Our Voice

Nursery have a '**WOW**' moments board. We add examples of children doing or saying something new, through pictures and comments children make. What may seem a simple or small moment of achievement, is a wonderful accomplishment and one to be celebrated. Please share any Wow moments with us!

Healthy Eating

We would like to encourage healthy eating as much as possible and fruit for snack would be great, if the children get hungry cheese and crackers, breadsticks and extra sandwiches are great fillers. There are a lot of snack and pack lunch ideas readily available from the website at these sites:

<https://www.phunkyfoods.co.uk/parent/a-healthy-lunch-parents-information/>

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

Please also send us a picture of your family mealtime by tapestry and let us know what is important to your family about these shared times. Do you eat around a table or elsewhere? Talk about your day? Allow your child to get down when finished or do they wait until everyone has finished? Do you encourage your child to try new things but allow them to leave food if they don't like it or when they have had enough? It is good for us to have this information so we can review our own nursery policy, it's all about knowing our children and families!

The Children's day at Nursery

Nursery use 'Tapestry' for your children's diary updates. Please continue to view your child's day and communicate with us through this useful App, which we need your email address for. If you have any queries regarding Tapestry, or if you require any help, please do not hesitate to talk to us.

Safeguarding and 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.

County Lines – This safeguarding concern is becoming increasingly common. County Lines are where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children / vulnerable adults who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take the orders of drugs. Signs of a child / person being used are sudden increase in money, new clothes or electronic devices and they can't explain how they paid for them; getting high numbers of texts or phone calls, being secretive about who they're speaking to; lots of new visitors to the home at all times. Please look out for your older children / relatives / friends.

Incredible Eggs Ducklings

I'm sure you have all heard all about our ducklings, Simon, Jasmine and Dahlia, it has been amazing to watch them hatch and grow and we have loved watching them have their first swim and giving them lots of cuddles, we can't wait until next year when we can do it all again!

Finally, we wish all of our children and their families a very happy Easter, filled with Easter joy, peace and love and hopefully some Easter sunshine! Best Wishes - *Clare, Amy, Julie, Gwen, Claire, Chloe, Jodi, Shameem, Nadine, Tara and Connie*