

## St Catherine's Independent Nursery - Newsletter 7 – March 2022

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Dear Parents and Carers,

We are having an Easter Extravaganza week, the week commencing 28<sup>th</sup> March, below are various events we have planned.

**Monday 28<sup>th</sup> March** – Cake sale, please bring donations of cakes or biscuits for us to sell during the day and week. Easter Egg Hunt

**Tuesday 29<sup>th</sup> March** – Easter themed “dress up” day, for those children attending on this day.

**Wednesday 30<sup>th</sup> March** – Decorate a hard-boiled egg competition- prizes to be awarded.

**Thursday 31<sup>st</sup> March** – Easter Bonnet Parade.

**Friday 1<sup>st</sup> April** – Easter Egg Hunt

Please note: hard boiled eggs, and Easter bonnets are to be decorated at home and brought to nursery.

There will also be an Easter Raffle and Guess the “Bunny's” name. Please support us in our celebrations. We would be grateful for donations for the raffle, such as Easter eggs, soft toys etc.

### **Ukrainian Refugees**

We are collecting essential items for Ukrainian refugees in Poland. The donations will be taken to Lostock Hall medical Centre and transported to Poland by volunteers of the Preston Polish community. Items urgently required are toiletries, baby care items such as; powered milk, nappies, wet wipes, and long lasting easy to prepare food such as; tinned food, soup etc. We thank you in advance for your generosity.

## **Millie's Mark Award**

We are very proud to announce that we have achieved the Millie's Mark Award which we have held now for over three years!

Millie's Mark is the gold standard in paediatric first aid for childcare providers, and is named after Millie Thompson who died after choking on food at a nursery in 2012.

Millie's parents, Dan and Joanne Thompson, founded Millie's Trust and have successfully campaigned for changes to first aid requirements for childcare providers.

Millie's Mark is awarded as a special endorsement to childcare providers that go above and beyond minimum requirements by having 100% of staff trained in paediatric first aid, and also ensuring that everything learned during the course is kept alive and in the forefront of practitioners' minds so that they are confident, ready and capable.

For more information about Millie's Mark please see our PA connect app

## **Grapes**

Please can parents ensure that if their child has grapes in their packed lunch that they are cut into quarters lengthways. Lots of children bring grapes in their packed lunch and it is very time consuming for the nursery staff to cut all of the grapes this way. This way of cutting grapes is to prevent choking and forms part of our Millie's Mark risk assessment.

## **Meningitis and Sepsis**

Meningitis and sepsis are not common but are very serious.

**Meningitis** is a swelling around the brain. It is a very serious, contagious illness, but if it is treated early most children make a full recovery.

**Sepsis** is a life-threatening condition triggered by an infection. The skin may also develop pinprick bruises or large purple areas, which do not change colour if you roll a glass tumbler over them. This is a common sign of meningococcal septicaemia, a type of blood poisoning caused by the meningococcus bacteria, which can also cause meningitis.

**You should always treat any case of suspected meningitis or septicaemia as an emergency.**

Early signs may be like having a cold or flu. Children with meningitis can become seriously ill very fast, so make sure you can spot the signs. Your child may have a cluster of red or purple spots. Do the glass test. This rash can be harder to see on darker skin, so check for spots over your baby or child's whole body as it can start anywhere (check lightest areas first). **However, the rash is not always present - be aware of all the signs/symptoms.**

**The presence of fever and any other of the above symptoms should be taken extremely seriously. Not all children will show all the signs listed.**

If any of the signs below are present, contact a doctor.



Fever, cold hands and feet



Floppy and unresponsive



Drowsy and difficult to wake



Spots/rash.  
A late sign - Do the glass test



Rapid breathing or grunting



Fretful, dislikes being handled



Unusual cry or moaning

'Meningitis Now' have a free app available to download from their website which features

- A full list of the signs and symptoms of meningitis and septicaemia
- Information on the after-effects of the disease

- Details of all their free services
- Links to find your nearest A&E or GP in an emergency

Please either follow the weblink below or find 'Meningitis Now' on our parent app under 'useful links'.

### **Measles Mumps and Rubella (MMR)**

Parents and guardians of 1- 5-year-olds are being encouraged to ensure their children are vaccinated against MMR. Please see our parent app 'useful documents – health and well-being' for more information about MMR vaccinations.

### **Covid-19 – Risk assessment**

The majority of the governments covid restrictions were lifted last week, and all restrictions will finally come to an end on 1<sup>st</sup> April. There is still a health and safety requirement in place for employers to explicitly consider Covid-19 in their risk assessments. Therefore, our covid-19 risk assessment will remain in place until we return after the Easter holidays. From w/c 18<sup>th</sup> April, parents are welcome into the nursery to drop/pick up their child. Please be mindful that this is a change of routine, and some children will struggle with this. Parents can also choose to drop / pick up their child at the door.

When dropping off / picking up your child, please could we politely ask parents to be considerate of the nursery routine, for example if it's name time or story time, please keep the noise level to a minimum so to not disturb the children



### **50 things to do before you are 5!**

Playing with your child is one of the most important things you can do to support their development. The time you spend playing together will help them learn all sorts of things – from counting and writing, to exploring and making new friends.

The list of 50 things to do before you're 5 will give you lots of ideas to support your child's learning through play - Print it off, stick it on the fridge and tick off each activity! Most importantly have fun!

Available on our Parent app under useful documents – useful information

### **Parental Funding Agreements**

All parents whose children are entitled to government funded childcare must complete a funding agreement every term. I have placed a form in every child's tray, that will be entitled to government funded childcare for the

summer term. Please complete and return to nursery asap, and don't forget to sign on the last page 😊

### **Hot Lunches**

Hot lunches will resume w/c 7<sup>th</sup> March, if you would like your child to have a hot lunch then please complete a hot lunch form on our parent app before Thursday 3<sup>rd</sup> March.

### **Nursery Photographer**

Our nursery photographer will be at nursery on Thursday 24<sup>th</sup> March, if your child doesn't normally attend on a Thursday and you would like your child to have a nursery photograph taken then please contact Mrs Brockliss to arrange a convenient time.

### **British Science Week 11<sup>th</sup> – 20<sup>th</sup> March**

British Science Week, run by the British Science Association is a ten-day celebration of science, technology, engineering and maths, featuring entertaining and engaging events and activities across the UK for people of all ages.

The theme this year is "Growth", and over the week the children will take part in lots of exciting science-based activities. I have added the Early Years Activity pack to 'useful documents' – 'understanding the world', and the British Science Week website to 'useful links' – 'understanding the world' on our parent app, as you may like to join in at home too!

### **World Book Day**

World Book Day is Thursday 3<sup>rd</sup> March, an international event to celebrate books, authors and encourage young people to discover the joy of reading. If they wish to children can come to nursery on Thursday dressed as their favourite book character. To find out more about World Book Day look under Useful Links – Literacy where you will also find a digital book token.

### **Nursery Policies and Procedures**

Please make yourself familiar with our policies and procedures which you can view from our website and through our Parent app. In particular, our safeguarding, late collection and non-collection of a child, lost child policies and procedures, and Complaints and Compliments. If you do not have access to the internet, please request to view these policies at nursery or ask to be provided with copies. If you have any queries or would like to contribute your ideas regarding our policies and procedures, please feel free to speak to a member of staff.

The policy of the month is 'Safeguarding and Child Protection', please view the policy through our parent app.

### **Nursery Rhyme of the week**

w/c 28<sup>th</sup> February - 'The Grand Ole Duke of York'

w/c 7<sup>th</sup> March – 'Miss Polly had a Dolly'

w/c 14<sup>th</sup> March - 'Five little Ducks'

w/c 21<sup>st</sup> March – 'Five little Speckled Frogs'

w/c 28<sup>th</sup> March – 'Humpty Dumpty'

### **Word of the Week**

w/c 28<sup>th</sup> February – 'estimate'

w/c 7<sup>th</sup> March – 'spectacular'

w/c 14<sup>th</sup> March – 'astounding'

w/c 21<sup>st</sup> March – 'superb'

w/c 28<sup>th</sup> March – 'independent'

### **Sound of the Week**

w/c 28<sup>th</sup> February the letter 'y'

w/c 7<sup>th</sup> March – 's'

w/c 14<sup>th</sup> March – 'a'

w/c 21<sup>st</sup> March – 't'

w/c 28<sup>th</sup> March – 'l'

Yours sincerely

Helen Brockliss

Nursery Manager