



Newsletter

02 February 2024

Oakengates Nursery School

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Diary Dates

Date	Event
5 th Feb to 11 th Feb	Children's Mental Health Week
6 th Feb	Safer Internet Day
10 th Feb	Chinese New Year – The Year of the Dragon
12 th Feb to 16 th Feb	Half Term
1 st March	St David's Day
4 th March	Incredible eggs delivery
7 th March	World Book Day
10 th March	Mothering Sunday
11 th March – 15 th March	British Science Week Theme: Time
15 th March	Comic Relief
17 th March	St Patrick's Day
w/c 18 th March	Stay and Play – details to follow
25 th March to 5 th April	Easter Holidays



Children's Mental Health Week 2024

Children's Mental Health Week will take place from 5-11 February 2024. The theme this year is 'My Voice Matters'.

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. We want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

Click [here](#) to find out more



JUST A REMINDER THAT A SNACK DONATION OF £1 PER WEEK IS REQUESTED FROM ALL OUR PRESCHOOL CHILDREN AND FUNDED TODDLERS. YOUR CONTRIBUTION HELPS US TO ENSURE THAT THE CHILDREN HAVE ACCESS TO HEALTHY OPTIONS AT SNACK TIME EACH DAY.

Spring Term 2024

Tuesday 9th January to Friday 22nd March

Half term—Monday 12th February to Friday 16th February

Easter Holiday—Monday 25th March to Friday 5th April

PD day Monday 8th April

Summer Term 2024

Tuesday 9th April to Friday 19th July

Half term—Monday 27th May to Friday 31st May

PD day Monday 3rd June

Please go to our website to access all term dates for the academic year 2023-2024

<https://www.oakengatesnurseryschool.co.uk/media/46119/term-dates-2023-2024.pdf>

Nursery closure to all children

Friday 29th March & Monday 1st April

Monday 6th May & Monday 27th May.

Scroll down to page 5 to find out top tips on how to keep under 5s safe online.



Are you eligible for 30 hours funding? Go to:
<https://www.gov.uk/30-hours-free-childcare>

Do you already have a preschool child with 30 hours funding?

Don't forget you have to confirm your details are up to date every 3 months.

This term, our theme in nursery is called:

Let's Pretend



Toddler Room

Next week in the toddler room we will be celebrating Chinese New Year and children's mental health week.

We will be listening to Chinese music and dancing in different ways using the scarfs.

In the art studio we will be using useful resources to create our own dragons, I wonder what we could use for the head?

We will also be using mirrors to talk about our feelings and use colour to express ourselves such as "blue for feeling sad, yellow for feeling happy". In the construction area we will be looking at the great wall of China and work together to build our own tall and long walls.

In the café area we will be tasting Chinese food and sharing the story "The Big Race".

Our nursery rhyme of the week is "If your happy and you know it".

Preschool Room

Next week in pre-school we will be celebrating Chinese New Year.

We will be tasting prawn crackers and sweet and sour dip in the café, making a Chinese dragon to use to perform a dragon dance on Friday and exploring red and gold objects in Chinese five spice playdough.

In the writing area we will be making celebration cards writing our name inside and serving Chinese food to customers in the Chinese restaurant.

Our rhyme of the week is 'Let's All do the dragon dance'.

新年快樂
Happy Chinese New Year

Due to the continuing cold weather, please send your child to nursery with a warm coat, hat, gloves and scarf.

PLEASE NAME CLOTHING TO HELP US MAKE SURE THAT THEY RETURN HOME WITH THE CORRECT OWNER!

Baby Room

This week in the Baby room our theme is Chinese New Year

To learn about 'Chinese new year' we have food and chopsticks in the role play area and object reference boxes.

Our messy play this week we will be exploring noodles and red rice in a range of containers

Outside, we will be developing physical skills by travelling on the trikes and bikes and mark making on a range of surface using gold and black mark making tools.

As we learn to move our bodies, children will hold a scarf in each hand to learn coordination and movement while listening to Chinese music.

Our nursery rhyme of the week is 5 Little Ducks and Old McDonald had a Farm



Nursery Rhymes of the week

[Click on the image to access the song.](#)

'Let's do the Dragon Dance!'



Other Useful Information



SEND Support & Play For Early Years Families

Our group supports parents and carers within Telford & Wrekin, whose child has special educational needs and/or a disability, including parents whose children have a diagnosis of Autism

Come and join us for our fortnightly group!

1st Monday of the month, 9:15am to 10:45am @ our Family Zone, Hazledine House.

3rd Monday of the month, 9:15am to 10:15am @Dobbies Soft Play, Donnington (booking essential to secure your free play)

*** (Term time only & excluding Bank Holidays)***

Telford SENDIASS and Telford Childrens Autism Hub 4EYF offers you:

- A safe play area for children where parents can relax and have a chat.
- Guest speakers from relevant organisations to talk the support they can provide.
- A non-judgmental environment for the children to play, socialise and be themselves.
- An understanding environment filled with support, friendship & advice.



To register for our Early Years SEND Support group please call 01952 260062 or email childrensautism@tandwcvcs.org.uk

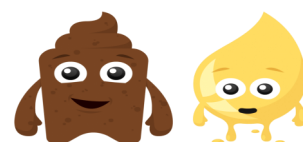
A project of Telford & Wrekin CVS
Suite 12 to 15 Hazledine House, Central Square
Telford Centre, Telford, TF3 4JL




The Children's Bowel & Bladder Charity

ERIC – the children's bowel and bladder charity are hosting online parent/carer workshops over the next month via webinars.

Click [here](#) or on the image below to access the website to sign up



Some topics include:

- ◆ How to tackle potty and toilet avoidance
- ◆ How to help your child relax for toilet sits
- ◆ How to go about toilet training when your child has additional needs
- ◆ How to manage your child's

Shropshire and Telford and Wrekin Dental Advice Line

Do you have an urgent dental problem or need dental advice?



Are you looking for an NHS dentist for routine care?

Monday to Friday
0800-2100

01743 237916



Shropshire Community Health **NHS**

Telford Public Health Nursing Service



Healthy you, Healthy Future

Telephone Number 0333 358 3328

Text 07520 619 053

School nurse 07520 619 051

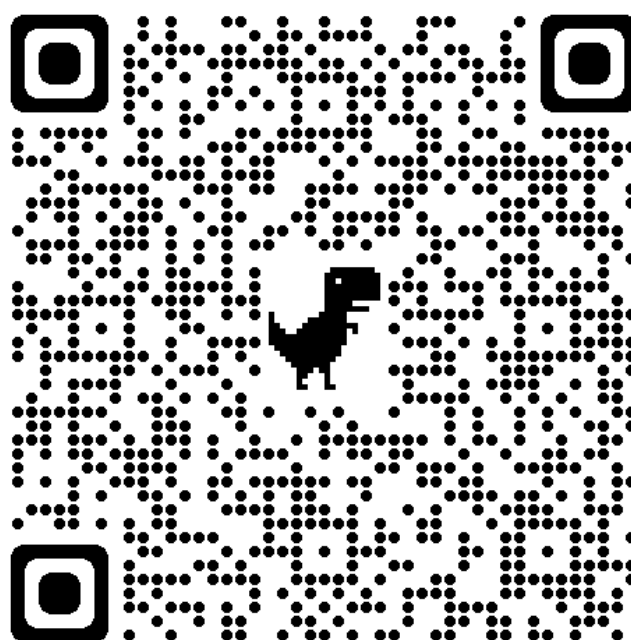
Follow on twitter

@ShropPHNurse **Open 9am-4.30pm**
excluding bank holidays

Do you know what to expect in the Early Years Foundation Stage?



Use the QR code below to access a guide for parents



ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:

6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that *their* rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert

Konstantina Moustaka is a professional development and EYFS coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 16 years.



National
Online
Safety®

#WakeUpWednesday

Sources: https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf



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