



Newsletter

22 March 2024

Oakengates Nursery School

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Goodbye and Good Luck Katie.



Katie, who works in the Baby Room and holiday club will be leaving the Nursery for pastures new at the end of term. I am sure you would want to join us in wishing Katie every success in her career



Diary Dates

Date	Event
25 March – 5 April	Easter Holidays Nursery will also be closed to all children who attend Term Time
29 March	Good Friday Nursery is closed to all children
1 April	Easter Monday Nursery is closed to all children
8 April	Professional Development Day (Holiday Club only)
9 April	Start of the summer term for the children.
6 May	May Day Nursery is closed to all children
27 May	Spring Bank Holiday Nursery is closed to all children
27 May to 31 May	Half term Nursery will also be closed to all children who attend Term Time
3 June	Professional Development Day (Holiday Club only)
17-24 June	National School Sports Week
21 June	Fun Sports Day



Please click [here](#) to access our nursery website term dates page.



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.

Next term our theme in nursery is called:

Let's Investigate!



Next term we be investigating:
Springtime, Minibeasts, Summertime and Changes.



Baby Room

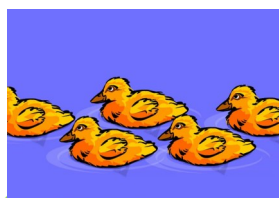
Next week in the Baby room our theme Easter

We will be learning about identifying Easter objects, making new sounds and saying clear words when exploring eggs, feathers and chocolate playdough.

Our messy play we be baking chocolate Easter nests and marbling egg shapes to make different patterns and investigate colour.

Outside we will be exploring a range of mark making tools such as brushes, sponges, chalks and spray bottles to make a variety of marks on the floor, paper and chalk boards.

Our nursery rhyme of the week
'5 little ducks went swimming one day'



Nursery Rhymes of the week

Click on the image
to access the
Easter song.



Other Useful Information

Do you know about the Telford and Wrekin Family Hubs?

Family hubs are a place virtually or in your own community that provide signposting and support for parents and children.



Right help at the right time

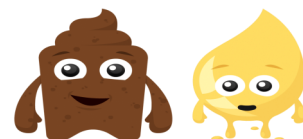
Click on the link to access the website and find out more

https://www.telford.gov.uk/info/20087/healthy_telford/6640/best_start_for_life_-_family_hubs



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 signup



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

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

Safe Sleep Information



The Child Death Overview Panel (CDOP) newsletter is designed to raise awareness of the work of The Telford & Wrekin and Shropshire CDOP. CDOP are part of the Safeguarding Team in Shropshire Community Health NHS Trust. These newsletters are produced to bring news on the CDOP's intended campaigns and to describe recent safeguarding situations with good practice and opportunities for learning highlighted. Staff should read the alerts and take on board the recommendations for future practice.



Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a baby. It aims to raise awareness of sudden infant death syndrome (SIDS) and the safer sleep advice that reduces the risk of it occurring. The theme for this year's Safer Sleep Week campaign is the safest place. Babies' airways are vulnerable, particularly in the first few months of life, so it is important that parents and carers are aware of this and the actions they can take to protect them. The simplest way to do this is by sleeping a baby on their back on a firm, flat surface with no padded or cushioned areas. This will help to keep their airways open and reduce the risk of suffocation and SIDS. A cot, Moses' basket, bassinet, carry cot or crib all fulfill these criteria.

There are a number of baby products on the market which are not suitable for babies to sleep in, even some of which are designed for this purpose. Lullaby Trust aim to empower parents with the knowledge to make informed choices about their baby's sleeping place and understand why some of these products are not suitable for baby's sleep and aim to avoid them. Parents need to be confident about choosing a safer sleep space for their baby.

Safer Sleep Week – 11th to 17th March 2024

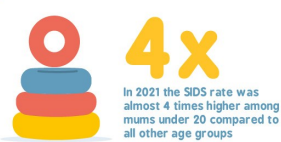
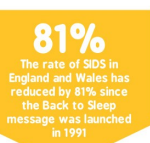
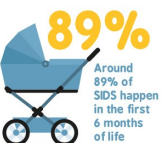
It's #SaferSleepWeek, the annual awareness campaign around reducing sudden infant death syndrome (also known as SIDS). CDOP are proud to support @lullabytrust as they discuss the subject of 'the safest place'. Tap here to read more:

<https://www.lullabytrust.org.uk/about-us/safer-sleep-week/>

Airway advice

A baby's airway or breathing tube can easily block, narrow or fold, making it difficult for them to breathe. It's #SaferSleepWeek over at @lullabytrust and they're talking about how to create the safest place for a baby to sleep in a way that protects these vulnerable airways and reduces the risk of SIDS and accidents.

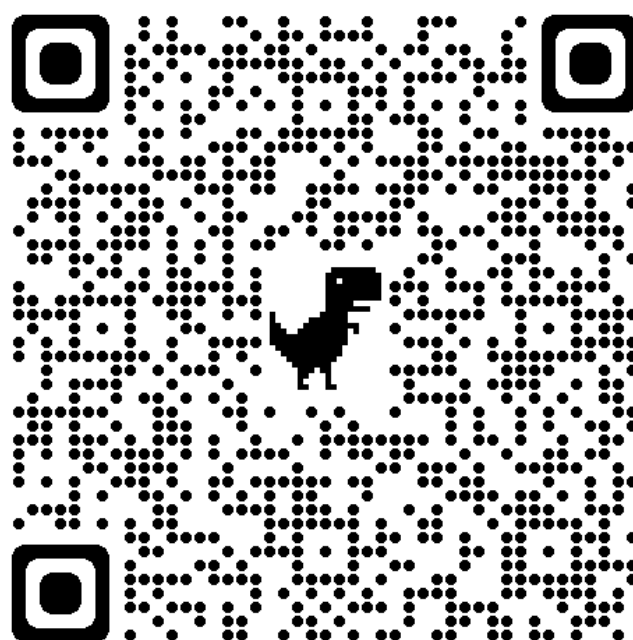
SIDS in numbers. Reduce the risk.



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



www.nationalonlinesafety.com



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.05.2022



Speaking English: Essential for everyday life in UK

Start Date: Thursday 6th June 2024

End Date: Thursday 11th July 2024

Time: 9:30 - 11:30am

Duration: 6 weeks

Location: The Wakes, Oakengates, TF2 6EP

This FREE course is for adults who already speak some English as a second language. During this course, you will improve your confidence in speaking in English and this will help with day to day situations involving numbers, for example shopping and paying with British money and talking about bills, banks and statements.

This course provides an opportunity to help you progress onto an ESOL course that offers a qualification

Eligibility: Adults aged 19+.



SCAN ME