



# Bolitho Nursery

enable · nurture · thrive

## Spring Term 1

## Newsletter

### Welcome to our Spring Term.

We hope you all enjoyed the Christmas break and we are looking forward to an exciting term ahead. Please remember to keep your details up to date with us so that you continue to receive messages and updates via email. News updates also appear on our website [www.bolithonursery.org.uk](http://www.bolithonursery.org.uk).

### What to bring to Nursery!

Please **NAME** all items and ensure your child brings these to every session:

At least one set of **Spare Clothes** (More than one set if toilet training and also socks).

**Welly Boots** (Can be left here).

**Waterproof Coat** with hood.

**Nappies and Nappy Cream.**

**Water Bottle/Sippy Cup.**

**Warm hat** in winter.

Protective **Summer hat and sun cream** in Summer.

**Comforters (Dummy/Blanket etc)**

**All in one waterproof suits** in winter and **UV suits** in summer make exploring the outdoor environment much more enjoyable and can be left at nursery alongside wellies.

**Please leave toys at home.** These do cause upset when they go missing or are forgotten and the time it takes staff to look for lost items could be spent playing with and caring for your children.

### Outdoor Learning - Twiglets

Dates for Forest School sessions this half term:  
15.01.19 22.01.19 29.01.19 05.02.19 12.02.19

Forest school is an optional extra available for Pre School children and those who are entitled to Early Years Pupil Premium (EYPP) receive a discount for these fantastic sessions. Please ensure your child arrives wearing extra layers for this session, including an all in one waterproof suit - fleece lined if possible. We advise a hat and gloves as well to keep cosy!

### Term Dates

**Spring Half Term:** 18<sup>th</sup> February - 22<sup>nd</sup> February

**Easter Holiday:** 1<sup>st</sup> April - 22<sup>nd</sup> April

**Bank Holidays:** 6<sup>th</sup> May and 27<sup>th</sup> May

**May Half Term:** 27<sup>th</sup> May - 31<sup>st</sup> May

**Last Day of Summer Term:** 24<sup>th</sup> July

The whole calendar has been emailed to all parents in the past and is also available to view on our website.

### Pre School Books

Please have a look to see if you have any books at home and return them if you have more than one. The shelves are appearing a little sparse at the moment. We will only be able to continue to offer these books if parents remember to return them each time.

### Ballet

Dates for Ballet sessions this half term:  
17.01.19 24.01.19 31.01.19 07.02.19 14.02.19

Ballet Sessions are an optional extra available for Early 3's and Pre School children and those who are entitled to Early Years Pupil Premium (EYPP) receive a discount for these brilliant sessions.

### Lunch Menu

Please see our website [www.bolithonursery.org.uk](http://www.bolithonursery.org.uk) for the new lunch menu that can be found under the Being Healthy tab.

## Security Door

Thank you to everyone who is keeping our nursery safe.

Please ensure that when leaving the nursery you do NOT hold the door open for another person to enter. When entering the nursery please do NOT encourage any other person to follow you in, they need to press the buzzer. Thank you.

## Healthy Under 5's - Dental Health

Nippers Nutrition has now been replaced by Healthy Under 5's. We are supporting this scheme in our setting and will be sharing a range of resources for your children. The first flyer is attached and focuses on Dental Health.

## Themes in each room and uploading photos to Tapestry.

Each room focuses on a topic every half term and you can contribute to your child's learning by uploading photographs. The topic runs alongside the continuous provision in the room and children still have free access to explore all the resources. Please see your child's topic below and remember you can share any play or experiences at home on your **child's tapestry account**.

### **Baby Room: Weather**

You can share photographs of your child enjoying the sunshine, wind, rain or snow (if it snows!)

### **Toddler Room: Our Senses**

You can share photos of them enjoying any sensory activities at home - enjoying music, tasting new foods, playing in sand/water/gloop, painting etc.

### **Early 3's: Space.**

Please share any photos of your child reading space books, playing with a rocket or space buggy, drawing aliens etc.

### **Pre School: Stories**

Please share any photographs of them listening to favourite bedtime stories or exploring favourite books.

When you upload a photograph or comment to tapestry we can link it to your child's stage of development to contribute to their progress. The children also enjoy showing their friends their photographs at circle time.

## Christmas Family Fundraiser

We would like to thank all of you who attended and supported our Christmas Craft Day and Fundraiser. There were lots of positive comments about the atmosphere and the crafts the children made. The hot chocolate, mince pies and snow machine were also thoroughly enjoyed!

We raised an enormous **£112.80** this combines a donation towards the Save the Children fundraising for the Christmas Jumper Day and our Nursery fundraising for new resources for the children.

## Parent and Baby Group

Our first Parent and Baby Group will be on Wednesday 30<sup>th</sup> January between 1:30pm and 2:45pm. We plan to run trial sessions for three weeks and then to gather feedback from parents before confirming the day and time for this session to continue throughout the year.

## Tax Free Childcare

Are you entitled to Tax Free Childcare? This could save you up to £2000 per year on childcare. Please check [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) to find out more information on whether you are eligible and how to claim.

This is different to funding.

## Online Safety

Please visit our website [www.bolithonursery.org.uk](http://www.bolithonursery.org.uk) to find more information on how to keep safe online. Paper copies are available upon request from the office.

# Brush your teeth twice a day!

## Once during the day **but most importantly before bed.**

- ★ Children need help to brush until they are old enough to tie their own shoelaces or until approximately 8 years of age.
- ★ You should brush for a **minimum of 2 minutes** using a timer. There are fun mobile phone apps available to download which will help with tooth brushing - why not have a look!
- ★ Remember to brush all surfaces - outside, inside, biting surfaces and on the gums.
- ★ Always use fluoride toothpaste on your brush; a smear for under 3 year olds and a pea sized amount for over 3's.
- ★ **Spit don't rinse!** - not even with water (the more contact teeth have with the toothpaste the better!)
- ★ Replace your toothbrush at least once every 3 months.
- ★ You should visit a dentist at least once a year for a check up.
- ★ Always ask for sugar free medicine from your doctor or pharmacist.
- ★ If the bristles of the tooth brush are spread out or flattened then you are putting too much pressure on when cleaning - replace your toothbrush and brush more gently.
- ★ Drinks - Water, milk, tea and coffee (without sugar) are great, you should avoid fizzy, sugary drinks including smoothies and milkshakes.
- ★ Only give your child **milk** in a feeding bottle - bottles should be given up by the age of one. From 6 months old use a beaker with a **free-flow lid** or an **open** cup with still water only - for more advice ask your health visitor.
- ★ Avoid eating sweet or sugary snacks between meals unless it's a treat - eat 3 healthy meals a day to allow your mouth to recover from acid attack (for great healthy eating advice check out **www.cornwallhealthyweight.org.uk**)
- ★ Smoking creates gum problems - this can cause wobbly teeth and smelly breath.

To register with a NHS dentist in your area please phone **03330063300**