

KAY ROWE NEWSLETTER



October 2023

October at Kay Rowe

We are really impressed with how well the children have settled! Please use 'Learning Journals' our online journal to post pictures or videos of your child's interests - this helps us get to know all about your child - some children behave differently and have different interests at home from nursery. If you have a question related to Learning journals or are finding it difficult to log on them please email Anita anita.johnson@kayrowe.newham.sch.uk



Playing Outside

As it gets colder we wanted to emphasise the benefits of playing outside for your child.



What are the benefits of playing outside?

Breathing Fresh Air

More than ever because of COVID we know that playing outside is good for your child's health. Viruses that cause flu and colds and COVID will pass around more easily in closed, heated environments. Transfer of viruses on hands is another cause of adults and children catching viruses. In fresh, outdoor air, the chance for spreading infection is reduced. We encourage and teach your child to wash hands well before eating and after using the bathroom.

Strengthening your child's immune system

Studies have shown that children who are active outside have the best overall health. Just because it's cold outside doesn't mean your children have lost their energy or desire to play. Physical activity boosts your immune system.

We also build our immunity playing with dirt, mud and other natural materials. It's good for children with colds to play outside as long as they are warmly dressed. We will teach your child to notice when they are feeling cold and what to do about it.

Playing outside will support your child to be creative

The autumn and winter also offer a variety of ways to stimulate imagination through play, making patterns with autumn leaves, looking at ice, making cosy dens outside

Playing outside will help your child get enough exercise

Exercise contributes to future good health. Activity guidelines by the British Heart Foundation state that 2-5 year olds should be taking at least 3 hours of exercise every day to benefit their current health but also to install future health habits and benefits.

What are the right clothes for playing outside ?

Please dress your child in layers with warm waterproof jackets and waterproof trousers for example like this. The waterproof jacket must have a warm lining. Please speak to us if you need to borrow a jacket or trousers like this It is best to dress your child in layers for example

- Vest
- Polo neck or sweatshirt
- Fleece jacket

We always have spare waterproofs as well at school - we can lend them to you



Socks, gloves and hats.

They also need warm gloves and a hat - please DO NOT buy expensive hats and gloves as they will lose them, multi packs cheap ones are great . Always put lots of socks and pants in your child's bag - you can buy packs of cheap thermal socks which are great for the winter in wellies.

Important Dates

- 13th November - Visits to Radna Krishna Temple
- 7th november -all week - Snug Parent conferences, Sign up for appointments in your child's class.
- 14th November | Fireworks to mark Diwali - We will have a very small safe fireworks display for the children on 14th November where we will also be singing songs. Parents are very welcome to join us. It will be at 11.15 and again at 3.00 pm .
- 20th november - all week - Den and Nest Parent conferences -Sign up for appointments in your child's class.

Parent conferences.

We will be having a series of parent meetings when you will be able to book a 15 minute meeting slot to speak to your child's key person about how they have settled in and feed in your ideas.

November

We will be continuing to focus on black history, sharing books and visiting Wentys. We will also start be talking about Diwali and bonfire night

Can you help?

Please let us know if you are able to help on any visits. We really value parents helping and it enables us to take more children.

Let Sarah or Rabia S know if you can help.

We would love to invite parents in to read stories to the children, share stories from their culture or experience or do cooking or sewing with the children - please let Sarah know if you would like to come in.

Reading at Kay Rowe.

After half term we will be starting to encourage children to borrow a book and bring it home once a week - this will be the children's choice, please spend some time sharing the book with them.

We will be sending home tips and videos on sharing books with your child in the week after half term and will run a parents coffee morning with a focus on sharing books with your child in November.

Safeguarding Update.

Mobile phones—Please DO NOT use your mobile phone in the nursery. DO NOT take any photos in the nursery on your phone.



Your Care plan.

If your child has a medical condition for example a severe allergy or asthma we may need to work with the health visitor to draw up a care plan to keep your child safe in school. Please speak to Lina if you want more information.

Food in children's bags

Please do not put any food or drinks other than water in a plastic bottle in children's bags - we have several children with allergies who may come across this food. We provide healthy snacks in the session and will always provide food if a child says they are hungry.

Medicines.

Always update us with any new information you have regarding your child's health and please ensure they do not bring any medicines into school in their bags. We can only give medicine to children or apply ointment to children if it has been prescribed by a doctor and has the child's name and dosage on the container.

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Why it is important to come to nursery every day!

Children who rarely miss sessions at an early years setting and come on time are more likely to feel good about themselves. This is because they know what goes on and what to expect, feel more confident with the adults and the other children and have more opportunities to be valued and praised for their own special contribution.

Children who regularly miss sessions or are generally late, can frequently experience a sense of having to try a little bit harder just to understand what is going on and what other children are talking about or doing. Regular attendance, on time, helps many young children to separate from their parents or carers at the start of the day and settle more readily into daily life in their setting.

