

October 2022

Rebecca Cheetham Nursery NEWSLETTER



It's been a fantastic start to the school year and many of the children have settled in really well; some children look as though they have been here for months, not days!

It was also great to have many of you join us for our first **Parent Forum** session that gave an insight into what we do and how we do it! If you were not able to join us, here is an update. Our **website** offers a huge amount of information for you to access should you need it. It is important, that we remind you of how you can access our **school policies** which you are welcome to read at your leisure. All the key policies exist here, including Safeguarding and Child Protection, Health and Safety, Behaviour, Complaints and Inclusion amongst others.

Building strong attachments is the most important thing we do here at Rebecca Cheetham and this is the main focus when your child starts with us. Children need to form a strong attachment to their key person (or other adults) in the provision and once they have that connection, they then start to feel more confident to build relationships with other children. One of the wonderful ways we support this here is through our small group focus tasks that happen at the start and end of the morning and afternoon session. These short periods of time are integral in working together with the key person and building relationships and self-confidence. Children build their communication skills if they feel safe and secure and working in smaller groups helps to foster this. As all staff are leading these small groups at this time, we have delegated certain times throughout the day as **protected times**. The idea is that during these times the children will not, at all, get interrupted by anyone and that short time gives children the best chance to learn new skills or build their knowledge. Please make sure that you arrive before or after these times to protect the learning opportunities of your children.

It is really important for us to remind you that children in our nursery have access to wide and varied opportunities to learn through their play. This means that they might get messy or dirty through their play. This is a sign that your child is getting stuck into the provision and fully involving themselves into what we have on offer. Please make sure that your child does not come into nursery in their best clothes as the likelihood is that they are going to get dirty. Also, can you please make sure that there is a change of clothes in their bag in case of an accident or they get wet. Children also love playing with water and water play is part of every early years provision. If you are particularly worried about your child getting wet, consider **waterproofs** for your child; they give your child a lot of freedom in terms of how they play and are super easy to keep clean! **Wellington boots** are also a great resource for your child so their shoes, socks and feet don't get wet. After all, which child can resist jumping in a puddle!

You can sign up to **Evidence Me** which is the app that you can upload evidence of some of the wonderful things your child can do at home; all those fabulous milestones that you just want to shout out from the rooftops! We want to know about them! Click [here](#) for the users guide.

Nursery Opening Times

Extended day
8:00am to 5:00pm
Or
8:00am to 6:00pm

30 Hours
8:45am to 2:45pm

Morning place
8:45am to 11:45pm

Afternoon place
12:45pm to 3:45pm

Charges apply for
late collections.

Attendance and Punctuality

We take attendance and punctuality very seriously and it is proven that constant absence can be a major disruption to your child's development.

Research has shown that attending early years education and care can help to improve children's outcomes and narrow the gap associated with socio-economic disadvantage. <http://www.nuffieldfoundation.org/impact-nursery-attendance-childrens-outcomes>

If your child will not be attending nursery, it is essential you contact us



Like us on
Facebook



Follow us on
Twitter
@RCNCC15

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In the coming weeks , we will also start to issue **reading book bags** to your child which will give them an opportunity to enjoy new books which you then return every week in order to try a new one! We take reading and books very seriously here at Rebecca Cheetham and believe that all children should have books of their own that they can access whenever they want. If you don't have any books at all at home for your child, please speak to us discretely at the front office and we will help you.

To help give you an idea of the types of things we are working on with your children, we prepare some weekly **Nursery at Home** sheets that you can access from our website.,

They provide links to some **Reading Challenge** videos to help give you some ideas on how you can maximise the reading time you have with your children at home along with some activities you might want to try at home that link to things we are currently doing in the 3/4 year old provision. We also have some videos on phonics and environmental sounds included here, along with a link to our **Book Of The Month** activity sheet. All of this is offered to you to help your child's development at home and to deter anyone from buying "workbooks" aimed at pre-school children which we do not recommend. It is much better to spend some quality interactive time together.

The topic of our next **Parent Forum** will be on **Primary School Applications** and is an extremely popular one. If your child turns four (4) before 31st August 2022, they will be moving on to primary school so I strongly urge you to attend one of these sessions. We will go through everything you need to know to make the best decision in regards to your child's next stage of their educational journey. The Parent Forum will take place on **Thursday 13th October 2022 at 10am for a face to face session and 2pm for a session via zoom.** Please book your place by calling the office on 0208 534 3136 .

During October we will continue with the topic '**All about me**' to help build the adult and child relationship and encourage friends between children. We will also be celebrating **Black History Month** with a focus on recognising and celebrating the contribution and achievements of those with African or Caribbean heritage. At Rebecca Cheetham Nursery we celebrate all year by making sure children have positive role models in the books they read and that they are exposed to stories of people who have overcome adversity to achieve their goals. Our children deserve to feel special and know that they are loved. Make sure you also check out the following [website](#)

It is with great pleasure that I announce the schools Gold level accreditation with TFL stars. Staff, parents and children have made a real commitment to using more active methods of traveling , keeping fit and helping to reduce environmental damage. We will continue to maintain our status with many more active travel events throughout the year.

We wholeheartedly encourage walking, cycling, scooting, skipping, hopping or jumping to school rather than using the car!

Please try not to park your car on the marked areas outside the school gates. The parking restrictions on Marcus Street do not start until 10am so if you do need to drive a car to drop off your children in the morning, you can park safely in one of perfectly legal parking bays and walk the short distance to the school.



Oct –December 2022 Activity Calendar

Our activity calendar for the Children's Centre is available now! Collect a copy from the front office today to see the services that we are running until the end of December 2022 or check our website.

All face to face services require booking prior to attendance. Bookings are taken one week in advance via telephone. Lines are open from 8:30am—3:30pm.



HEALTH PROMOTIONAL SESSIONS

Lead by Newham Health Visitors

Come and join a Health Visiting Health Care Practitioner for one of our virtual advisory sessions running every 3rd Thursday of the month via Zoom.

Weaning workshop

Find out what you can do to support children's dietary needs and introducing solid foods

Thursday 20th October 2022 at 1:30PM-2:00pm

Healthy lifestyles

Find how to support your child's dietary needs

Thursday 15th December 2022 at 1:30PM-2:00pm

Accident Prevention

Find out what to do to keep your home and child safe

Thursday 17th November 2022 at 1:30pm- 2:00pm

To register your interest and secure a space on any of the above sessions please follow the link below: <https://forms.gle/dpDY3yPhwaTShed9>. You will then receive further information including how to join the session via email.

If you would like more information, please contact us on 0208 534 3136 ex.4



Parenting Q&A

Would you like to explore challenges that you are facing as a parent?

Join the Family Support Team to gain tips and guidance on how to deal with stressful moments.

Date: Tuesday 13th December 2022

Time: 1:45pm -2:45pm

Venue: Virtually via Zoom

To register please call us on: 0208 534 3136 opt 4.



If you would like to gain more information then please don't hesitate to call us on 0208 534 3136 opt 4.



'A Hug in a Mug'

Coffee Morning

Every Wednesday

9:30 – 10:30am

Location: Rebecca Cheetham Children's Centre E15 3JT



Have a look at our October Half term 2022 calendar

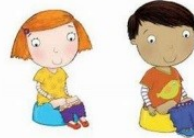
October Half Term Programme

	MONDAY 24/10/2022	TUESDAY 25/10/2022	WEDNESDAY 26/10/2022	THURSDAY 27/10/2022	FRIDAY 28/10/2022
AM	Nutrition Kitchen @ Rebecca Cheetham 9:45am – 11:15am (week 4 of course) Messy Play @ Abbey Lane 10:00am – 11:30am 0-4 years Booking Required	Stay and Play @ Rebecca Cheetham 10:00am – 11:30am 0-4 years Booking Required	Educational Visit @ Mudchute Farm 10:00am – 12:00pm 2-4 years Booking required (Limited Buggy spaces)	Baby Sensory @ Rebecca Cheetham 10:00am – 11:30am 0- 12 months (Non walkers are welcome) Booking Required	Eat and Play @ Rebecca Cheetham 10:00am – 12:00pm Invitation Only
PM	Stay and Play @ Abbey Lane 1:00pm – 2:30pm Booking Required Stay and Play @ Rebecca Cheetham 1:00pm – 2:30pm 0-4 years Booking Required	Family Fun @ Rebecca Cheetham 1:00pm – 3:00pm Whole family Invitation Only		Stay and Play @ Rebecca Cheetham 1:00pm – 2:30pm 0-4 years Booking Required	Family Stay and Play @ Rebecca Cheetham 1:00pm – 2:30pm Whole family Booking Required

Parent Champion Volunteer Opportunity

We are always on the lookout for volunteers! Anyone with experience of being a parent can be a Parent Champion. If you like the idea of volunteering for a few hours each week to reach out to local parents to share your experiences of childcare and providing information and guidance, then becoming a Parent Champion may be for you.

If you would like to be a Parent Champion volunteer, please call the Centre on 0208 534 3136



Toilet Training is a developmental process, not a race.

Toilet Training Workshop

Get tips, share experiences and ideas on how help your child use the toilet.

Date: Thursday 22nd November 2022

Time: 10:45am- 11:45am

Venue: (Virtually via zoom)

To register please call on 020 8534 3136

TOILET TRAINING...
"YOU'VE GOT THIS!"

TOILET TRAINING...
MISSION POSSIBLE



If you would like to gain more information then please don't hesitate to call us on 0208 534 3136 opt 4.

Newham Children's Centres offer a range of services to help give your child the Best Start in Life.

You can register for free if you are a Newham resident with a child under the age of 5 (including if you are pregnant) by scanning the QR Code to the right.



Book of the Month

We use books to open up a world of learning for our children. The core books we use, relate to children's interests and we feed that through the breadth of activities we offer within the provision. We also think that using books as the basis for our learning helps children love reading on a deeper level which we hope they will keep with them throughout their education.

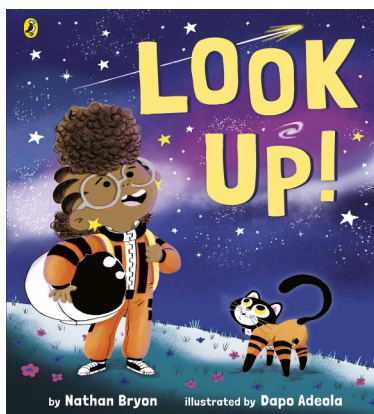
We are thrilled to present *Look Up*, written by Nathan Bryon and illustrated by Dapo Adeola as one of the books we are using to celebrate Black History Month. What a firework of a book this is, which tells us the story of our hero, Rocket, who is obsessed with space and stars and has visions of becoming an astronaut in the future, just like her hero Mae Jemison. Throughout the story she encourages her community to **Look Up** and in effect, reach for the stars.

We think it is so important for our children to also reach for the stars and to have access to inspiring role models from all backgrounds. We want to encourage our children to be inspired by role models who will give them the inspiration to want to achieve their dreams. Many local black residents have gone on to be inspirational figures in their chosen fields and we want children to know that anything is possible.

The school website has a guide to suggested activities that you may like to carry out with your child at home.

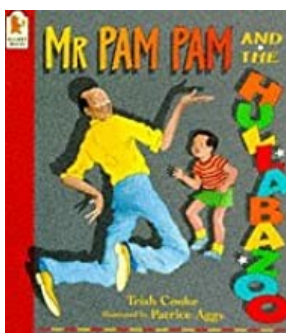
Click [here](#) for the link.

If your child loves a particular book why not tell us about it in the "What I Did" book; we'd love to hear your feedback!

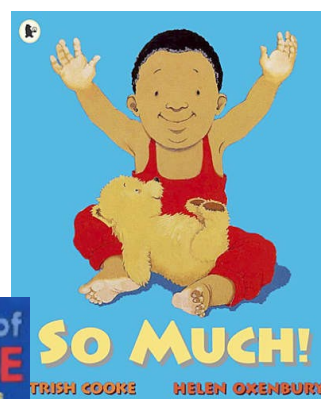
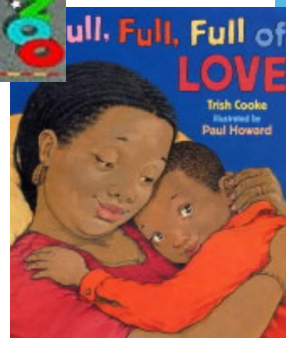


Who is Cooke?

The teaching and learning spaces throughout Rebecca Cheetham are named after well loved children's book authors. One of our rooms for children aged 3 and 4 years old is named after **Trish Cooke** a playwright and children's book writer. In 1988 Trish was awarded the Thames TV theatre writers award and was writer in residence at Liverpool Playhouse. Between 1988 and 1996 Trish was a presenter and scriptwriter on *Playdays* (BBC) and *EastEnders* (BBC). Her children's book, *So Much* (Walker Books 1994) won the Smarties book prize, Kurt Maschler award and the W.H. Smith and *She* magazine awards. The book



was voted one of the 100 best children's books by *Time Out* in 2016



October

Thursday 13th October - Parent Forum— Reception applications

Friday 21st - Evidence me reports to Parents

Monday 24th - Friday 28th Half term holiday
School closed to term time only children.

November

Tuesday 15th - Parent Forum - Early reading

December

Thursday 1st - Parent Forum - Maths

Wednesday 14th - Christmas concerts

Tuesday 20th - Christmas parties.

Wednesday 21st - Last day of school for term time only children.

Friday 23rd - Monday 2nd Jan—Whole school closure

January

Friday 6th January— INSET (Staff training day) The school is closed to all children until Monday 9th January.