

MARCH 2026

Rebecca Cheetham Nursery and Children's Centre NEWSLETTER



Dear Parents/Carers,

We hope this newsletter finds you well. We have so many important messages to share with you so please take the time to read the newsletter as it's a busy term.

PARENT FORUM

Next date: Friday 6th March 2026

TOPIC: Early Reading with School of Family

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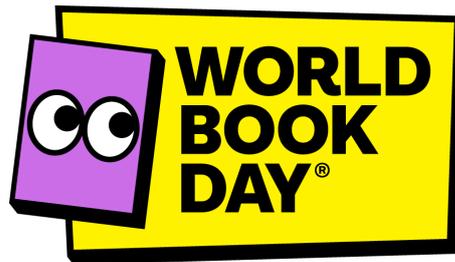
Come and join us for a super informative and helpful session on Early Reading ideas and strategies that will help you to develop and foster a love of reading and books with your children. Afterwards you will be able to go into the classroom to do some World Book Day activities or read with your children. Please book at the front office.

WORLD BOOK DAY

We are very excited about World Book Day and we look forward to seeing the amazing hand crafted costumes you created in our workshops and any home made costumes.

Please don't buy a costume specifically for World Book Day. We would rather you spent your money on books! If you have a costume related to a book that your child loves wearing they are welcome to wear that as well.

We will also have a whole range of activities and book prizes to give to the children for hand made costumes. Also look out for the World Book Day free book tokens which we will be giving to the children as well which entitle you to a free book or £1 off the price of a book at selected retailers.



EID-AL-FITR

We are currently in the sacred month of Ramadan and many people in our community will be celebrating the religious observance day which is not a set date on the calendar, rather is determined by the sighting of the moon; either Thursday 19th March or Friday 20th March. As such, on the day that it falls we have had to make the decision to offer a reduced day for children and the nursery will only be open from 8:30am—4:00pm. This affects only the extended day children. All other sessional children can attend as normal. Please refer to the linked letter which provides more details. Unfortunately notice for which date Eid will fall on will be very last minute. <https://www.rebeccacheetham.newham.sch.uk/attachments/download.asp?file=1027&type=pdf>

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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

MEASLES VACCINATION

Measles is a very infectious, viral illness which, in rare cases, can be fatal. One in five children with measles experience complications such as ear infections, diarrhoea and vomiting, pneumonia, meningitis and eye disorders.

Symptoms develop around 10 days after you are infected and can include:

- Cold-like symptoms.
- Red eyes and sensitivity to light.
- A fever.
- Greyish white spots in the mouth and throat.

There is no treatment for measles. Vaccination is the only way of preventing it, so make sure your child has their MMR vaccination. Speak to your health visitor or see the flyer further in this newsletter for catch-up clinics.

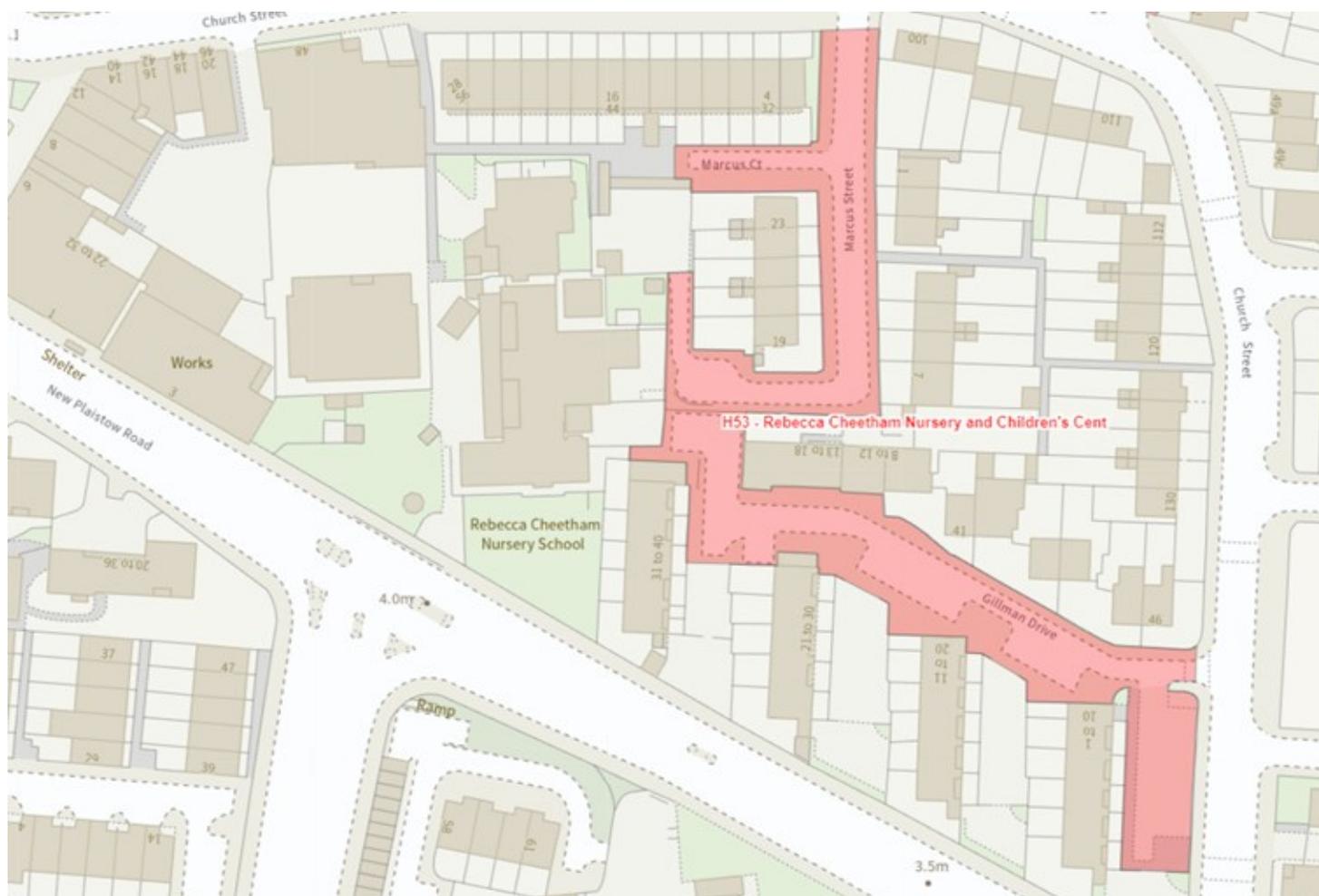
HEALTHY SCHOOL STREETS

Healthy School Streets are roads that have timed access restrictions for most motor vehicles at school start and finish times. This makes it safer and easier for children and their families to walk, cycle or scoot to school.

The key aims of Healthy School Streets schemes include:

- Improving road safety near schools
- Encouraging more children to have an active journey to school
- Reducing traffic congestion at the school gates
- Improving air quality outside schools

The council has extended the scheme to Rebecca Cheetham which comes into force from **Monday March 2nd 2026** so it is important that you take note of the restricted areas and times. We have previously sent you a physical letter outlining this for you but just to remind you that the restricted times are: **8:30am—9:30am and then 3:00pm—4:00pm.**



Children's Centre



Bedtime Routine

Join the Family Support Team for a relaxed and practical online workshop via Zoom, focused on creating calm, consistent bedtime routines that work for your family.

Tuesday 24th March 2026
10:30am - 11:15am

Getting children settled at bedtime can be challenging and you're not alone.

We'll explore why routines matter, common bedtime challenges and simple, realistic strategies to help children wind down and get a better night's sleep. There will be opportunities to share experiences, ask questions, and take away ideas you can use straight away at home.

This workshop is supportive, non-judgemental and suitable for parents and carers of young children.

We look forward to welcoming you online.

For queries or to book your space, please call us on **02085343136**
Once booking is confirmed you will be sent the Zoom link via email a week in advance

IS THERE DISREPAIR IN YOUR PROPERTY AND YOUR LANDLORD IS NOT TAKING ACTION?

If so, we are running a **housing rights workshop** to help you understand what your options are and who you could get help from.

When? Thursday 26th of March at 11:30am - 13:00pm
Where? Rebecca Cheetham Children's Centre

Session available to families with at least one child under 5 or under 8 (with SEND)

Booking with the Children's Centre required



FIGHT FOR HOME LONDON

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LEARNING BAGS & BABY SENSORY BAGS

Speak to a member of the team to find out more about how to borrow free home learning bags for **FREE** for you to use at home with your child.



Health Promotion

Come and join a Health Visiting Health Care Practitioner for one of our advisory sessions

Our next session is taking place on **Accident Prevention and Minor Ailments**

Thursday 19th March 2026

1:30pm—2pm

Family Support

We have a Family Support Team here to support you and your family. They will take time to understand your situation and work alongside you to find solutions that fit your family's needs.

Come along to one of our Family Support Drop in sessions

Wednesday & Fridays
9:30am—10:30am

Dad's Nailing It

FATHER'S GROUP

Every Monday
10:00am- 11:30am



Join our NEW Dad's Group. Come along with your child and meet other Dad's in our area! **No booking required**

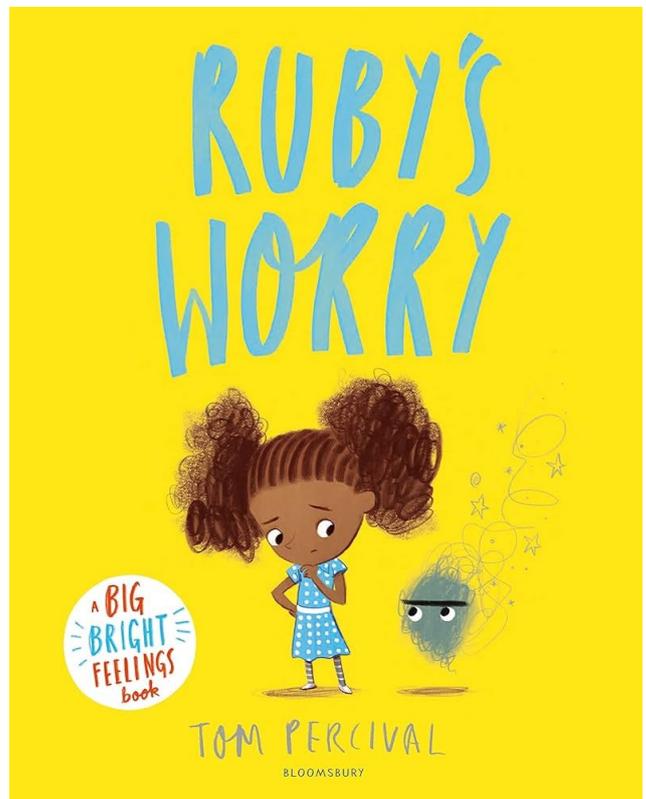
BOOK OF THE MONTH: Ruby's Worry

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 feel 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. This month our key book is *Ruby's Worry* by written and illustrated by **Tom Percival**.

The Book Trust says of the book, "Ruby loves being Ruby. Until, one day, she finds a worry – and it won't stop growing. How can Ruby get rid of it and feel like herself again?"

This is a very beautiful, sensitive look at anxiety and how a problem shared is a problem halved. It demonstrates this message through gentle, subtle illustration, so even teeny children should grasp it."

Here is a link to the Book of the Month info sheet: <https://www.rebeccacheetham.newham.sch.uk/page/?title=Book+Of+The+Month&pid=70&action=saved>



BUGGY PARK USE

Please remember that you are more than welcome to use the buggy park but we urge you to fold the buggies down as we have situations during the day where there are so many buggies for our Children's Centre stay and play sessions that they are causing a health and safety issue. Please, we kindly ask for your support in this matter.

FRED – Fathers Reading Every Day

We are looking forward to receiving back your FRED participation acknowledgement so we can get you your certificate and special prize to acknowledge your contribution to the programme.

All you need to do is scan the QR code and fill in the details and we will do the rest for you.

We hope that the programme opened up a wealth of lovely interactions between adults and children that you will hold in good stead in the future helping to build children who love books!



PARENT FORUM - WELLBEING AND VALENTINE'S DAY SCHOOL OF FAMILY EVENT

To quote the children's author Trish Cooke, the nursery was "FULL, FULL, FULL of LOVE" during our school of family event based around Valentines day and Wellbeing. It was great to talk with parents about how we promote positive wellbeing in the nursery and they had the opportunity to play and learn alongside the team and the children. Look out for our next school of family event showcasing reading at the setting.

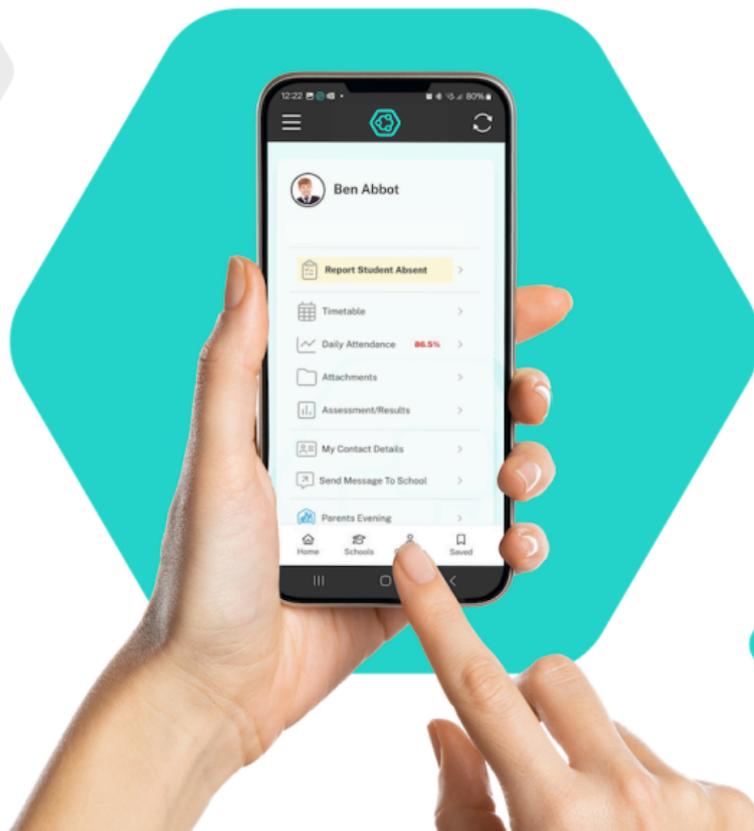




Eduspot

Download the app to stay **in the loop**

The Eduspot mobile app enables you to keep up with messages from school, with a personalised timeline of all your children's school activities and updates. **Download the app today!**



Scan here to
learn more!



Parent Forum

EARLY READING

This session is all about Early Reading; why reading is important, the concept of Interactive Reading, and what is developmentally appropriate at this age.



We will have time for questions and discussion and it would even be a great place to share some of your favourite books with others in the session. As it's the week of WORLD BOOK DAY, we are inviting you into the provision after the session to partake in WBD activities and you are welcome to even read to the children using books in your native language!



**Rebecca Cheetham
Nursery School**

Friday 6th March 2025

9:00am or 1:00pm

both sessions are face to face with the option to spend time with your child in the nursery afterwards (if your child has settled into the provision sufficiently).

PLEASE CALL TO BOOK A SPACE

Measles is spreading

MMR vaccine is available for those who have not received both doses of the MMR as an infant

Children who aren't fully vaccinated are at serious risk of complications such as ear infections, pneumonia, and, in rare cases, brain inflammation.

Check your child's MMR vaccinations today

- The MMR vaccine protects against Measles, Mumps, and Rubella
- Two doses give the best protection
- If you're unsure whether your child is up to date, ask your GP or practice nurse



We are able to vaccinate for MMR at our catch-ups and while visiting the schools or at a community clinic.

Scan the QR code or visit our website www.schoolvaccination.uk

Important dates to remember



March

Monday 2nd March

Booster Seat Theatre performances for all children in nursery
Start of the Healthy School Streets Scheme at Rebecca Cheetham Nursery

Thursday 5th March

World Book Day - a separate flyer with detailed info will be provided to families

Friday 6th March

Parent Forum - Early Reading 9am and 1pm
Parent volunteer readers in to read to the children (let us know if you are interested)

Sunday 15th March

Mother's Day

Tuesday 17th March

St Patrick's Day

Wednesday 18th March

Beep Beep Day - Road Safety Day

Thursday 19th March

Accident Prevention and Minor Ailment Workshop (Health Visitor drop-in) 1:30-2pm
Eid ul Fitr (Date to be confirmed - or **Friday 20th March**)

Monday 23rd March

Places of Worship Educational Visit (Cooke Room)

Tuesday 24th March

Places of Worship Educational Visit (Jeffers Room)

Wednesday 25th March

Places of Worship Educational Visit (Donaldson Room)

Friday 27th March

Last day of Spring Term for all government funded children

Important dates to remember

April

Friday 3rd April and Monday 6th April

Good Friday and Easter Monday - Nursery and Children's Centre closed to all

Monday 13th April

Summer Term begins - nursery opens again for ALL children

Monday 13th April - 17th April

Parental Consultations take place all week (specific dates and times to be confirmed)

May

Monday 4th May

May Bank Holiday

Thursday 7th May

Parent Forum - Phonics

Monday 11th May - 15th May

Mental Health Week

Bike Week - Bike Instructors in to support children in learning to ride a bike

Tuesday 12th May

Proposed Mudchute Farm Visit (class, date and times to be confirmed)

Wednesday 13th May

Proposed Mudchute Farm Visit (class, date and times to be confirmed)

Thursday 14th May

Proposed Mudchute Farm Visit (class, date and times to be confirmed)

Friday 15th May

Proposed Mudchute Farm Visit (class, date and times to be confirmed)

Monday 18th May - Friday 22nd May

Walk to School Week

Last day of Summer 1 for all Government Funded children

