

**October
2018**

**Rebecca
Cheetham Nursery
NEWSLETTER**



A warm welcome to our October Newsletter

Dear parents/carers,

The majority of our children have started with us now and we are extremely pleased with how quickly the children have settled into their new spaces. Please don't worry if your child is still struggling a little; this is completely normal and some children take longer than others. Nursery is a wonderful opportunity for children to build communication skills and develop themselves as social beings so please listen to the advice given by staff and trust that your child will settle very soon.

We held our first Parent Forum last week which was an introductory information session. We had over 40 parents/carers attend the three sessions we ran which was very pleasing. Our next workshop for parents is the **Primary School Application session** on **Wednesday 3rd October 2018 at 9am, 12.45pm and 4.30pm**; we've sent text messages out to parents to inform them of this. This session will give you all the information you need to make an informed decision about where to send your child and give you advice on how to fill out the eAdmission form. Sign up at the office to secure your space.

We have a brand **new website** that we have been working on for the last few months. Take a moment to check it out; we are sure you will find lots of helpful information. We would also encourage you to download our school app and like our Facebook page in order to keep up-to-date on everything that is happening in the nursery and children's centre.

If you have not been given a new **admissions form**, please request for one at the front office. Whilst you may have provided us with

the information already, there are new aspects to the form that **must be completed by all parents/carers**. Thank you for your cooperation in this.

We have applied for **Greener City Community Green Space** funding through the Mayor of London and we hope that our bid is successful as we have some very exciting ideas for how we can transform our outdoor spaces. As such, especially if we are awarded the grant we will be looking for parents/carers/grandparents to volunteer their time to help us with planting, growing and tending to our green spaces. Take some time to think about whether this is something you would be interested in and when we call for volunteers we can get the ball rolling.

This week we will be giving children their **Book Bags** and their "**What I Did**" book. The book is for you to read to your child and you can return it at the end of the week in exchange for different book. The "**What I Did**" book is an exercise book for you to tell us the wonderful things your child does outside of nursery. We discussed the "**What I Did**" book during the Parent Information session but it does have a guidance sheet on the inside cover and your key worker and classroom teacher can give you further information if you ask. Don't forget about our **Reading Passport** which will also be included in the book bag.

**Nursery
Opening Times**

**Extended day
8.00am to 5.50pm**

**Morning place
8.45am to 11.45am**

**Afternoon place
12.30pm to 3.30pm**

Charges apply for late collections.

**Attendance and
Punctuality**

NURSERY TOTAL:

**WATCH THIS
SPACE**

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

If your child will not be attending nursery, it is essential you contact us on the day and fill in an absence slip on their return to nursery.

We reward children who have 100% attendance at the end of each month. Will your child's name be featured on our poster?

Our 100% attendance children can be found further in the newsletter. We are excited at the great number of children who achieved 100%!

Book prizes are given at the end of the academic year to those children who have fantastic attendance results.

Children's Centre

Positive Parenting Programme (Triple P)

Triple P gives you the opportunity to learn new strategies on how to manage challenging behaviour and practice ways to improve your relationship with your child. This course includes methods to use to promote good behaviour and how to manage misbehaviour effectively. 7 week course.

Booking essential and crèche provided.

Rebecca Cheetham: Monday 15th October 2018
9:00am-11:00am.

FE2 Parent Workshops

Targeted workshops for families seeking or in Receipt of a free educational placement.
Delivered at Rebecca Cheetham.

Early Reading- 9th October 2018

Outdoor Play- 6th November 2018

Water Play- 4th December 2018

12:45pm-1:45pm

Building Confidence Workshop

This workshop will provide you a relaxed Environment to discuss and build on strategies to help you get into your ideal job.

Booking essential. Creche provided.

Rebecca Cheetham: Tuesday 20th November 2018
12:45pm- 2:45pm

Toilet Training Workshop

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

Booking essential. Creche provided.

Rebecca Cheetham: Tuesday 27th November 2018
12:45pm-2:45pm

How to create a CV Workshop

Come along and gain some tips on how to create an effective CV. Samples will be shared to assist you when needed.

Booking essential. Creche provided.

Rebecca Cheetham: Tuesday 13th November 2018
12:45pm- 1:45pm

Paediatric First Aid

This course is designed to teach emergency Paediatric first aid to parents. This course will cover: Causes and Treatment of an Unconscious of Baby or Child, Paediatric Recovery Position, Baby and Child CPR, Choking and Asphyxia, Wounds and Bleeding and question and answers.

Booking essential. Creche provided.

Rebecca Cheetham: Friday 5th October 2018
9:30am-12:30pm

Come along to our

Hug in a Mug Coffee Mornings

**Wednesday- 3rd October,
7th November and 5th December 2018**

8:45am to 9:45am

We look forward to seeing you there!



**We raised a whopping £210.02 from
our successful coffee morning.**

Thank you to everyone who took part in our coffee morning and helped raise money for this worthy cause. Your generosity will help in the journey to save lives.

**A BIG
THANK YOU**

Wellbeing at Rebecca Cheetham

At Rebecca Cheetham, we believe that positive emotional wellbeing and good mental health are fundamental to our philosophy and aims.

Well being promotes physical, mental and spiritual health as a sustainable value for the whole school community.

Our school is proactive in its approach and welcomes opportunities to promote emotional health and well being through the formal and informal curriculum . Our ethos of ' everyone's responsible, everyone matters' enables the whole school community to support each other to fulfil their potential.

We take wellbeing very seriously at Rebecca Cheetham Nursery and Children’s Centre and our aims are to support our children, our staff and our wonderful families. As such we are in the midst of applying for an Award for Wellbeing and part of our journey is to nominate Wellbeing Champions who we would like to introduce you to!

Nat, our Green Room Teacher, Katarzyna, our parent representative, Wendy our Green Room key worker and Melissa, our Senior Family Support Worker



Some useful websites to help support a healthy lifestyle for you and your family:

www.nhs.uk/change4life

<https://www.nhs.uk/live-well/>

<https://www.headspace.com/>

<https://www.nhs.uk/smokefree>

<https://www.nhs.uk/oneyou/for-your-body/quit-smoking/stoptober/>



BLACK HISTORY MONTH

“Black History Month – an international annual month, celebrating, recognising and valuing the inspirational individuals and events from within the BME communities. During Black History Month, we remember and celebrate the important people from the past and also who contribute to and help our society today.” (<http://www.officialblackhistorymonthuk.co.uk/>)

At Rebecca Cheetham we think it is important to celebrate the wonderful achievements of BME individuals and communities, not only during the month of October but throughout the whole year! Please have a look at the link below in regards to how The Newham Local Authority is celebrating during the month of October.

<https://www.newham.gov.uk/Documents/Leisure%20and%20culture/BlackHistoryMonth2018.pdf>

Attendance

“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. The UK government, as well as other governments overseas, have consequently made large increases in the number of free hours of early years education available to parents of pre-school children, particularly among disadvantaged groups.”

<http://www.nuffieldfoundation.org/impact-nursery-attendance-childrens-outcomes>

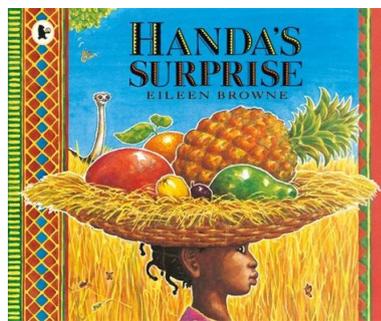
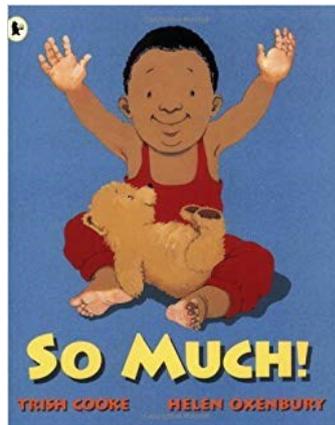


READING in the NURSERY

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 base for our learning helps children love reading on a deeper level which we hope they will keep with them throughout their education.

We will be reading some wonderful books relating to Black History Month this half term that complement the learning that will be taking place in the provision.

If you have an opportunity to share these books with your children, it will offer even more learning opportunities between the nursery and home.



WHAT TO WEAR TO NURSERY!

As the weather becomes more unpredictable we encourage you to make sure your child comes to nursery in **weather appropriate clothing**. Wellington Boots are great for children to access our wonderful outdoor provision without getting their shoes wet and it is worth investing in a water-proof jacket/coat. We encourage children to make their own choices as to how they use the provision and sometimes they will want to experience playing in the rain which can be a wonderful learning experience for them. We will do our



best to make sure children are putting on coats and jackets during inclement weather to help protect them from the elements.

Important Dates

October 2018

- Friday 5th October 2018—Paediatric First Aid 9:30am to 12:30pm
- Tuesday 9th October 2018— FE2 Workshop on Early Reading 12:45pm to 1:45pm
- Monday 15th October 2018—Positive Parenting Programme 9:00am to 11:00am
- Wednesday 31st October 2018—Parent forum on Multicultural Day (9am or 12:45pm)

November 2018

- Monday 5th November 2018—Family Week commences
- Tuesday 6th November 2018—FE2 Workshop on Outdoor Play 12:45pm to 1:45pm
- Wednesday 7th November 2018—Multicultural Day
- Tuesday 13th November 2018—How to create a CV Workshop 12:45pm to 1:45pm
- Monday 19th November 2018—World Nursery Rhyme Week
- Tuesday 20th November 2018—Building confidence Workshop (for your ideal job) 12:45pm to 2:45pm
- Wednesday 21st November 2018—Parent Forum on Behavioral Management

Don't forget to check your Childcare Choices account to ensure you have re-registered your child's 30 hour funding for next term.



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