

OCTOBER 2023

Rebecca Cheetham Nursery and Children's Centre NEWSLETTER



Dear parents/carers,

Welcome to our first newsletter of the year. It has been fantastic to see our returning children again and we are so thrilled to meet our new starters. We hope that you all have a wonderful time at nursery with us; we have some wonderful things planned for you all. We hope you have an "absolutely amazing experience" as outlined by one of our parents last year.

PARENT FORUM

Next date: Thursday 12th October, 9am (face-to-face) and 2.30pm (online)

TOPIC: Primary School Applications

Thank you to all those that attended our first Parent Forum for the Year which went through important information you need to know about nursery. We look forward to seeing you at our next one. Call the front office to book your space. Here is a link to the flyer: <https://www.rebeccacheetham.newham.sch.uk/attachments/download.asp?file=729&type=pdf>

PROTECTED TIMES

We are very proud of the educational offer we provide at Rebecca Cheetham Nursery and as such, we have to make sure we protect the small pockets of adult directed learning we provide. The idea is that during these times the children will not, at all, get interrupted by anyone and that short time of focused learning gives children the best chance to learn new skills or build their knowledge. These times also help children build their attachment to the key person and their key group of children and grow their confidence. Please make sure that you arrive before or after these times to protect the learning opportunities of your children.

MORNING SESSION: 9:00am – 9:20am

11:25am – 11:40am

AFTERNOON SESSION: 1:00pm – 1:20pm

3:25pm – 3:40pm

BLACK HISTORY MONTH

Whilst The UK, Ireland, United States and Canada all celebrate October as Black History Month, we believe that we should always focus on celebrating the contribution and achievements of those with African or Caribbean heritage all throughout the year. At Rebecca Cheetham Nursery we celebrate all year by making sure that children have positive role models in the books they read and 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.

The London Borough of Newham have organised a special Black History Month programme which can be accessed here with this link: <https://www.newhamblackhistory.org/> Have a look further in the newsletter for some wonderful representational books we would recommend!

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

BOOK OF THE MONTH

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

In addition to the core books that we use a springboard to bring our topic learning alive, we also have a **Book of the Month** which showcases something additional we want to explore with our children. Last month we spent time with *The Colour Monster* which is a wonderful book that explores children's feelings and emotions. This month our book is *Look Up* by Nathan Byron and illustrated by Dapo Adeola.

PARKING

Please be mindful of parking your car on the road leading to the nursery and idling your car whilst waiting can cause irreparable damage to our young children. I thought it was really important to reiterate a comment made in our parent survey which helps to outline the danger of the situation: *"Parents parking on the pavement immediately outside nursery continues to result in near misses as children arrive. Especially as cars reverse around the kerb into walking children. More enforcement with the traffic cones etc would be great."* It is so important that we do everything we can to protect our children and alt-

hough you might be saving some time **parking** closer to the school, the danger is that one day it could result in an accident. **"Idling your car can produce up to twice as many exhaust emissions as an engine in motion. An idling car can fill up to 150 balloons with harmful emissions every minute."** (www.staffordshire.gov.uk)

We all have a duty to do all we can to protect the health of our children, each other and the earth.



NURSERY CLOTHING

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! There is no pressure to buy, but if you were interested here is a sample link: (<https://www.regatta.com/kids/rainsuits/>). **Wellington boots** are also a great resource for your child so their shoes, socks and feet don't get wet. After all, what child can resist jumping in a puddle!

PRIMARY SCHOOL OPEN DAY INFORMATION

We are going to give you loads of helpful information about the Primary school application process in our Parent Forum but if you want to know about **Primary School Reception Open Days** please click on this link: <https://www.rebeccacheetham.newham.sch.uk/page/?title=Primary+Admissions&pid=19> You will find the information at the bottom of the page.

Our new activity calendar for October—December 2023 is out now! Please follow the link below to see when your favourite sessions are running or alternatively collect a copy from the front office:

<https://www.rebeccacheetham.newham.sch.uk/attachments/download.asp?file=717&type=pdf>

FAMILY SUPPORT

Wellbeing Drop-In (monthly)

We all sometimes need a safe space where we can speak about our experiences. Drop in to speak to one of our skilled, professional Family Support Workers in a confidential, non judgmental environment who can provide some guidance and a listening ear on the days and times below:

Wednesday 18th October 2023

Wednesday 15th November 2023

Wednesday 13th December 2023

9:30am—11am



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 at Rebecca Cheetham Nursery and Children Centre.

Toilet Training

Find out how to support your child to transition from nappies to the toilet.

Thursday 19th October 2023 at 1:30PM – 2PM

Healthy lifestyles and weaning

Find out how to support your child's dietary needs

Thursday 16th November 2023 at 1:30PM – 2PM

Accident Prevention

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

Thursday 21st December 2023 1:30PM – 2PM

To register your interest and secure a space or to find out more information please contact us on 0208 534 3136 ex.4.



CHARITY EVENT

COFFEE MORNING & CAKE SALE

YOU ARE INVITED

to Join our fundraising coffee morning and cake sale!

Wednesday 11th October 2023

9:30am–11:00am

Rebecca Cheetham Children's Centre

DONATIONS OF CAKES ARE WELCOME!

Price list:

- Hot drinks 50p
- Slice of cake £1 or 3 slices for £2.50
- Cupcakes £1 or 3 for £2.50

Also on offer:

Decorate a biscuit (30p) and decorate a cupcake (50p)

All money raised on the day will be given to Macmillian Cancer Support to help people living with Cancer.

Please note this is a cash only event.

RHYME TIME

Stratford Library

We all pleased to inform you that singing sessions for 0-4 yrs have now resumed at Stratford Library!

**Every Tuesday
(Term time only)**

10am—11am

Drop in

No booking required

BABIES Singing &

Storytelling @ Rebecca Cheetham

Come along with your under 1's for our baby focused singing session

**Every Monday
(Term time only)**

1-1:45pm or 2-2:45pm

Booking required

BOOKS WE LOVE AT RC THAT OFFER DIVERSE REPRESENTATION!

Hair Love written by Matthew A Cherry and illustrated by Vashti Harrison

Hey You written Dapo Adeola

Clean Up written by Nathan Bryon and illustrated by Dapo Adeola

Full, Full, Full of Love written by Trish Cooke and illustrated by Paul Howard

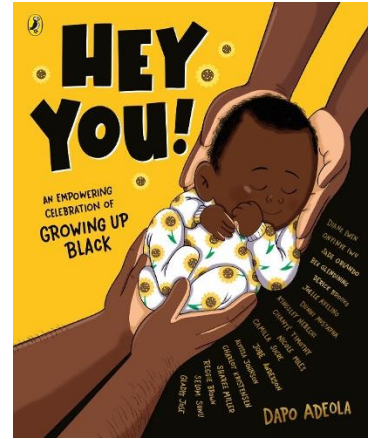
Jabari Jumps written and illustrated by Gaia Cornwall

Anna Hibiscus' Song written by Atinuke and illustrated by Lauren Tobia

Amazing Grace written by Mary Moffman and illustrated by Caroline Binch

One Love adapted by Cedella Marley and illustrated by Vanessa Brantley-Newton

Standing Up to Racism written by Dr Pragya Agarwal and illustrated by Louise Forshaw



NHS



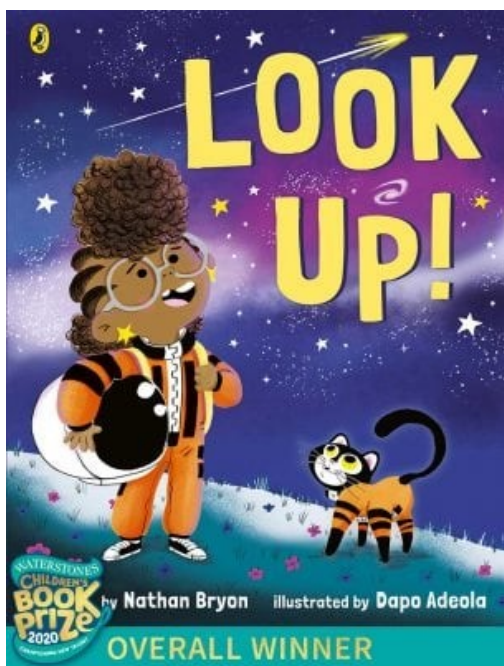
102,000 children
starting school in
England are at risk
of catching measles

Check your child is up

to date with their

MMR vaccinations

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 of 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 through the **Evidence Me** app.

October

ALL MONTH

- Black History Month

Tuesday 10th October, all day

- World Mental Health Day

Thursday 12th October, 9am

- Parent Forum on Primary School Places

Thursday 12th October, 2.30pm

- Parent Forum on Primary School Places (Zoom)

Monday 23rd October to Friday 27th October

- Autumn Half Term Break—School closed to government funded children only.

Monday 30th October

- **INSET day—School closed to all children**

November

Tuesday 7th November

-Parent Forum (Topic to be confirmed)

Stratford Library visits
Parent Participation NEEDED

Tuesday 14th November - Donaldson Room
10 - 11 am and 1.30—2.30pm

Wednesday 15th November - Cooke Room
10 - 11 am and 1.30—2.30pm

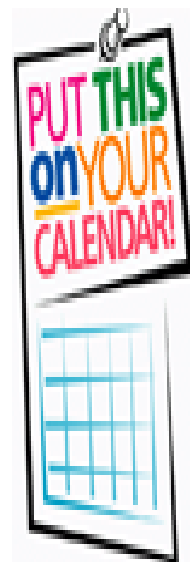
Thursday 16th November - Jeffers Room
10 - 11 am and 1.30—2.30pm

Monday 20th to Friday 24th November

- Road Safety week

Tuesday 28th November

School of family event - (Topic to be confirmed)



World Mental Health Day

Looking after our mental health is just as important as looking after our physical health. If you broke your leg you wouldn't just ignore it and hope it sorts itself out; in the same vein, if things aren't right with our mental health we should also deal with it in the same way and seek out help and support.

The Mental Health Foundation are the organisers of World Mental Health Day and they have some great ideas and tips, all backed by research, that can help you support your mental health. I'll outline the headlines below but also link you to the more detailed version for you to explore further.

- ⇒ **Get closer to nature**
- ⇒ **Learn to understand and manage your feelings**
- ⇒ **Talk to someone you trust for support**
- ⇒ **Be aware of using drugs and/or alcohol to cope with difficult feelings**
- ⇒ **Try to make the most of your money and get help with debt problems**
- ⇒ **Get more from your sleep**
- ⇒ **Be kind and help create a better world**
- ⇒ **Keep moving**
- ⇒ **Eat healthy food**
- ⇒ **Be curious and open-minded to new experiences**
- ⇒ **Plan things to look forward to**



<https://www.mentalhealth.org.uk/>

FOR MORE DETAIL ON THE ABOVE POINTS CLICK ON THIS LINK: [MENTAL HEALTH TIPS](#)

At Rebecca Cheetham we take our own mental health and the mental health of the children very seriously. Some of the ways we support children's mental health are outlined below:

Mindfulness breathing

Yoga

Mental Health First Aid trained staff

Helping children talk about feelings and emotions

Individualised settling in plans

Pilates

Wellbeing Change Team

Small key person focus groups

HERE ARE A FEW TIPS IF YOU NEED HELP WITH YOUR OWN MENTAL HEALTH:

Come and speak to one of our team who can help point you in the right direction for support and advice

Speak to your GP

Contact The Samaritans on 116 123 <https://www.samaritans.org/>

Reach out to trusted friends and family to talk

October Half Term Programme

Rebecca Cheetham Children's Centre



Newham London

Monday 23 rd October	Tuesday 24 th October	Wednesday 25 th October	Thursday 26 th October	Friday 27 th October
<p>Music and Movement (Abbey Lane) 10:00am - 11:30am Booking required 0-4 Years</p> <p>A fun and interactive session for parents/carers with children under 5.</p>	<p>Family Stay and Play (Rebecca Cheetham) Booking required 10:00am - 11:30am 0-4 years</p> <p>A fun and interactive session for parents/carers with children under 4 years.</p>	<p>Hug in a Mug Tea & Coffee morning (Rebecca Cheetham) 9:30am - 10:30am 0-4 years</p> <p>Why not join us for a cup of warm drink and network with others parent/ carers from the local area.</p>	<p>Baby Group (Rebecca Cheetham) 10:00am - 11:30am Booking required 0-18 months</p> <p>Enhance your child's social interaction through a friendly play session catered for babies.</p>	<p>Family Cooking Session (Rebecca Cheetham) 10:00am - 12:30pm Booking required Under 4 years and sibling</p> <p>This session is created for children under the age of 4 years and their siblings. Single children also welcome.</p>
<p>Family Stay and Play (Abbey Lane) 1:30pm - 3:00pm Booking required 0-4 Years</p> <p>A fun and interactive session for parents/carers with children under 5.</p>	<p>Family Fun (Rebecca Cheetham) 1:00pm - 3:00pm Invitation Only Whole family</p>	<p>Educational Visit (Mudchute Farm) 10:00am - 12:00pm Booking required 0-4 years</p> <p>A chance to go on a group outing to the wonderful Mudchute Farm.</p>	<p>Family Stay and Play (Rebecca Cheetham) 1:30pm - 3:00pm Booking required 0-4 years</p> <p>A fun and interactive session for parents/carers with children under 4 years.</p>	

Please ensure you book your space to avoid any disappointments on:

0208 534 3136 a week in advance (calls will be taken for booking after 8:30am)

All sessions are subject to change. We look forward to seeing you and your little one/s soon.

Newham Council Childcare Survey

www.newham.gov.uk/childcareparentsurvey2023



WE ARE CARING.



DO YOU HAVE CHILDREN AGED 0-14 YEARS? HELP US TO HELP YOU!

We want to know about your childcare needs so we can plan services that will work for you and your family. We welcome your views and invite you to please complete a short survey, the details of which will be kept strictly confidential. Everyone that completes the survey will be entered into a free prize draw to be in with a chance of winning £100 of shopping vouchers.

The closing date for entries is 5pm on **3 DECEMBER 2023**. The survey will take about 10 minutes to complete. Share your knowledge. When completing the survey, you can also request information on:

- free 15 hours for two-year olds
- free 30 hours for working parents with three and four-year olds
- the new expansion of the funded early education scheme
- plans to develop wraparound care for primary school children
- help with childcare costs
- childcare providers for children aged 0-14 in your area.

FREE PRIZE DRAW!

WE ARE NEWHAM.

The London Borough of Newham would like to hear from parents and carers about their childcare needs. Your views are important in helping us decide how to shape services that will be useful for you.

We are asking parents and carers in Newham whether they use childcare, how they use it, what they think about it and whether they would like to use more.

The questionnaire will take around 10 minutes to complete. The closing date for completion is 5pm on Sunday 3 December 2023. We are very keen to ensure your views are taken into account. **Any parent completing the survey can opt in to be entered into a free prize draw for a chance to win £100 of shopping vouchers.**

At the end of the questionnaire, there is an opportunity for you to request further information about funded early education, the new extension to funded childcare, help with childcare costs and childcare providers in Newham.

A link to information on our webpage is here: [Newham Families Advice and Support | PARENT SURVEY 2023](https://www.newham.gov.uk/families-advice-and-support/)

To access the questionnaire click on this link: www.newham.gov.uk/childcareparentsurvey2023