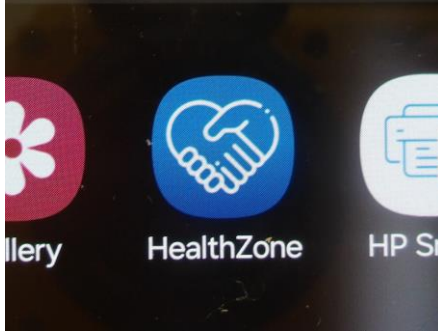


### Health Zone UK App

Health Zone UK App is a **free** and easy app to use and offers information, advice and ideas on all things to do with young children including potty training, healthy recipes and contact numbers for all the services available in Dumfries and Galloway. It is available and free to download from play store -

Look for the **Health Zone UK** symbol



Download and it will ask you your location. You are looking for **Grow Well in D & G**



Once selected, you can access a wealth of information to support you and your child just by clicking on a tile 😊



### Changes in weather

Please can we remind you to **always send a warm coat, hat and gloves** in with your child every day and **write their name in all clothing** that comes into nursery.

### Come and play sessions

Please try and take advantage of our Come and Play sessions in nursery. We love to welcome you into nursery to play with your child and share their fun and learning. **We have set weeks throughout the year, but can accommodate almost anytime that you'd like to come, just ask**

Please book a 20 minute slot -  
w/c 19.02.24, w/c 27.05.24

### Nursery draw string bags

Please check your child's nursery draw string bag every night when you collect your child and replenish pull ups/ changing wipes/ clothes so there is always a good stock for when they are needed. We do have some spare clothes for emergencies, but no spare pull ups. If you have any old (but in good condition) pants or socks to donate to nursery, these are much appreciated for nursery spares.

# Thank you!

### Community walks

We love to get out into the community for a walk during nursery hours. To help us, we are looking for parent volunteers to come with us to keep us within adult : child ratios and keep our children safe. If you are able to give half an hour to an hour a week to support us, please contact Mrs Townsend to let her know the day and time you are available as this will allow us to plan ahead. Grandparents also welcome 😊

### CAPER

#### Children And Parents Enjoy Reading

We will be starting to send CAPER books home with your child over the next week or so. This is where your child will pick a book to borrow from nursery for a week to enjoy at home with you. You then send the book back to nursery so your child can exchange it for a different book.

Miss Stewart will lead CAPER.