

St Helen's Nursery Class



October 2023



Dear Parents, Carers and Friends of St Helen's Nursery,

We have returned from the October Week full steam ahead and have been immersed in Halloween —making witches' potions, mixing playdough using Halloween colours, exploring pumpkins, and dressing up and role playing in the home corner. We have been focusing on our independence skills by putting our shoes and jackets on by ourselves and we have introduced new leadership roles for the children by having Snack Helpers and Lunch Helpers. Children will have the opportunity to help make snack for their friends by chopping fruit and vegetables and cutting/spreading. They will also have the opportunity to set the lunch tables for their peers, counting how many cups and plates we need and ensuring the tables look welcoming.

All parents/carers are now accessing Learning Journals and we have been delighted to see so many of you liking, commenting and posting achievements from home. Initial feedback has been very positive but we will gather this formally in November, after the Come and Play days.

The garden still remains at the forefront of our minds. We have had a few offers of help in strimming and measuring for materials and are just waiting on availability before we order these. The fence is in hand and is hopefully going to be repaired rather than removed altogether.

Wishing you all a cosy autumn and, as always, please do not hesitate to get in touch.

Kindest regards,

Katrina Fitzpatrick DHT

nlfitzpatrickk@northlan.org.uk



NURSERY DETAILS

Session time	8.45am—2.45pm
Head Teacher	Mrs Liz Kelly
Depute Head Teacher	Mrs Katrina Fitzpatrick
Principal Teacher	Mrs Siobhan Ferguson (mat leave) Miss Clare Gillooly
Early Learning and Childcare Keyworkers:	Mrs Nicola Langford (Lead) Mrs Lorraine Bell Mrs Fionnuala Clelland Mrs Julie Stewart Mrs Paula Forsyth Ms Lorraine Daily
Early Learning and Childcare Support Workers:	Mrs Audrey Semple Mrs Wai Lan Wan

HALLOWEEN FUN DAY



You will have seen from our email that we will be having a Halloween Fun Day on Tuesday 31st October. Session times will be as normal but children may come to nursery dressed in their Halloween costumes, if they wish. Please ensure these are not too scary and can be easily removed for children to attend to toileting needs. We also ask that any props be left at home so that these do not get mixed up with nursery toys and are subsequently misplaced.

We will post stories on Learning Journals of our fun filled day!

STUDENT PLACEMENT

We will be welcoming Miss Cuthill every Wednesday in St Helen's Nursery until May as part of her student placement. We look forward to supporting Miss Cuthill on her journey in the privileged and wonderful world of Early Years.

WELCOME TIME

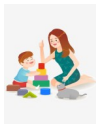
HOW ARE YOU FEELING TODAY?



The majority of the children's nursery day is free play and child led. However, we believe it is important to have protected time for Keyworkers to 'check in' with their group and support wellbeing. Every morning children will be invited to 'Welcome Time' with their Keyworker and the rest of their group. Welcome time begins at 8.55am and lasts no longer than 10 minutes. It is an opportunity for children to connect with their Keyworker, discuss how they are feeling and share any special news. Each group has their own personalised space in the nursery that they go to, which reinforces their sense of belonging.

We understand that families may have several drop offs in the mornings however, we wanted to make you aware of Welcome Time in the hope that children can attend at the start of the session.

COME AND PLAY



You are warmly invited to come along to our nursery week beginning 6th November to play!

Let your child lead you through the nursery, showing you their favourite areas and resources and have fun playing with them. To ensure our nursery doesn't become too crowded and overwhelming for the children, places will be limited to one adult per child.

We look forward to seeing you at the following times:

Monday 6th November 1.30pm — Blue Group

Tuesday 7th November 1.30pm — Red Group

Wednesday 8th November 1.30pm — Green Group

Thursday 9th November 1.30pm — Orange Group

Friday 10th November 1.30pm — Yellow Group

OPPORTUNITIES FOR PARENTS/CARERS



The following online webinars are available free of charge for all parents and carers in North Lanarkshire.

Healthy Sleep Habits for Children—Thursday 16th November 9.30-11am

Delivered by Psychological Services, this workshop will explore the importance of sleep and how to develop healthy sleep habits. Join via link in separate email sent 23rd October 2023.

Understanding Your Own Trauma -

For those who have experienced trauma or who may be supporting a friend or relative to process trauma, **Understanding your own trauma** is a short online course designed to help learners to:

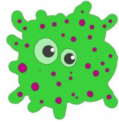
- understand the diverse nature and impact of trauma experiences
 - learn effective ways to process trauma
 - nurture resilience through healthy relationships
- understand more about emotional health and wellbeing

Accessed on www.inourplace.co.uk using code—TARTAN

TOYS FROM HOME

At times, children may find transitions challenging, especially the transition from home to nursery. During these times, sometimes it can be helpful for children to bring a small transitional object from home to nursery and the nursery are happy to discuss arrangements for this. However, out with these arrangements, we kindly ask that children do not bring any toys or items from home to nursery on a regular basis. This can cause children to become upset if they get dirty/damaged or lost. Children can also become upset if others want to play with their toys or if they are not allowed to play with another child's toy. Our nursery is very well resourced and there is plenty for the children to explore and play with. If a transitional object is needed, your child's Keywork will discuss this with you.

INFECTION CONTROL



These days we are all well versed on spotting signs of infection. Unfortunately our youngest children are still prone to picking up the usual childhood bugs and the nursery is required to follow strict guidance from Care Inspectorate on the control and reporting of any outbreaks (2 or more cases).

Some bugs and illnesses require an exclusion period from nursery—a full list can be found on the Health Protection Scotland or Care Inspectorate websites. However I wanted to draw your attention specifically to the following:

- Unexplained rashes—children should not attend nursery until assessed by a doctor or pharmacist.*
- Sickness/diarrhoea. If your child experiences either of these, they should not attend nursery until 48 hours after the last episode of sickness/diarrhoea.*
- Fever/high temperature— if your child has a fever or high temperature (37.8 or higher) they must not attend nursery until they are 48 hours free of a high temperature without the use of medication to regulate this.*

Even though your child may appear to be feeling better, it is during this 48-hour window when they are most infectious.

If your child is ill, they must not attend childcare and if your child becomes unwell whilst in our care, we will phone you to request that you collect them. Please tell us if your child has been ill whilst they are away from nursery and if you're not sure, please phone us before you bring your child.

We appreciate your support with this in helping to protect our children and limit the spread of infection.

ADVERSE WEATHER PROCEDURES



With weather warnings coming in thick and fast now, we may be affected by snowy and icy weather over the coming months as winter sets in. If Mother Nature sends severe weather our way, and this results in a nursery closure, the following action will be taken:

- We will inform you by text in the first instance to let you know this has been decided in the interests of health and safety*
- Staff will remain in nursery with the children until they have all been safely picked up*

In the event that there has been severe weather during the night, you should consult the North Lanarkshire Council website on: www.northlanarkshire.gov.uk prior to embarking on the journey to nursery. Similarly if there has been a nursery closure the website will inform you if the nursery is open again.

ACCESSING THE NURSERY:

*During icy weather, when the ground is slippery, the school is required to keep **one** path of access gritted. This will be the pathway through the Primary 7 Playground (Lomond Place side) which will be gritted from the gate, to the Main Entrance of the school.*

Where possible, there will be a pathway gritted from the Rose Street entrance to the Nursery entrance.

If conditions are icy, children should enter via the main school entrance where they will be greeted by a member of the nursery staff and escorted to the nursery. If, at the end of the session, it has not been possible to grit a pathway to the nursery entrance, parents should wait in the school reception and a member of staff will invite them to collect their children from the hall.

Stay tuned to our Twitter for instant messages and updates regarding accessing the school building.

Learning Can Be Messy

Playing outside is so important. I run and jump and get lots of fresh air. Sometimes I might get grass or mud on my clothes.



Using a knife and fork at lunchtime is tricky! Sometimes I get food on my clothes!

I sometimes get pen and paint on my clothes! This is because I am developing creative skills and exploring lots of different ways of making amazing art!



Our mud kitchen is so much fun! I use all my senses, which is so important for my development. It also helps me use my imagination and practise playing with my friends nicely!

Exploring in the water tray is giving me lots of maths and scientific skills! I love pouring, filling and emptying! I usually wear an apron but sometimes my clothes get wet!



twinkl visit [twinkl.com](https://www.twinkl.com)

Exploring with playdough and other messy play resources like foam or food, helps me to develop fine motor control and build up muscles and coordination in my hands and fingers. I will need these when I learn to write.



When I get messy, I have been showing curiosity, determination, persistence, imagination and confidence!

KEEP IN TOUCH

Newsletters

Newsletters will continue to be delivered electronically and will be sent out in the following months:

- August/September
- October (this one)
- December
- January/February
- May



Follow us for important updates and information, and to see pictures of the children's learning on:

Learning Journals



Twitter

@StHelensNLC



Information on Early Learning and Childcare

www.parentclub.scot

<https://elcnorthlanarkshire.scot/parents.html>

DATES FOR YOUR DIARY

Day	Date	Event
Thursday	31st August 2023	Nursery Photographs
Thursday	7th September 2023	Come and Learn about Nursery 6.30pm School hall Parents/Carers only
Tuesday	19th September 2023	Vision Screening for Pre-school children in nursery
Friday	22nd September 2023	HOLIDAY
Monday	25th September 2023	
Tuesday	26th September	Nursery re-opens
Week beginning	9th October 2023	Settling In Update from Key workers
Week of	16th October 2023- 20th October 2023 (inclusive)	HOLIDAY
Monday	23rd October 2023	Nursery re-opens
Monday	6th November 2023	Blue Group Come and Play (afternoon)
Tuesday	7th November 2023	Red Group Come and Play (afternoon)
Wednesday	8th November 2023	Green Group Come and Play (afternoon)
Thursday	9th November 2023	Orange Group Come and Play (afternoon)
Friday	10th November 2023	Yellow Group Come and Play (afternoon)
Monday	13th November 2023	INSET—Nursery Closed
Monday	4th December 2023	PLP Tracker out to Parents/Carers
Wednesday	6th December 2023	Nursery Christmas Lunch
Friday	8th December 2023	Christmas Jumper Day (school and nursery)
Thursday	21st December	Nursery Christmas Fun Day
Friday	22nd December	Nursery closes at 2.45pm for Christmas Holidays

DATES FOR YOUR DIARY

Day	Date	Event
Monday	8th January 2024	Nursery re-opens
Monday	12th February 2024	HOLIDAY
Tuesday	13th February 2024	HOLIDAY
Wednesday	14th February 2024	Nursery closed—INSET
Thursday	7th March 2024	World Book Day
Monday	11th March 2024	Yellow Group Come and Play (afternoon)
Tuesday	12th March 2024	Blue Group Come and Play (afternoon)
Wednesday	13th March 2024	Orange Group Come and Play (afternoon)
Thursday	14th March 2024	Red Group Come and Play (afternoon)
Friday	15th March 2024	Green Group Come and Play (afternoon)
Monday	18th March 2024	PLP tracker home to Parents/Carers
Thursday	28th March 2024	Nursery closes at 2.45pm for Spring Holiday
Friday	29th March 2024—12th April (Inclusive)	HOLIDAY
Monday	15th April	Nursery re-opens
Thursday	2nd May 2024	INSET—Nursery closed
Monday	6th May 2024	HOLIDAY
Friday	24th May 2024	HOLIDAY
Monday	27th May 2024	HOLIDAY
Friday	7th June 2024	Nursery Fun Day
Monday	10th June 2023	Nursery Reports out to Parents/Carers
Thursday	13th June 2023	Nursery Parents' Night

DATES FOR YOUR DIARY

Day	Date	Event
<i>Tuesday</i>	<i>25th June 2024</i>	<i>1.30pm Nursery Graduation/End of Term celebration (all children to attend)</i>
<i>Wednesday</i>	<i>26th June 2024</i>	<i>Nursery closes at 2.45pm for summer</i>