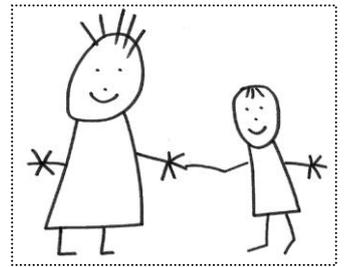


St Michael's Nursery Newsletter

March 2026



Dear Parent/Carer,

Welcome to our newsletter, which will outline some of the exciting things we have planned for the next couple of months within the nursery.

As the weather (hopefully) starts to improve can we please remind parents to ensure that all children have appropriate clothing for going outdoors and that your child's name is on everything that they bring into nursery with them.

Thank you for sending your child to nursery with no laces on, it is a great help for when we are getting the children ready to go outdoors. Even as the weather improves, wellies are great for nursery as it means that the children can play happily in our eco garden and mud kitchen.



Staffing

We are delighted to welcome Miss Hendry back to our nursery after her maternity leave. She will work on a Monday, Tuesday and Friday. We have also welcomed two students into our nursery recently. Miss McGuire will be with us every Wednesday and Miss McPake on a Thursday and Friday for the next few weeks.



Parents' Meetings

Our parents meeting will be taking place throughout the week beginning 23rd March. Please look out for the appointment sheets in the nursery foyer where you can book a slot with your child's Key Worker to discuss their progress.

New Procedures

Staff enjoyed the time we had to sit together, discuss and plan new improvements at our recent in-service day. Moving forward, at the end of our Term Time session (towards 3pm) we are going to sit the children in their groups with their Key Workers and parents can come into the nursery to collect their child from their allocated table. This will allow parents to speak with staff about their child's day and any new or updated targets the children may have. I hope you will find this useful. Parents of our AM children can speak with staff when they drop off in the morning as the nursery is quieter at this time, and parents of PM children have this same valuable time at the end of their child's day.

Parents' Committee

Many thanks to the parents that came along to our recent committee meetings and provided valuable feedback on the service we provide for all children. The minutes from this meeting have already been sent out for you to read but the main topic we discussed was the re writing of our Vision, Values and Aims. These are now going to be published and displayed in the nursery foyer so please have a look if you see them. The children will also have their own copy that they will all contribute towards. Any other feedback would be very much appreciated.

Easter Parties

Easter parties will take place on Thursday 2nd April within the children's normal sessions. Look out for photos on the Nursery Team of the children having fun in nursery.

Coffee Morning



The school coffee morning will take place on Friday 6th March at 10.00 a.m.

Everyone is welcome to attend. Should you wish to bring your child along, please collect and return them to nursery by yourselves. We look forward to seeing you there.

World Book Day

World Book Day is on Thurs 5th March so to celebrate this, we are inviting all children to come to nursery dressed as their favourite book character if they would like to. Please do not go to any added expense to provide a costume, we have some in the nursery if required.

The Book Fair will be in the school week beginning 30th March and nursery children and parents will be given the opportunity to visit this during the week. Should you wish to visit, please speak with a member of staff who will take you along. We have a stock of £1.00 off vouchers which will be available at the Book Fair.

This Month's Learning



During the months of March and April the children will be learning about different types of transport and the season of Spring. They will be exploring sounds, letters and words discovering how they work together and using them to learn how to read and write. They will have fun opportunities to create symmetrical pictures and patterns to extend their numeracy skills. The children will have further opportunities to practice their balancing skills to support their coordination, posture and strength.

Stay & Play

We are delighted to be able to invite you back into our nursery to Stay & Play with your child. This is a time when you can come in and shadow what they would normally do within their sessions. It is also a chance to see our routines and for you to speak with them about their activities.

We propose the following dates and times to keep the nursery from getting too busy on any particular day. If your child's allocated day does not suit your own arrangements, then please speak with a staff member.

Monday 16th March - Poppies

Tuesday 17th March - Daisies

Wednesday 18th March - Bluebells

Thursday 19th March - Roses

Friday 20th March - Daffodils

Please join us on the days above between 9.00 - 11.00 a.m. for AM & TT children, 2.00 - 4.00 p.m. for PM children.

Coffee House

We are planning to visit the Moodiesburn Coffee House and the park again in April, and will let you know when plans are made for this.



Duty of Candour

Annually we are required to publish a report regarding our duty of candour. I am pleased to let you know that we have not been required to act on this duty in the past year and that no issues have been reported within the nursery.

Target Setting

Targets are set within your child's own Learning Plan twice a year and more frequently if they achieve their targets and require an updated one. Staff will speak with you about these during our parent's meetings. If extra targets are required as the children have met them sooner than expected, these will be put in place and communicated with you via the Learning Journals.

Nursery to Primary Transitions

I will shortly be sending out packs to all children who will be joining us for Primary 1 in August. Keep a look out for further information.



Easter Sessions

We are hoping to have 1 session for all AM and PM children during the two-week Easter break. A member of staff is going to speak with all AM and PM parents to see if this arrangement would suit.

Letter Pronunciation

We have been asked by Primary 1 staff to make you aware of the importance of using letter sounds with your children rather than the capital letter names. When the children begin to learn the letters for reading and writing they focus on the letter sounds (a, b, c, etc.) in order to allow them to blend the letters. Capital letters cannot be blended in the same way and so it is more challenging to teach the children the letter sounds if they are more used to using the capitals. This will be explained further at the Primary 1 transition events.

Uniform

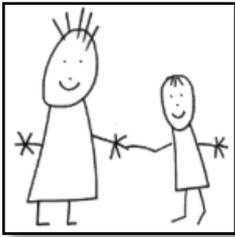


Our children look very smart in their nursery uniforms. If you want to order a green nursery sweatshirt, please go to logoxpres and order directly from there. Any ordered items can be sent to nursery for collection. Wearing these help to protect the children's own, good clothing from getting dirty or damaged while at play in nursery.

<https://www.logoxpres-schoolwear.co.uk/St-Michaels-Nursery/>

NHS Guidance

Please ensure you check your child's hair for Head Lice regularly per the NHS guidance leaflet available at the end of this newsletter.



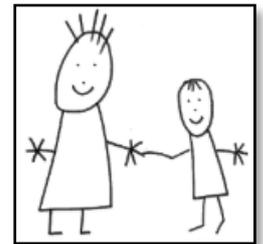
OUR VISION

At St Michael's Nursery, we strive to be a happy, safe, nurturing and inclusive environment where every child feels valued and loved. We are committed to excellence in early learning, working in close partnership with parents and carers to get it right for every child.

Through kindness, curiosity and high-quality interactions, we support children to learn, grow and thrive.

OUR VALUES

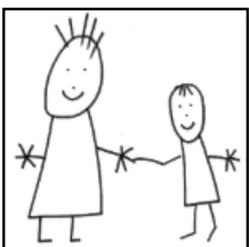
Our practice is rooted in kindness, inclusion and respect. We provide a secure and nurturing environment where children feel safe, confident and supported. We celebrate successes, diversity, promote equality and encourage curiosity, creativity and learning through play. Strong, trusting relationships with families are central to our work, as is fostering children's independence, resilience and compassion. We maintain high standards in early years education and work closely with the school to ensure children feel part of the St Michael's community and experience smooth, positive transitions.



OUR AIMS

We aim to support each child's holistic development across all areas of learning through high-quality interactions and play-based experiences.

We provide a safe, welcoming, enabling and stimulating environment where learning is exciting, challenging and responsive to children's individual interests and needs. By working in genuine partnership with families, valuing home as the first learning environment, and upholding the principles of inclusion, equality and wellbeing, we enable children to become confident individuals and effective contributors. We are committed to developing a skilled, reflective and motivated staff team and to preparing children for successful transitions and lifelong learning.





Beware of mixing your own potion for treatment or repelling lice – it is unlikely to be effective and could be dangerous. In particular, essential oils, such as tea tree, must be used with extreme caution on children and pregnant or breastfeeding mothers. 'Natural' does not necessarily mean 'safe'.



Seek advice from your school nurse, health visitor, pharmacist or doctor about which treatments are effective – not all those on the market are. In particular, there is no evidence that 'electronic zappers', tea tree oil or preparations that claim to contain insecticides of natural origin are effective.

'Alert' letters from schools and nurseries

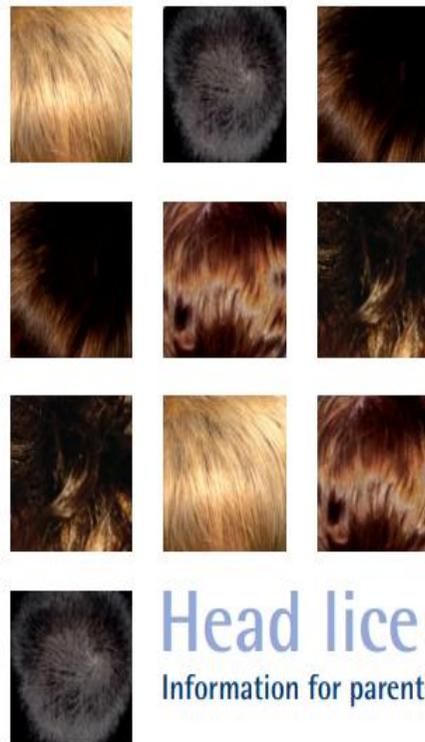
You may find that your school or nursery no longer sends out letters to alert parents that a child in the school has head lice. There are a few reasons for this. Most schools and nurseries are likely to have a few children with head lice at any one time. On that basis, 'alert' letters could potentially be required every day. 'Alert' letters also frequently lead parents to attempt to treat their children preventatively, which is neither effective nor advised. Head lice infection cannot be prevented, and over-use of insecticide treatments may lead to resistance.

Schools and nurseries should, though, provide helpful information for parents about the detection and treatment of head lice infection on a regular basis, for example at the start of a new term.

We are happy to consider requests for other languages or formats. Please contact 0131 536 5500 or email nhs.healthscotland-alternativeformats@nhs.net

This leaflet complements the Scottish Government's Health Department's national guidance for professionals, *Guidance on Managing Head Lice Infection in Children*.

www.healthscotland.com



Head lice Information for parents



Head louse eggs take up to 10 days to hatch. Baby lice take 6–14 days to become fully grown, and it is after this that they will take the opportunity to move from head to head during close contact. Younger lice tend to remain for a minimum of 6 days on the head where they have hatched.



Treatment is only needed when a thorough check detects live lice. Insecticide lotion, rinse, mousse or shampoo should never be used preventatively – doing this may help the lice to become resistant to treatment.

1965 9/2012 © NHS Health Scotland 2011, 2012 ISBN: 978-1-84485-025-9



Facts about head lice

- Head lice are small, six-legged wingless insects that live on the hair close to the scalp where it is warm and easy for them to feed.
- They are pin head size when they hatch, less than match head size when fully grown and are difficult to see in the hair.
- The eggs are glued individually to hairs near the scalp. Unhatched eggs are dull in colour and hard to see, but after the lice have hatched the empty egg sacs – called 'nits' – are white and easy to see. Many people mistake the empty egg sacs or nits for head lice when they are actually evidence of a previous infection of head lice.
- Head lice are easily missed in dry hair and do not necessarily cause itching. There are often only 10 lice or less on a head.
- Head lice can't fly, jump or swim. They spread from person to person by climbing swiftly along hairs during close head-to-head contact.
- Head lice are not fussy about hair length or condition – clean hair is no protection.
- Head lice are not harmful.
- Head lice infection is common. Anyone with hair can get them, but children who put their heads together a lot tend to get them more often.



Detection

Head lice can't be prevented but regular checking ensures early detection and treatment if necessary. The best detection method is wet combing (see below). Parents and carers should aim to check their children's hair once a week during hair washing. You need your usual shampoo, ordinary conditioner and a louse detection comb. Remember that you are looking for living, moving head lice – the only evidence that your child has a head lice infection. The comb must be fine enough and robust enough to catch the lice. Your pharmacist will be able to recommend a suitable one.

Treatment

There are three treatment options. One is to use insecticide lotion, another is silicone oil (such as dimeticone) and the third is removal by Bug Busting (see right). These are all available on the Minor Ailment Service from your pharmacist, on prescription from your doctor and from nurse prescribers (some practice nurses and health visitors). You can also buy them over the counter at your local pharmacy.

Lotions and silicone oils

You can ask your school nurse, health visitor, pharmacist or doctor about which lotion or silicone

oil is most effective. People with asthma or allergies, pregnant or breastfeeding mothers, and parents or carers of very young children should always ask their doctor or pharmacist about which treatments are safe for them.

Note the following advice for using lotions or silicone oils:

- Do not use lotions or silicone oils unless you find a living, moving louse. Head lice may become resistant to lotions if they are used too often.
- You should not repeat the treatment at intervals of less than one week or apply it for more than three consecutive weeks as this will not increase its effectiveness.
- Silicone oil coats head lice and interferes with the water balance of the head lice. It is not an insecticide, so resistance is not a problem.
- If live head lice are still being found after two different treatments, ask your doctor, pharmacist, health visitor or school nurse for advice.
- Follow the instructions on the packet carefully. These will tell you how to apply the lotion or silicone oil, how long to leave it on the hair and when any repeat application is required for the treatment to be effective. The treatment method may vary between different lotions.

- Although the lotion will kill the lice, it will not kill the eggs. You will need to apply the lotion again after seven days to kill any newly hatched baby lice. With silicone oils, the oils seem to work on the eggs but two applications are still recommended.
- Again, this procedure may vary between different lotions, so follow the instructions on the packet carefully.
- Treatment does not prevent infections.

Bug Busting

This is a non-insecticide alternative to lotions that involves combing out all lice with a fine-toothed detection comb using the wet combing method described below. To be effective, Bug Busting needs to be repeated every three days for up to three weeks to ensure that all head lice are removed.

The 'Bug Buster Kit' is available on the Minor Ailment Service and on prescription. Only one kit is required for a family and it is reusable. The kit, which includes an illustrated guide and comb for the detection and removal of head lice, is available from community pharmacies and also by mail order from:

Community Hygiene Concern
(Charity reg no: 801371)
22 Darin Court, Crownhill, Milton Keynes, MK8 0AD
Help Line: 01908 561 928
Web site: www.chc.org



Wet combing

- 1 Shampoo the hair, rinse, apply lots of conditioner and use a wide-toothed comb to untangle and straighten.
- 2 Once the tangles have gone, section the hair and comb with the fine-toothed detection comb from root to end. Comb one section at a time, paying particular attention to the back of the neck and the area around the ears.
- 3 Check the comb for live lice between each stroke and remove them.
- 4 When the whole head of hair has been combed through and checked, rinse off the conditioner.

Photographs from Community Hygiene Concern

- 5 Check all family members at the same time and arrange treatment if lice are found.

If you discover head lice, inform any close contacts, so they and their families know they should check too. The time required to wet comb the whole head can range from two minutes for short, straight hair to 30 minutes for long, curly hair.