



SUFFIELD PARK NURSERY NEWSLETTER



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Welcome to 2022 at Suffield Park Nursery



Welcome to the Spring term at Suffield Park Nursery! We would like to offer a big welcome to all our new families joining us this month. There are room changes for some children this month too, so a big start to the year and everyone has settled really well. We also have 2 new members of staff **Amy Price** and a lovely return for **Ayesha Harris**

So that you can plan your diary for 2022, here are the holiday dates and when nursery is completely closed for all children this year.

Monday 14th - Friday 18th February - Half Term (open for all year children)

Monday 4th - Thursday 14th April - Easter holiday (open for all year children but **CLOSED Friday 15th & Monday 18th April as Bank Holidays**)

Monday 2nd May - **Nursery CLOSED for Bank Holiday**

Monday 30th May - Friday 3rd June - Half Term (open for all year children Monday - Wednesday) **CLOSED Thursday 2nd & Friday 3rd June for Bank Holiday**

Monday 25th July - Monday 5th September - Summer Holiday (open to all year children but **Nursery is CLOSED Monday 15th August to Monday 29th August inclusive**)

Monday 24th - Friday 28th October - Half Term (open to all year children)

Monday 19th December - Monday 2nd January 2023 - **Christmas Holiday Nursery CLOSED**, reopens for all year children Tuesday 3rd January 2023 and term children Wednesday 4th January 2023.

If your child is all year round, they will automatically be on our registers during school holidays, so if there are any dates that you know you will not need, please let the Office know. Also if you would like to book any extra holiday sessions, again just enquire at the Office and we can advise of availability and prices where necessary.



Covid-19 Guidance for Nursery



We are asking that adults who are dropping off or collecting children from the nursery, to please wear a face covering while they are on site. All staff will be wearing a face mask during handovers, and whilst in communal areas of nursery and school. These are not worn whilst in their main rooms with your child. Thank you for your vigilance so far in keeping the nursery safe.

We are asking for your help to continue this support by keeping children home if they have the common Covid 19 symptoms of: **a high temperature, continuous cough or have lost their smell/taste.** The guidance from Monday 17th January 2022 is if you have a positive test result (lateral flow or PCR) you must isolate for at least 5 days. When advising the Office of your result we can let you know when your child can return to Nursery.

We also ask that you do not send children into nursery if you have given them any paracetamol or ibuprofen product in the morning for any other reason, as it may mask symptoms if your child falls ill during the day with us. If a child does have a high temperature or continuous cough at nursery, we will be isolating the child with a member of staff and ask that a parent collects immediately and to test for Covid-19. More information can be found at www.nhs.uk

Healthy Start



If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit onto this card every 4 weeks. You can use your card to buy:

★plain liquid cow's milk ★fresh frozen, and tinned fruit and vegetables ★fresh, dried, and tinned pulses ★ infant formula milk based on cow's milk

You can also use your card to collect: Healthy Start vitamins – these support you during pregnancy and breastfeeding and vitamin drops for babies and young children – these are suitable from birth to 4 years old. You can access information about the scheme at www.healthystart.nhs.uk

New Better Health



New campaign launched to help parents improve children's diet

The government's New Better Health campaign, including a new NHS Food Scanner App has launched to help parents improve their children's diet.

Families will be given support to help to improve the diets of their children through a new campaign as the new statistics reveal the number of parents giving unhealthy snacks to their children has increased during the pandemic.

Families can scan the product barcodes from their shop and the app will suggest healthier alternatives to help them make an easy swap next time they shop. The app uses a 'Good Choice' badge to help signpost people to healthier food and drinks in line with the government's dietary recommendations for added sugar, saturated fat and salt.

The NHS Food Scanner App provides parents with the ideal hack to improve their children's health in 2022. Just search 'Food Scanner App' in your app store. Links will also be put onto Tapestry and our Facebook page.



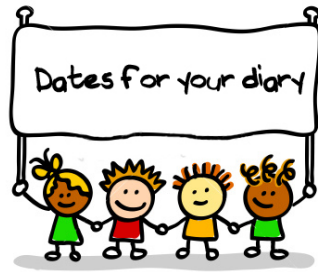
Playgroups and Parent Groups

During the past couple of years, these lifeline groups halted, but slowly they are starting up again in our area. We have linked a few on our Facebook page and on Tapestry. If you know of any, please let us know and we can shout about them!

Do make sure that you like our Facebook page to find out more
www.facebook.com/SuffieldParkInfantandNurserySchool.Cromer

Sunny Days Playgroup starts on Tuesdays from 25th January at Northrepps Village Hall

Emma Peck has arranged a meet at Cromer Parish Church for preschoolers Thursdays from 13th Jan 9.30-11.30am



Saturday 15th January - Closing date for school admission applications September 2022

Wednesday 19th January - Closing date for 2y & 3/4y funding forms

Tuesday 1st February - Chinese New Year

Monday 14th - Friday 18th February - Half Term - open for all year children

Tuesday 1st March - Pancake Day (Shrove Tuesday)

Thursday 3rd March - World Book Day

Friday 18th March - Red Nose Day

Monday 21st March - Kep Person Catch up week - details will follow on Tapestry

Spring Clothing

With a busy Spring Term ahead we have lots of exciting activities planned for your children inside and outside, and we need your help! Please make sure that you send your child to nursery with warm coats, hats and wellies for our outdoor activities. Also we appreciate spare layers to be sent in with your child so that in the case of getting wet or dirty, or indeed any toilet accidents, there are dry clothes we can change them into.

The woods and outside areas are wet and muddy at the moment, so please do not dress your child in "best clothes". We are outside being busy and want them to enjoy themselves, so they will get dirty. Of course to help make sure that all clothing is returned to the right home, we appreciate that you name and label all items of clothing. Thank you for your support!

