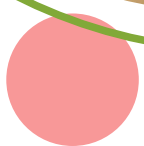




Spring 2025 Newsletter



RECENT HIGHLIGHTS AND NEXT STEPS!

Under 2s



This month, the children have been focusing on Space. They have enjoyed using paint dabbers to make marks on paper rockets, with staff engaging them in conversations about the colours they can see. The children are also excited to be baking biscuits in circular shapes, decorated with different colours to resemble planets in our solar system.

In February, our theme will be Health and Self-Care. The children will have the opportunity to use big toothbrushes to brush large plastic teeth, with shaving foam representing toothpaste. We're also excited to have a new kitchen and wooden foods in the room, allowing us to talk about healthy eating while engaging in role play activities.

In March, our theme will be My Family and Me. We kindly ask parents to bring in or email a family photo that we can add to a book for the children to explore. We will also focus on the children's favourite activities for the month. Many enjoy messy play, while others love moving vehicles, so we will plan activities around their interests.



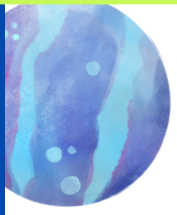
RECENT HIGHLIGHTS AND NEXT STEPS!

2-3s

In January, the 2-3s explored Space! The children engaged in sensory play with lights, textures, and sounds. They created their own planets using glue, paint, and paper, and even baked and decorated biscuits to resemble planets and the solar system. Additionally, we made bottle rockets using mentos and fizzy drinks for some exciting experiments!

In February, our focus will be on Health and Self-Care, where we will explore the importance of good hygiene and a healthy diet. The children will practice brushing their teeth using large teeth and toothbrushes, as well as disposable toothbrushes and toothpaste to brush their own teeth. We'll also introduce potty training with dolls and books to help encourage independent toilet use.

In March, we'll focus on My Family and Me. We will ask parents to send in a family photo to share with the group during circle time, as well as any photos of pets and favorite toys. The children will create their families using paper, stickers, tissue paper, and other materials for a fun, messy play experience. We'll also explore different cultures and celebrations, including Eid, Holi, and Easter, to learn about the diverse ways families celebrate.



RECENT HIGHLIGHTS AND NEXT STEPS!

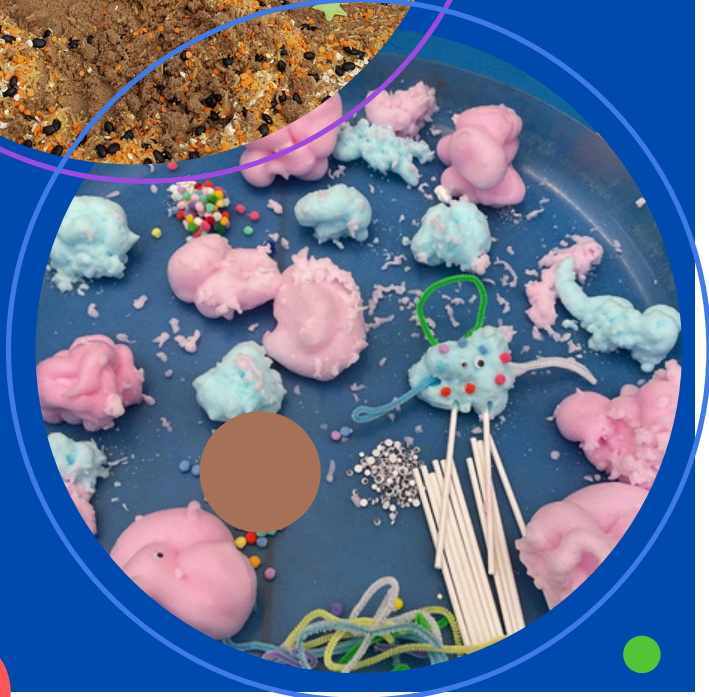
Pre-school



In January, we immersed ourselves in Space! We talked about stars and planets, created galaxies, built rockets, and even looked for aliens. It was an exciting month full of discovery and fun!

In February, our focus will be on Health and Self-Care. We'll discuss important topics like brushing our teeth, eating healthy foods, washing our hands, and why we visit the doctor.

In March, we will focus on Ourselves. We'll talk about our favourite things, make self-portraits, look in mirrors, and explore our place in the community.





FOREST SCHOOL

NEWS

Our Forest School sessions have been full of exciting experiences! The children have been busy cooking hot dogs, pancakes, and enjoying hot chocolate over the fire. No matter the weather, they've been embracing the outdoors and having a fantastic time.

We're now incorporating more fire activities, giving children the chance to cook in a safe and controlled environment while learning new skills. We have now introduced a healthy menu for our fire cooking sessions, allowing children to experience preparing nutritious meals over the fire in a safe and controlled environment. This is a wonderful opportunity for them to learn about nutrition while enjoying the fun of outdoor cooking.

We can't wait for more adventures ahead!



DATES FOR THE DIARY

17 February – 21 February Spring Half Term (Term Time Only Children)

06 March 2025 – World Book Day (Dress up)

04 April Last Day of Spring Term (Term Time Only Children)

18 April 2025 – Good Friday – Nursery Closed for all children

21 April 2025 – Easter Monday – Nursery Closed for all children

22 April 1st Day of Summer Term (Term Time Only Children)

28 April 2025 – Parents' Evening

26 May – Spring Bank Holiday – Nursery Closed for all children

26 May 2025 – 30 May 2025 Summer Half Term (Term Time Only Children)

12 June 2025 – Sports Day

19 June 2025 – Sports Day Back up

17 July 2025 – Preschool Graduation

18 July 2025 – Last Day of Summer Term (Term Time Only Children)

25 August 2025 – Summer Bank Holiday – Nursery Closed for all children



Thank you to those participating in the Enjoy Benefits scheme! Your support has helped us purchase new outdoor toys, resources, and even host a staff breakfast, enhancing the nursery experience for all. If your employer offers similar benefits, we encourage you to take part—every contribution makes a difference in improving our nursery for the children.

STAFF UPDATES

We are pleased to welcome Jenna to the nursery! Jenna has recently joined us and has been appointed as the Joint Room Leader for the 2-3s and Joint Deputy Manager.

We are also delighted to announce that two new members of staff, Becky and Mariama, have recently joined our team. Please join us in giving them a warm welcome!

Additionally, we are pleased to celebrate Kenze, who has been with us for three years—thank you for your dedication!

Finally, we had to say goodbye to Stephanie and Lucy G. We wish them all the best for the future.

GENTLE

REMINDERS

Label Belongings – Please name all your children's clothing and belongings.

Buggy Park – We are happy to store small buggies only if you're unable to take it back with you, but it has to be collapsed.

Policies – If you would like to view our policies these are available on our website or alternatively please [click here](#).

Weather-Appropriate Dress – Ensure your child is dressed appropriately for the weather.

Preschool Forest School – Please make sure that your child is wearing appropriate shoes. No flip flops, sandals, or Crocs, as they do not offer the right support and coverage for your child's feet.

Early drop offs and late pick-ups – will be charged as per the nursery policy. So please drop and collect your child on time.

Food/Drink – Please don't send your child/ren to the nursery with any food or drink from home. This is to ensure the safety of all children.

Extra sessions required – Please email: office@acorn-to-oak-nursery-and-preschool.co.uk

MESSAGE FROM OUR SENCO

At Acorn to Oak Nursery and Preschool, we support all children to learn and thrive. As our SENCO, Alicja works closely with families to ensure children with additional needs receive the right support early.

If you have any concerns about your child's development—such as speech, social skills, or sensory needs—you can speak to Alicja or request an appointment with her. Early support can make a big difference!

POTTY TRAINING

Potty training is an exciting milestone for both parents and children. To support you through this process, check out the comprehensive resources available at <https://eric.org.uk/potty-training/>. This site offers valuable tips and guidance to help make the transition smoother and more effective.

DEVELOPMENT MATTERS

If you would like to know more about Development Matters, please [click here](#).

THE LULLABY TRUST

The Lullaby Trust website is an invaluable resource for parents, providing essential information on safer sleep practices for babies. It offers evidence-based guidance to reduce the risk of sudden infant death syndrome (SIDS), detailed advice on sleep positions, temperature control, and safe sleep environments. The site also includes supportive resources for bereaved families, practical tips for new parents, and information on various campaigns and research initiatives. By visiting lullabytrust.org.uk, parents can access a wealth of knowledge to ensure the safety and well-being of their infants.

SPEECH AND LANGUAGE

The Speech and Language UK website is a comprehensive resource dedicated to supporting families with children who have speech, language, and communication needs. It offers practical advice, expert tips, and a variety of tools to help children develop vital communication skills. Parents can find information on recognizing early signs of speech and language difficulties, strategies for supporting their child's development at home, and guidance on accessing professional help. The site also provides resources for educators and therapists, ensuring a well-rounded approach to supporting children's communication needs.

Visit speechandlanguage.org.uk/help-for-families/ for more information.

HEALTHY TEETH

Tips for parents/carers and guardians

1. Start Early

Begin brushing as soon as the first tooth appears, typically around 6 months.

Use a soft baby toothbrush and a smear of fluoride toothpaste.

2. Brush Twice a Day

Brush your child's teeth in the morning and before bedtime, ensuring good habits early on.

Use a small, pea-sized amount of fluoride toothpaste for children aged 3 to 6.

3. Supervise Brushing

Children may need help brushing their teeth until at least the age of 7 to ensure they're doing it correctly.

Show them how to brush in small circular motions, covering all surfaces of the teeth and gums.

4. Make Brushing Fun

Use a timer or play their favorite 2-minute song to make brushing enjoyable.

Let them choose a fun toothbrush with their favorite character or a colorful design.

5. Create a Routine

Establish a consistent routine to encourage regular brushing.

Brush at the same times every day to make it a habit.

6. Use Positive Reinforcement

Praise or reward your child for brushing their teeth well or independently.

Consider using a reward chart to track progress and celebrate milestones.

7. Lead by Example

Brush your teeth alongside your child to model good behavior and make it a shared activity.

8. Check Their Technique

Ensure they brush for 2 minutes, covering all areas, including the back teeth.

9. Avoid Sugary Snacks

Limit sugary snacks and drinks, which can contribute to tooth decay.

Encourage water as a drink of choice and healthy snacks.

visit the dentist!

Visiting the dentist is free for pregnant women and all children under 18. We strongly encourage parents to register their children with a dentist and schedule a visit if they haven't already done so. Regular dental checkups help prevent tooth decay, catch potential issues early, and support healthy oral development as your child grows.

Take your child to the dentist when their first milk teeth appear. This helps them become familiar with the environment and get to know the dentist. The dentist can offer advice on preventing decay and spotting any oral health problems early. Just having your child open their mouth for the dentist to take a quick look is great practice for future visits.

When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

To find an NHS dentist near you, visit the link below or scan the QR code.

<https://www.nhs.uk/service-search/find-a-dentist>



ONLINE SAFETY

tips for parents of children 0-5 Year olds

Checklist:



Put yourself in control

Make use of parental controls available on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website.



Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube and it is possible to lock these so that they can't be inadvertently removed. You can find out more by visiting the Google Safety Centre. Once you've put all of these controls in place have a browse and search for a few things to see what your children might see, if they were to do the same.

Remember that voice-activated search works really well now.



Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a shared spaces like a lounge or kitchen. Make sure to keep other devices out of reach and use passwords so they can't go online without asking you first. It's also a good idea to have tech-free mealtimes and not to allow children to have devices in their bedrooms at this age.

Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.



Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. Choose a variety of safe and educational online games and apps to play with your child so that you'll feel more comfortable with them exploring. Make use of websites and platforms designed specifically for pre-schoolers like CBeebies, YouTube Kids, Nick Jr, and use age ratings and reviews in the app store to check app suitability