



# Oakengates Nursery School



## Newsletter

### Autumn Term: Week 6

Dear Parents and Carers,

As the leaves begin to turn and the air grows crisp, we are excited to welcome a new theme in our nursery: 'Let's Celebrate Autumn!'

Throughout the next four weeks, we'll be exploring the wonders of the season with the children—celebrating the colours, sounds, and changes that autumn brings. Our activities will include:

- Nature walks to collect leaves, conkers, and other autumn treasures
- Creative arts and crafts using natural materials
- Stories and songs inspired by autumn themes
- Sensory play with autumnal textures and scents

This theme offers rich opportunities to support children's communication and language development, as well as their understanding of the world around them.

To help extend learning at home, we will be sending a small task over the next few weeks: please go on an autumn walk with your child and collect a few natural items (such as colourful leaves, acorns, or pinecones) to bring into nursery. You might also like to talk about what you see, hear, and feel during your walk. We'll use these items in our classroom to spark conversations and creativity.

Kind Regards,

*Hannah Firmstone*

Early Years Lead & SENCo





## NURSERY RHYME OF THE WEEK

We all know how important early communication skills are for your child's development — and parents play a vital role in this journey.

Singing songs and reading stories at home are two of the most powerful ways to support your child's language and communication. These activities help children:

- Hear and learn new words
- Understand rhythm and sentence structure
- Develop listening and attention skills
- Build confidence in expressing themselves

Even just a few minutes a day can make a big difference!

Each week we will be focusing on a new nursery rhyme. Singing it together at home helps your child join in with familiar words, actions, and sounds — and it's a lovely bonding moment too.

Our rhyme next week is:

'One potato, two potato'

Click on the potato to listen to it:





## DID YOU KNOW.....



Some children in our setting may be eligible for the Early Years Pupil Premium Grant (EYPPG) to support their learning and development in our nursery. The EYPPG is additional funding given to early years settings to help improve outcomes for children who may need extra support. We follow a tiered approach to ensure this funding has the greatest impact, based on guidance from the Education Endowment Foundation (EEF).

More information may be found on our website:

<https://www.oakengatesnurseryschool.co.uk/discover-our-nursery/key-information/early-years-pupil-premium-grant-eyppg>

Your child may be eligible for early years pupil premium funding if they are aged 3 or 4 and receiving funded early education, and you meet one of the following criteria:

Income Support

Income-based Jobseeker's Allowance

Income-related Employment and Support Allowance

Universal Credit (with annual net earnings under £7,400)

Support under Part VI of the Immigration and Asylum Act 1999

The guaranteed element of State Pension Credit

Child Tax Credit (without Working Tax Credit)

Working Tax Credit run-on (paid for 4 weeks after stopping Working Tax Credit)

Your child is currently in local authority care

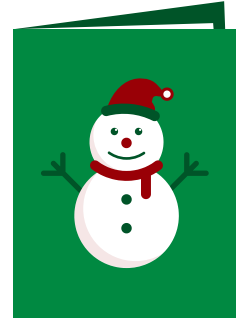
Your child has been adopted from care

Your child is subject to a Special Guardianship or Child Arrangements Order



# CHRISTMAS CARDS

## Cauliflower Cards



We are fundraising for the nursery by turning your child's artwork into beautiful printed cards, wrapping paper, mugs and other items.

Your child will come home with an order form and their original artwork.

To place an order:

1. Follow the link provided on the order form
2. Once ordered, return the original artwork attached to the order form to nursery
3. Your goodies will be delivered to nursery!





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Co-operative Council

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# Apply online NOW



# Starting school?

Closing date for applications:

**15 January 2026**

If your child has an Education, Health & Care Plan (EHCP) the closing date is **31 October 2025**.

**[www.telford.gov.uk/admissions](http://www.telford.gov.uk/admissions)**



- n* You **must** apply if your child was born between 1 September 2021 – 31 August 2022.
- n* You **must** apply even if your child is attending a nursery or pre-school on a school site or you have a child already attending the school.
- n* You are advised to list four schools on your application form, including your catchment area/nearest school.
- n* Attending a nursery does **not** guarantee a school place.
- n* School places are allocated in line with oversubscription criteria.
- n* See website for more information **[www.telford.gov.uk/admissions](http://www.telford.gov.uk/admissions)** or contact School Admissions at **[admissions@telford.gov.uk](mailto:admissions@telford.gov.uk)**





## KEY DATES



Date	Event
W/B Monday 13 <sup>th</sup> October	Stay and Play
Monday 13 <sup>th</sup> October	Visitor from the Gurdwara to celebrate Diwali
Friday 17 <sup>th</sup> October	Tempest Photography to take autumn nursery photos.
Monday 20 <sup>th</sup> October	Talk Pants Week
Wednesday 22 <sup>nd</sup> October	 Diwali Workshop
Friday 24 <sup>th</sup> October	A Visit From 'Pantosaurus' as part of the 'TALK PANTS' Week 



## SOCIAL MEDIA

Click on the image to access our facebook page



## Your Child's Learning

Don't forget to check out our website to find out about all the exciting things the children have been learning about this week:



## Admin Office Opening Hours

The office operates from Monday to Thursday, with opening hours from 7:30 AM to 3:45 PM.

On Fridays, the office closes earlier, at 1:00 PM.

Should you need assistance or have any inquiries outside of these hours, you can call the out-of-hours phone on **07340 751171**.

This ensures that support or urgent matters can be attended to even when the office is closed.





## FAMILY SUPPORT



Being a parent is one of the most difficult tasks there is; most families need support at times to help their children and young people thrive, and our ambition is for every family in our borough to receive the right help and the right time, with our community offer having a particular focus on providing advice and assistance at the earliest possible stage as and when challenges arise.

Our Family Hubs offer has expanded, and we are pleased to share the latest developments and opportunities available to families.

We offer daily drop-in sessions across Telford where families can access support without the need for referrals or pre-booked appointments. Parents and carers are very welcome to attend if they are looking for information, advice, support or guidance around any aspect of family life. Should our friendly practitioners not have an immediate answer, we will follow up with them promptly.

The drop-in locations and times are as follows:

**Monday:** Dawley Town Hall, 10:00am – 12:00noon

**Tuesday:** Silver Birch Family Hub, Sutton Hill / Hub on the Hill (alternate weeks) 10:00am – 12:00noon (term time)

**Wednesday:** Southwater Library (Children's Section), 09:30am – 12:00noon

**Thursday:** Arleston Community Centre, Wellington, 10:00am – 12:00noon  
The Hub, Newport, 10:00am – 12:00noon

**Friday:** Donnington Community Hub (Damson Family Hub), 9:30am – 11:30am





# SAFE SLEEPING: TOP TIPS FOR NURSERIES

The impact of safe sleeping guidance is well documented. The Back to Sleep campaign, for example, was the first major initiative to inform parents and carers about placing babies on their backs to sleep; its launch in 1991 contributed to an 83% reduction in cases of Sudden Infant Death Syndrome (SIDS). The Lullaby Trust reports, however, that SIDS continues to claim the lives of more than 160 babies in the UK each year. With an increasing number of babies in formal childcare, it's vital that early years professionals understand and adhere to safe sleeping guidelines.

## THE STARTING POSITION

Place babies on their back with their feet towards the bottom of the cot ('feet to foot') and restore them to this position if they roll onto their stomach. Children older than one year who can confidently roll onto their tummy or side can be allowed to do so – but should still be laid on their back to begin with.

## INSIDE THE COT

Use lightweight, breathable blankets instead of duvets or weighted blankets. Sleeping bags must be the right size, so babies can't slip down inside. Don't cover faces, tuck bedding in or wrap it around them above the shoulders. Remove cot bumpers and extra items like pillows. Check comforters or soft toys for cords or loose parts.

## HAVE A SAFE SLEEP POLICY

Introduce a 'safe sleep policy' in your setting and make it part of new staff's induction. Include information on safe sleep guidelines; hygiene; correct procedures; and guidance on following babies' sleep routines from home.



## PARTNERSHIP WITH PARENTS

Sleep routines and practices may be a concern for some parents whose children are new to nursery. Share your sleep policy with them when discussing their routine at home during the settling-in period. The NHS' and the Lullaby Trust's guidance on safe sleeping may also be helpful to parents.

## HEALTH AND HYGIENE

Babies often dribble during sleep, so consider giving each child their own bedding to maintain good hygiene and avoid cross contamination of any illnesses. Wash bedding and mattress toppers regularly. Wipe down waterproof mattresses with a child-safe cleaning or sterilising solution.

## LAYING NOT SITTING

Avoid putting babies to sleep in an upright position, like a bouncer or car seat. Some buggies can be reclined to allow the baby to lie flat – but while the straps stop them falling out, they could also increase the risk of SIDS. If a baby falls asleep in a bouncer or buggy, move them to a cot or mattress so they're flat on their back again.

## THE SLEEP ENVIRONMENT

Mattresses must be in excellent condition and the proper size for the cot. If using sleep mats, consider where to put them: not close to doors or radiators, or anywhere staff or children might step on or trip over a sleeping baby. Complete regular risk assessments of cots, mattresses and sleep areas to ensure safety standards are being maintained.

## DUMMIES AND BOTTLES

Using dummies while sleeping may reduce the risk of SIDS – but always check with parents before offering a child a dummy. If the baby does sleep with a dummy, avoid using clips or chains as these pose a strangulation risk. Never allow a child to fall asleep with a bottle in their mouth.

## REVIEW REGULARLY

Early years professionals must remain up to date with the latest safe sleeping guidance and research. Training staff, refreshing your own knowledge of safe sleep practices and frequently reviewing your setting's policies, procedures and risk assessments will help to maintain a safe environment.

## FREQUENT CHECKS

Check each sleeping baby every 10–15 minutes to ensure they're breathing and not tangled in bedding. When babies are confirmed to be sleeping safely, document the time of the check and which staff member carried it out.

## TEMPERATURE

The risk of SIDS is higher if babies get too hot: use a thermometer to help you maintain a safe temperature of 16–20°C. If using fans to cool a room, never point one directly at a baby. If it's too cold, use an extra layer of bedding instead of a hat, which may impede a baby's ability to regulate their temperature.

## Meet Our Expert

LEYF (London Early Years Foundation) was formed as Westminster Health Society in 1903, a time of poverty and shockingly high infant mortality. Pre-dating the NHS, it promoted child welfare and family health – breaking new ground by offering professional childcare training, outreach and home visits, drop-in sessions and parenting classes.



The National College

Source: <https://www.lullabytrust.org.uk> | <https://www.nhs.uk/conditions/baby/caring-for-a-newborn/reduce-the-risk-of-sudden-infant-death-syndrome/> | [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1170108/EYFS\\_framework\\_from\\_September\\_2023.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1170108/EYFS_framework_from_September_2023.pdf)



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# Top Tips for Nurseries on Understanding EYFS REFORMS ON FOOD SAFETY AND NUTRITION

The upcoming EYFS reforms, set to take effect in September 2025, will introduce significant changes to food safety practices in early years settings. The reforms impact food handling, staff training, and allergen management, as well as nutritional requirements and menu development. As with all aspects of the EYFS, these changes are to ensure children's health and safety – but what do they mean for your setting?

## SAFER EATING



The reforms introduce new requirements for safer eating practices. It's advisable to address each area of food safety in your setting's policies and demonstrate that appropriate actions have been taken for each. Some changes directly affect your kitchen, while others focus on mealtime supervision and staff training, such as on allergens, allergies and nutrition.

## ALLERGY MANAGEMENT



The proposed changes enhance allergy and anaphylaxis management in early years settings, requiring robust policies that identify children with allergies and address their needs. Staff training is essential to recognise allergic reactions and anaphylaxis – it should also cover emergency responses and adrenaline auto-injector (AAI) use. Anaphylaxis UK advocates for a comprehensive allergy awareness approach across the entire setting, promoting safety for all children.

## INDIVIDUAL HEALTHCARE PLANS



As part of the reforms, settings will be required to have an individual healthcare plan (IHP) for each child with a known allergy. IHPs must clearly outline the child's specific allergen(s), their allergy symptoms, an emergency response plan, and their emergency contacts.

## EMERGENCY PREPARATION



Settings should maintain spare AAIs for emergencies and conduct regular drills to review their procedures. Continuous staff training is vital, ensuring they can recognise anaphylaxis symptoms and properly administer AAIs. Settings may choose any government-approved training body that meets the standards for paediatric first aid, as there's no mandatory provider. This flexibility allows for tailored training that suits each setting's particular needs.

## INTRODUCTION OF SOLID FOODS



The reforms place greater focus on the introduction and preparation of solid foods, requiring an individualised approach based on each child's developmental stage rather than just their age. Ongoing discussions with parents are crucial to understanding each child's readiness for solid foods, keeping both parties informed about the types of food at home and in the setting.

## CHOKING PREVENTION MEASURES



Children must always be within sight and earshot of staff when eating in order to prevent choking incidents. Staff should monitor children for signs of distress and worrisome eating habits, ensuring they document any choking incidents to help them recognise patterns. A valid paediatric first aid certificate is a requirement for adequate meal supervision. Additionally, settings must follow specific kitchen safety practices to minimise choking risks and manage allergens effectively.

## NUTRITIONAL AWARENESS



The changes to early years nutrition help settings understand the importance of menu planning for childhood development. Menus should support development, feature food items that enhance brain function and immunity, and include a colourful, balanced variety of foods. The reforms prioritise cultural relevance and require snacks that provide 10% of a child's daily energy needs. The changes also address health trends, choking awareness, allergy management, and the long-term impact of nutrition on children's development.

## Meet Our Expert

Louise Mercieca is a nutritional therapist and award-winning author dedicated to educating people on the link between food and health. As an early years nutrition consultant, she helps nurseries and catering providers with menu development and staff training on nutrition for child development.



#WakeUpWednesday®

The National College®

Source: <https://www.tosf.org.uk/>

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## FAMILY SUPPORT



**Check out the Better Health,  
Healthier families website!**



This useful website has food facts, recipes, activities and information of children's weight.

**[HTTPS://WWW.NHS.UK/HEALTHIER-FAMILIES/](https://www.nhs.uk/healthier-families/)**

**Shropshire and Telford and Wrekin  
Dental Advice Line**

Do you have an urgent dental problem or need dental advice?

Are you looking for an NHS dentist for routine care?

Monday to Friday  
0800-2100

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excluding bank holidays



Parents Opening Doors  
'Together we can make a difference'  
<https://www.podstelford.org/>



**Right help at the right time**

Did you know that 'The Oak Family Hub' is located at The Wakes and offers free help and support to residents who are navigating their way through parenting?

