



Oakengates Nursery School



Newsletter

Autumn Term: Week 10

Dear Parents and Carers,

What a wonderful week we've had! Together, we paused to remember and give thanks for the amazing people who keep us safe every day. We also had so much fun celebrating Children in Need – the spots were everywhere, and your support made it extra special. Thank you for helping us make a difference!

Next week is full of exciting learning. On Monday 17th November, we'll be joining in Odd Socks Day as a fun way to celebrate our differences and talk about friendship – what it means to be kind and how to be a good friend. It's also Road Safety Week, so we'll be learning how to stay safe when we're out and about.

Thank you for being part of our journey. Your involvement means so much to us and to the children. Have a lovely weekend!

Kind Regards,

Hannah Firmstone

Early Years Lead & SENCo





NURSERY RHYME OF THE WEEK

Next week our nursery rhyme will be of the week will be:



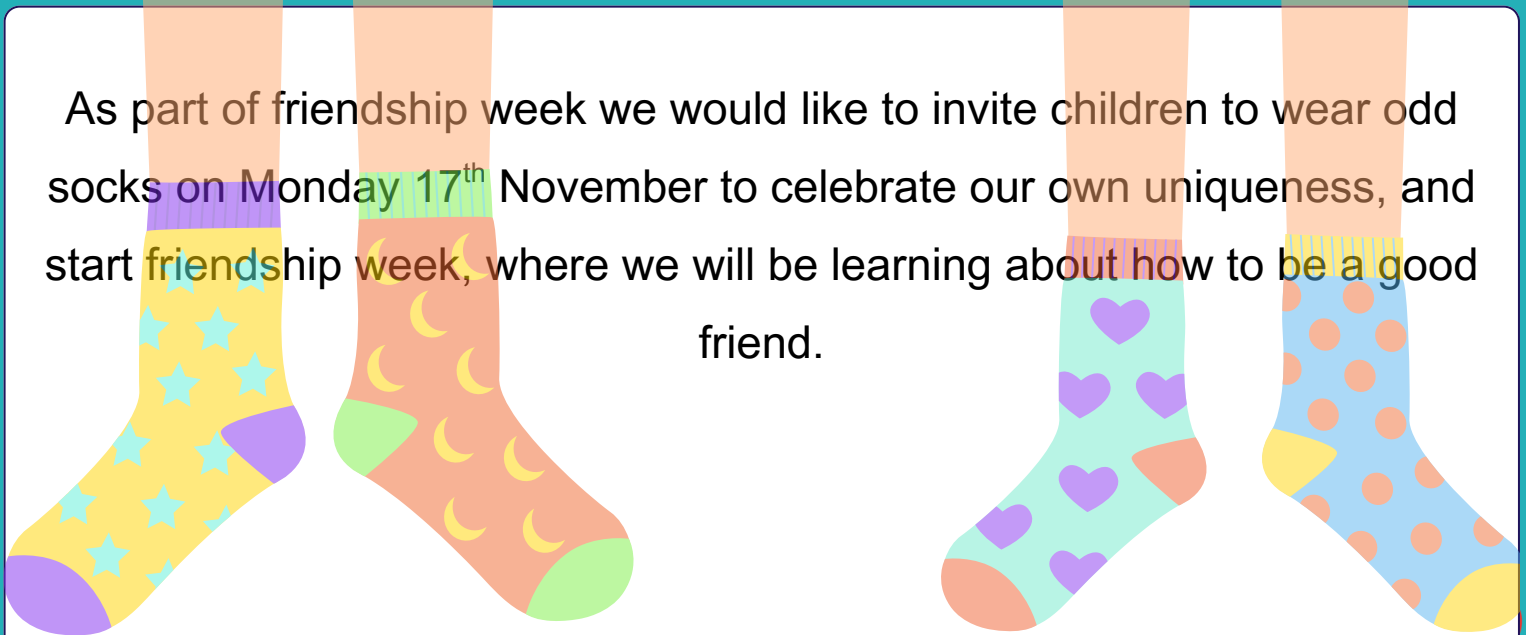
'If You're Happy And You Know It'



<https://www.bbc.co.uk/cbeebies/watch/playlist-something-special-nursery-rhymes/clip/something-special-if-youre-happy>

FRIENDSHIP WEEK

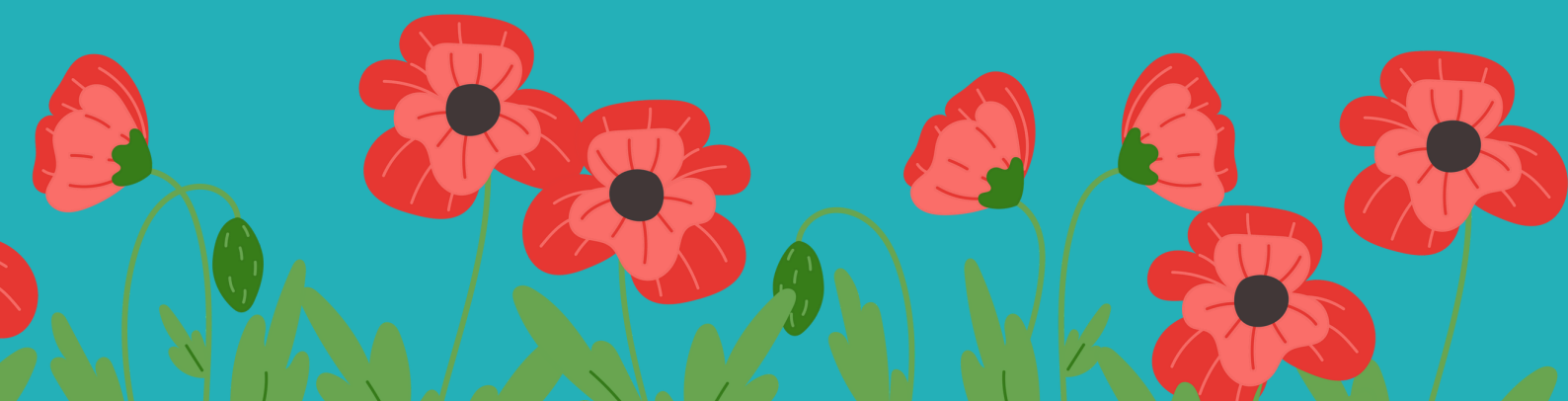
As part of friendship week we would like to invite children to wear odd socks on Monday 17th November to celebrate our own uniqueness, and start friendship week, where we will be learning about how to be a good friend.





CHILDREN IN NEED

Thankyou to everyone
who donated to
Children In Need - we
raised £25!



REMEMBRANCE DAY

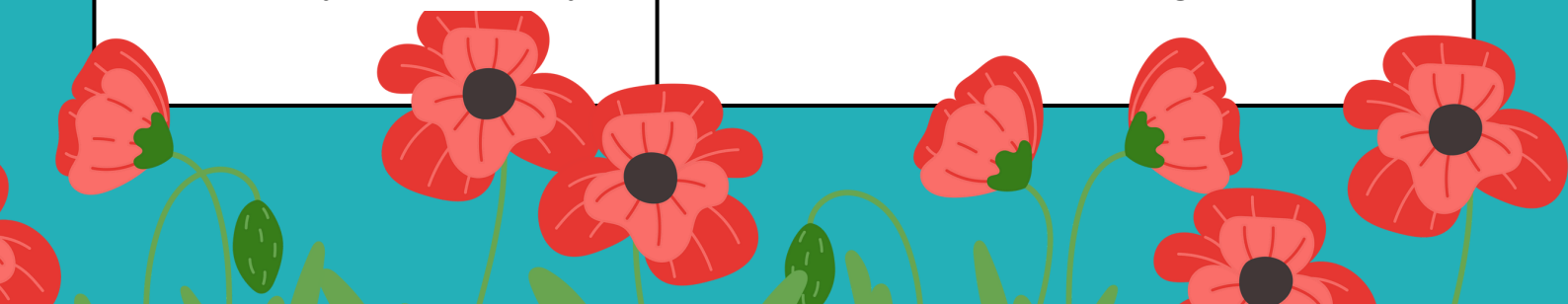




KEY DATES



Date	Event
17 th - 20 th November	Friendship Week and Odd Socks Day
23 rd - 29 th November	World Nursery Rhyme Week
Friday 5 th December	Farm On Wheels 
Thursday 11 th and Friday 12 th December	 Festive Stay and Play
Wednesday 17 th December	Christmas Jumper Day & Christmas Dinner Day
Friday 19 th December	End of the autumn term for term time children.
Monday 22 nd - Tuesday 23 rd December	Holiday Club
Tuesday 6 th January	Start of the Spring Term



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:

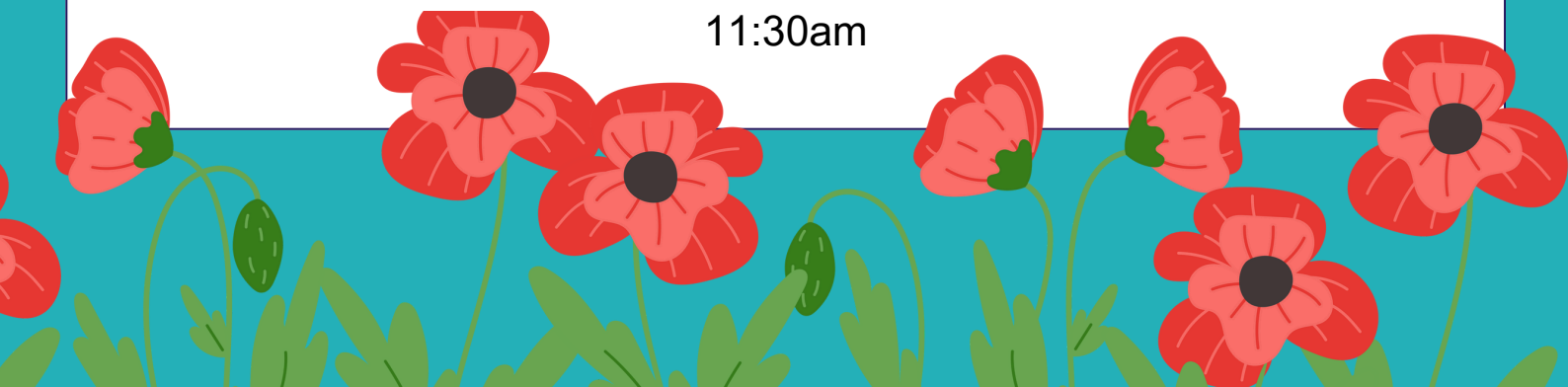
Monday: Dawley Town Hall, 10:00am – 12:00noon

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





FAMILY SUPPORT



Safer sleep for babies

the lullaby trust

Things you can do



Always place your baby on their back to sleep



Keep your baby smoke free during pregnancy and after birth



Breastfeed your baby if possible



Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first six months



Use a firm, flat, waterproof mattress in good condition

Things to avoid



Never sleep on a sofa or in an armchair with your baby



Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



Avoid letting your baby get too hot
Don't cover your baby's face or head while sleeping or use loose bedding

Follow the advice for every sleep, day and night

Sudden infant death syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason. Although you can't know how to completely prevent SIDS, following this advice significantly lowers the risk.

Talk to your midwife or health visitor if you have any questions or concerns, or contact us

020 7802 3200
info@lullabytrust.org.uk
lullabytrust.org.uk





FAMILY SUPPORT



Button batteries can badly hurt or kill a small child if they swallow one



Look

around your home for button batteries. Think toys, lights, remote controls and more.



Check

for products with loose backs and button batteries that have dropped out.



Store

button batteries in a safe place, up high and out of your child's reach.



Dispose

of used button batteries as soon as you can. They are still unsafe.



Act

If you think your child may have swallowed a button battery, go straight to A&E or call an ambulance.



capt.org.uk

[@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

[@capt_charity](https://www.instagram.com/capt_charity)

child accident
prevention trust

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

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.

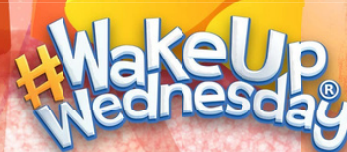
NUTRITIONAL AWARENESS



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.



The National College®



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

01743 237916

Shropshire Community Health **NHS**

**Telford Public Health Nursing
Service
Healthy you, Healthy Future**

Telephone Number
0333 358 3328

Text 07520 619 053

School nurse 07520 619 051

Follow on twitter

@ShropPHNurse

Open 9am-4.30pm

excluding bank holidays



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