



North Star Nursery Parent Newsletter



October 2019

Dear All, Hello and welcome to another newsletter, full of information to help keep you up to date.



Thank you for taking part in the reading programme over the summer. We raised over £100 and read over 300 books between us.

Staff training this year has included:-

- First aid refreshers for many team members.
- Food safety
- Child protection level 1 and level2
- Infant feeding
- Sport
- Adult Mental Health
- Positive Behaviour Management
- ASD

A new initiative from the Department of Education and Literacy Trust to raise children’s development in this area of learning and close the gap where there are seen to be dips in progress. Swindon is seen as a literacy deprived area, with many children knowing and using fewer words than the expected norm.

Buzz words “**Chat, Play Read**”

Take a look at. <https://parent4success.com/2019/04/10/chat-play-read-top-10-tips/>

Dates for your diary

You are welcome to come along to any of the workshops at short notice.

Parent sing-a-long

Wednesday 2nd October 2019 at 4pm

National Poetry Day

Thursday 3rd October 2019

Grandparents Tea

Friday 4th October 2019

Terry Ferris Photography

Tuesday 15th October 2019

Half term

24th October 2019 to 1st November inclusive.

3 and 4 year old Funding workshop

Monday 11th November 2019 at 4pm

Parent sing-a-long Thursday
14th November 2019 at 4pm

Christmas dates to be confirmed but expected to be
Christmas sing along
Tuesday 3rd December 2019

Christmas party Thursday 12 December 2019

Christmas break 23rd December to Friday 3rd January 2019 (term time only 3 and 4 year olds)

Nursery closes between Christmas day and New Years day

Footnote

Opening Hours: 8.00am – 6.00pm (Last pick up 5.45pm)
Contact: 01793 411994 Email: info@northstarnursery.co.uk

Fundraising

Thank you to those who ordered photographs from our recent **photo shoot with Concept-** helping to raise £188.00 for nursery through commission.

For those who are starting to think about Christmas shopping or indeed shop on line regularly we bring to you another fundraising scheme.



if you shop on line, please sign up to this portal to assist us in raising donations from many large, well known traders.

We also have a photo shoot with Terry Ferris booked for Tuesday 15th October 2019

Hi All,

Firstly, many thanks to you all for donating to North Star Nursery to support **my Ironman Challenge**. Thought I would let you all know that I successfully completed the 140.6 mile triathlon in 14 hours and 22 minutes last Sunday 15th Sept – the attached photo is me triumphant at the finish line!. It was an amazing, tough, rewarding day with phenomenal support from the people that lined the route and the streets of Tenby in Wales. It really was an unforgettable day. Fortunately my legs only took a few days to forget it.

Through your kind donations we have raised £365.00 for the nursery, which was beyond our fundraising target– so many thanks for sponsoring me. Your support was very much appreciated and particularly helped me to power up the really hilly bits.

<https://www.gofundme.com/f/north-star-nursery-outdoor-equipment>

Thank you for your support! See you back in the office.

Andy

Students on Placement

We will be joined by several students during the Autumn term. Photos will be placed outside the room they are based in, to assist you in identifying them. Please feel able to ask to be introduced to them, or indeed anyone else that you are not sure of.

Name	Mon	Tues	Wed	Thurs	Fri
Jose			Adventurers	Adventurers	
Tessy			Pioneers	Pioneers	
Klea					Explorers
Libby	Discoverers	Discoverers			

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We have been asked to share health information with parents. Below are excerpts from a BBC document that covers suggested exercise for all age groups.

Strengthen muscles as well as heart to stay fit and healthy, say top doctor Tai

Adults are advised to do muscle-strengthening exercises twice a week, as well as aerobic exercise, to help them stay active for longer, under new guidance from the UK's top doctors.

For the first time, it includes advice on safe activity levels for pregnant women and new mums.

Dance, bowls or Tai Chi are advised for over-65s to reduce falls in old age.

Physical activity protects against obesity, type 2 diabetes, heart disease and depression, the advice says.

The new guidelines on physical activity have been produced by the UK's chief medical officers and updated to reflect the latest scientific evidence.

Their message is that any activity is better than none, and more is even better.



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What is recommended in the guidelines? For under-5s

- infants - 30 mins of tummy time - when the baby is on its front - for infants not yet mobile every day
- toddlers - 180 minutes per day doing active play
- pre-schoolers - 180 minutes per day of physical activity, including at least 60 mins of moderate to vigorous exercise

Also, why not take part in <https://beatthestreet.me/swindon> a fun initiative to encourage walking or cycling in your area.



Thank you to everyone who joined us for the Garden Party to celebrate the new design.

Kind regards -Julie Jones

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