



# Stockingford Nursery School Newsletter November 2024



## Headteachers Letter

At Stockingford Nursery School we are very fortunate to have positive relationships with our parents and carers. We recognise that educating children is a process that involves a partnership between parents/carers, teachers, educators and the school community. Good working relationships helps to effectively support your child's learning and development to develop the necessary skills for adulthood. For these reasons we continue to welcome and encourage parents/carers to participate fully in the life of our school.



We are currently promoting Cultural Beats which is a free dance and movement workshop that will take place on Monday 9<sup>th</sup> December. We are welcoming our families and children to join in the event starting at 3.30pm in the library. Please pop your name down at Reception to join in all the physical fun.

Our Time to Talk Champions Jo Stubbs and Mrs Griffiths will be running Language Enrichment Groups on Friday 13<sup>th</sup> December to provide ideas and strategies to support your child with their communication and listening skills. Please come and book your places at nursery and receive a free book for attending!

If you have any questions, updates, need more information or are worrying about anything please don't hesitate to come and talk to us so we can support you. We also have a parents email to contact the teaching team: [parents1041@welearn365.com](mailto:parents1041@welearn365.com)

*Katherine King - Headteacher*



## Primary School Starters September 2025

The applications process opens on **1 November 2024**. You can apply for your child's Primary School place online at [www.warwickshire.gov.uk/admissions](http://www.warwickshire.gov.uk/admissions)

The deadline for applying for a Reception or Junior place is **15 January 2025**.

### Food Bank Vouchers

Stockingford Nursery School can issue Food Bank Vouchers for families struggling with the cost of living crisis to use locally. Just pop to the Office or speak to a DSL for more information.

### Diary Dates

- Monday 9th December** - Cultural Beats. *(Please book at Reception)*
- Wednesday 11th December** - Bedtime Stories Event
- Thursday 12th December** - Christmas Jumper Day
- Friday 13th December** - Language Enrichment Family Workshop *(see flyer)*
- Wednesday 18th December** - Big Nursery sing songs, parents invited
- Thursday 19th December** - Big & Little Nursery Christmas Movie Day
- Friday 20th December** - Big & Little Nursery Christmas Party



### Drinks Bottles

Please do not bring drinks bottles to Nursery School unless they with your child's sandwich box for lunchtime. The children can access milk and water to drink at lunchtime and snack time, and have access to drinking water at all times during the session.



### Children In Need

**A big thank you to everyone who helped raise money for Children In Need. We raised an amazing £100.12**



# ATTENDANCE

## NHS Guide for Parents on Illnesses and School Attendance


If you are unsure of your child's condition – you can use this handy NHS guide:



<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Please can Parents **contact the Nursery every day** their child is absent to let us know the reason why their child is not attending Nursery.

## CHILDREN'S ATTENDANCE CHAMPIONS

The role of Attendance Champions is to monitor and support families to improve attendance. Regular and punctual attendance is very important and we know from many studies that children who attend well do better in school. 

In Big Nursery Tina Shepherd and Katherine King are our Attendance Champions. In Little Nursery Jo Stubbs (Room Lead) and Katherine King (Headteacher and Lead DSL) are our Attendance Champions

Big Nursery  
Attendance Champions.



Katherine King



Tina Shepherd

Little Nursery  
Attendance Champions.



Katherine King



Jo Stubbs

## NURSERY - CHILDREN'S ATTENDANCE

We aim for **85%** attendance and last term attendance was:

Big Nursery children was **84%**

Little Nursery children was **79%**.

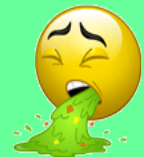
## If your child is absent from Nursery

Regular attendance in Nursery is important to support your child's learning and sets up a good routine ready for starting school - however if your child is unwell then **please remember to let the Nursery know either:**



**Myschoolapp**  
**Telephone**  
**Email**

**02476 383708**  
**admin1041@welearn365.com**



(please ensure you put your child's full name and the reason for their absence in the text)

They should be at home until you feel they are well enough to come back to school. In the case of **sickness and diarrhoea** please make sure your child is symptom free for at least **48 hours** before returning to Nursery.

Please could you make sure all your phone numbers are up to date if not please let the office know of any changes.

If you are going on holiday please fill in a holiday form at the Reception desk.

# Nursery Notices

## Big Nursery sessions are:

- 👉 9.00am - 11.30am for the morning session.
- 👉 12.40pm - 3.10pm for the afternoon session.



## Little Nursery sessions are:

- 👉 AM Session 8.45am - 11.45am
- 👉 PM Session 12.30pm - 3.30pm

Please can you make sure you pick your child up on time, Nursery Staff need to clean between sessions and children can become a little upset if they are collected later. Thank you.



## String bags

If children choose to use drawstring bags, they can be hung on your child's coat peg. If they choose to use a small backpack in Big Nursery they can be placed at the bottom of the coat trolley beneath their child's coat.

**Please can you ensure that your child brings a full change of clothes including socks (and nappy changing items and wipes if required).  
Make sure all coats and clothing is named.**

## IMPORTANT MESSAGE

We have a new child joining our Little Nursery class who has a number of allergies. He is not allowed to drink cow's milk or eat egg. We have to ensure that all foods offered to him are safe for him to eat. He could have an anaphylactic reaction if he eats or has contact with cow's milk or egg. He has medication in the form of adrenaline auto injectors to help him but sometimes he has needed to go to hospital.

**We need your help to keep him safe and healthy. You can do this by:**

- **NO MILK OR EGG PRODUCTS TO BE BROUGHT INTO LITTLE NURSERY**
- **CHILDREN NOT TO BRING THEIR OWN FOOD OR DRINKS INTO NURSERY (unless agreed with your child's key person)**
- Talking to your child about them only eating their own food and not touching or swapping food with others.
- Encouraging your child to wash their hands with soap thoroughly before and every time after eating, so they don't get any crumbs/splashes on anything in the classroom
- Helping the teachers to talk to your child about allergies and how they can make the child feel. Here is a good link for adults to view Leo's Story; a very short video about a child's experience living with an allergy: <https://youtu.be/MqncMJY1rL0>
- Ensuring that you don't send cake or sweets into school for birthdays

[Anaphylaxis UK](#) has a huge range of resources to help you understand more about allergies



## Designated Safeguarding Leads (DSL's)

At Stockingford nursery School, our Designated Safeguarding Leads can also provide support and signpost to services.

Here are the team that can support you:

- Katherine King, , Headteacher - Designated safeguard Lead
- Sally Phillips, Teacher - Deputy Safeguarding Lead
- Tina Shepherd, Senior Early Years Educator - Named Designated Safeguard Lead.
- Jo Stubbs, Senior Early Years Educator - Named Designated Safeguard Lead



Katherine King



Sally Phillips



Tina Shepherd



Jo Stubbs

*Under the Education Act 2002, schools must make arrangements to safeguard and promote the welfare of children. The Children Act 1989) requires all school staff to pass on information which gives rise to a concern about a child's welfare, including risk from neglect, physical, emotional or sexual abuse. Staff will seek, in general, to discuss any concerns with the parent/carer and discuss the need to make a referral to Children's Social Care if that is considered necessary. **This will only be done where such discussion will not place the child at increased risk of significant harm or cause undue delay.** The school will seek advice from Children's Social Care when they have reasonable cause to suspect a child may be suffering or likely to suffer significant harm. The school's Designated Safeguarding Lead carries out their responsibilities in accordance with the law and acts in the best interests of all children.'*

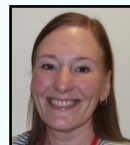
## Well being corner

Welcome to our wellbeing corner which aims to provide support and ideas for keeping you and your child emotionally and mentally well. Each month this newsletter will offer tips, information and support for you and your child, so read through and have a go- you never know. Sometimes a small change can make a big difference! We are lucky in our Centre to have Mental Health First Aid staff who can offer a listening ear and if need be, guide you to finding the right support and services. Please ask if you would like any further information about Mental Health and Wellbeing. Never be afraid, worried or scared to ask for support! We are always here to offer a helping hand.

### Mental Health First Aiders



Sally Phillips



Sara Ward

### Looking after your own mental health

The NHS Every Mind Matters website have some useful information for anyone who feels they may need a little support or advice.

Parenting or caring for a child or young person can be tough. It's important to make sure you look after your own mental wellbeing, as this will help you support yourself and those you care about. Try to recognise and acknowledge when you're feeling low or overwhelmed. Struggling with something or experiencing your own mental health problems does not make you a bad parent or carer.

It's completely normal to be worried, scared or helpless during difficult times, and feeling this way is nothing to be ashamed of. Is there a friend, fellow parent or carer you trust enough to tell how you're feeling? Maybe there's family, friends or a colleague who could support you or allow you a break? There's plenty of help out there. You should never feel like you have to cope on your own. Young Minds has lots of support for parents, including a helpline and guidance around parenting with a mental illness. Mind has information and suggestions on how to manage parenting with a mental health problem.

Scope has advice on managing stress when caring for a disabled child.

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

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## Your wellbeing this Christmas

Christmas can be a happy time of year for some but for others it can be difficult both practically and emotionally. It is important to not put on much pressure on yourself so we have included some tips for supporting you and your family.

### Tips for coping during Christmas

- Be gentle, generous and patient with yourself
- Plan ahead
- Manage relationships
- Look after yourself
- Talking to other people
- Get support



Instead of going to a Christmas carol concert or service, you could watch one on TV or join in with a virtual choir.

If you'd usually share a meal with certain people, such as friends or co-workers, you could plan to order delivery or cook and eat a meal at the same time.

If you usually take children to a Christmas fair or to visit Father Christmas, you could help them write a letter to Santa instead.

Make Christmas crafts with your child to help decorate your tree or home.

If you are planning to give any gifts, you could exchange your gifts in advance, so you don't have to worry about it on the day.

## Christmas wellbeing tips

### Tips for a restful Christmas.

#### 1. Honesty

Try to be honest with people if you're finding things overwhelming and you're not feeling up to getting involved in everything. Don't be afraid to cancel plans if you're not feeling up to it. Sometimes you need to put yourself first.

#### 2. Press pause

If you're someone who has a tendency to take on too much, the demands of Christmas can make this even worse. Remember you can only do so much, stop if it's becoming too much and just try to relax and look after yourself.



### 3. Pyjamas!

In between all the social arrangements, make sure you have a day to hang out at home in your pyjamas. Christmas is the season of hanging out in your pyjamas.

### 4. Get unstuck

Make sure you're not too house-bound and spend all the time eating and drinking! A brisk walk outside is a nice way to spend time with loved ones, or a day trip somewhere. Things can get quite intense if you're stuck in the house all the time, and a bit of exercise helps too.

### 5. Don't believe the hype

Don't compare yourself and your Christmas with the representations of perfect Christmas moments on social media or on adverts. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes. Don't get sucked into measuring your experience against something that's ultimately fake.

### 6. Bed head

Give yourself a head start – try to go to bed early on Christmas Eve so you feel well-rested on the day itself.

### 7. Talk

If you are feeling overwhelmed or under pressure, talk to someone about it. If you are worried about how you might feel on the day, talk to someone else who will be there too so they can support you when needed during the festivities.

### 8. Plug yourself in

If you are staying in an overcrowded house with people going to the loo at all hours, make sure you take ear-plugs to maximise your chance of a decent night's sleep.

### 9. Give yourself a prezzie

Make sure you take some time out after Christmas to do something you really want to do, no matter how small.

Think about what *you* want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected.

<https://www.mind.org.uk/information-support/your-stories/ten-christmas-wellbeing-tips/>

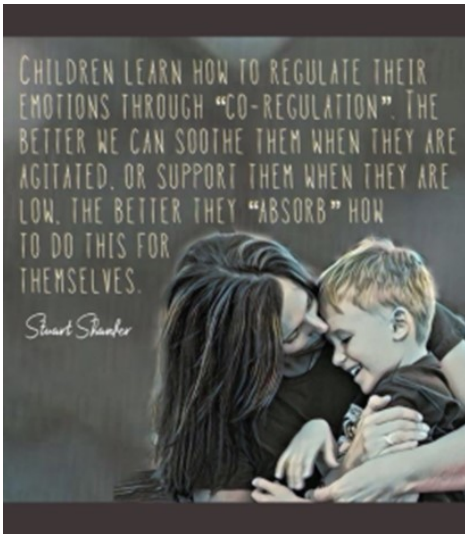




## Children's Behaviour Regulation

Staff are currently developing strategies to support children's behaviour and are undergoing training based on research and effective practice. We know that children's behaviour is a form of communication in which they are trying to tell us if something feels right or not. In Nursery, we aim to support behaviours that become heightened or feel 'out of control' by helping children when they are overwhelmed by powerful emotions and feelings.

In the coming months we will give you more information and support to help you regulate your child's behaviour as you work in partnership with your child. This is known as **co-regulation** and this needs to happen many times before your child will be able to **self-regulate** and lessen their heightened behaviours by themselves.



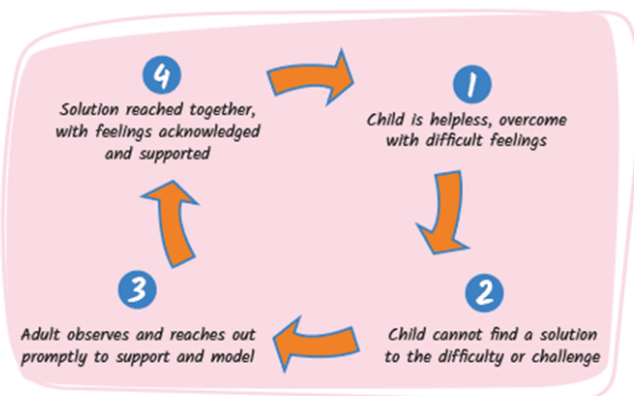
### What is co-regulation?

When an adult and a child work together towards a common purpose, including finding a way to resolve upsets from stress and return to calmness

### What is self-regulation?

To be able to control your own behaviour, emotions, and thoughts to achieve your goal. It is the ability to manage disruptive emotions and impulses

## Helping your child to regulate their feelings and emotions and therefore their behaviours



### Co-regulation Bears in Nursery

Big Nursery and Little Nursery both have co-regulation bears to support children with their big emotions and feelings. Children can cuddle them, talk to them and share their achievements, worries or thoughts. The bears offer them comfort, support and a sense of wellbeing. As such the children have given them names and they are Rainbow Bear and Sunshine Bear in Big Nursery and Snuggles and Cuddles in Little Nursery.



# Makaton signs of the Month November

We will be helping children to communicate through Makaton signs and spoken language.



We are proud to say we are a  
Makaton ac-



**Toys**  
Whole formation

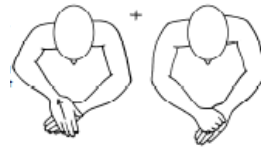


**Christmas Tree**



Mime holding sack  
over shoulder

**Father Christmas**



**Christmas**

Slide right hand over back of  
left hand towards body, then  
close right hand and place on  
back of left hand

**Sleigh**

Hands move quickly  
backwards and forwards  
together by wrist



**Reindeer**

Hands move up and out  
to show antler size

## British Values - Rule of Law

Rule of Law is linked to Managing Feelings and Behaviour in the Early Years Foundation Stage, which is part of Personal Social and Emotional Development. We need to support children in understanding their own behaviour and how it can impact upon others. At Stockingford Maintained Nursery School, we follow expectations, policies, procedures and routines. Children are supported to understand and adhere to the expectations and boundaries in our Nursery. Some of our expectations include 'kind hands', 'listening ears' and 'tidy up time'. We also support children to develop skills of sharing and turn taking. We reinforce this through Makaton, Communication in print symbols and through modelling. Children are supported to begin to understand their own & others' behaviour and to think about consequences and learn to distinguish right from wrong. Teaching staff are keen to encourage children to make positive choices, so their setting is a happy and safe place for them to learn and thrive.





# What's happening at Stockingford Library



**GET DANCING!**

**IN STOCKINGFORD LIBRARY**



Monday 9th December  
3.30-4.30pm

Dance workshop for Nursery children and their families

*In partnership with Warwickshire Libraries Autin Dance Theatre will be offering **FREE** dance/movement workshops in local libraries around Warwickshire from July 24 to International Dance Day on 29th April 25.*

Please book your place with Nursery Staff



**Stockingford Library**

**FREE Lego Club**

Are you bored after school on a  
Thursday?

Why not come to Lego club!

Lots of bricks and a new theme every  
week.

3.30 - 4.30pm

**Learn, Build and Play**

For children aged 4 and above with their grown-ups.

All children must be accompanied by an adult.

(This activity is not suitable for younger children due to  
small Lego parts)

St. Pauls Road Nuneaton CV10 8HW



**Rhyme  
Time!**



For 0-2 year olds  
**FREE!** and their carers

Join us for rhymes for 0-2 year olds  
Come and join in with rhymes suitable for  
a child from birth to toddler.

**THURSDAYS**  
**11am - 11:30am**

You are warmly invited to choose some books  
before you leave. We are so happy to welcome  
you into our Library and we hope you will have  
lots of fun with us.



# Advice

# &

# Support



Drop in for support and advice  
for all families in Warwickshire.  
**Monday - 12:00pm - 2:00pm**  
Stockingford Children and Family Centre

Family Support Worker  
Duty Line Telephone  
Number

For families, children  
and young people 0-19  
years old, or 0-25  
years with additional  
needs

**01926 412412**  
9am - 4pm  
Monday - Friday



The Early Help and  
Targeted Support Team

## The Early Help and Targeted Support Team

### Family Support Drop In for advice for all families in Warwickshire

For families, children and young people 0-19 years old, or 0-25 years with additional needs

**Duty Line 01926 412412 - 9am – 4pm Monday – Friday**

**Drop In  
Sessions**

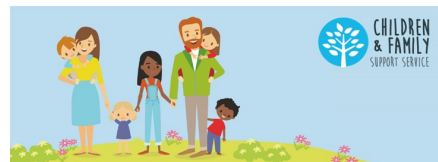
**Free and  
every  
week**

<b>Monday 12.00-2.00pm</b>	<b>Stockingford Children and Family Centre</b> St Pauls Road, Nuneaton CV10 8HW
<b>Tuesday 10.00am-12.00pm</b>	<b>St Michaels Children and Family Centre</b> Hazel Grove, Bedworth CV12 9DA
<b>Thursday 1.15-3.15pm</b>	<b>Camp Hill Children and Family Centre</b> Hollystitches Road, Nuneaton CV10 9QA
<b>Friday 12.00-2.00pm</b>	<b>Riversley Park Children and Family Centre</b> Coton Road, Nuneaton CV11 5TY
Please note that times and dates may change during school holidays.	

## Family Information Service (FIS)

We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare health and wellbeing



Phone: 01926 742274

Website: <https://www.warwickshire.gov.uk/children-families>

## Parenting Information

### Parenting Programmes and 2 Hour Workshops

Please visit the link below:

<http://childrenandfamilies.eventbrite.com>

