



Oakengates Nursery School

Newsletter

Autumn Term: Week 7



Dear Parents and Carers,

As we approach the end of a busy and exciting half term, we'd like to share some highlights from this week and let you know what's coming up.

Thank you to all the families who joined us for our Stay and Play session this week. It was wonderful to see so many of you engaging with your children's learning and exploring our nursery environment together.

Next week, we'll be celebrating Diwali, the Festival of Lights. The children will be learning about the traditions and stories behind this special celebration through creative activities, stories, and sensory play.

Finally, a reminder that we break up for half term next Friday, 24th October. Nursery will be closed to children who attend term time only for one week and will reopen on Monday 3rd November.

Wishing you all a happy and restful weekend.

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. 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:

'It's Diwali'

Click on the diva lamp to listen to a similar song:



A POLITE REMINDER

To help keep everyone safe and ensure a calm start to the day, please supervise your child closely while waiting to enter nursery.

If your child arrives on a scooter or bike, we kindly ask that these are put away promptly to avoid any accidents or injuries.



Thank you for your continued support in keeping our nursery environment safe and welcoming for all children.





DO YOU EVER WONDER.....

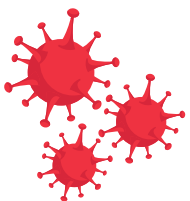


Do you ever wonder... is my child too ill for Nursery?

As a parent, it's one of those everyday uncertainties - when your child is feeling under the weather, how do you decide whether to keep them off nursery or send them in with a bit of a sniffle?

To help you make informed choices, the NHS has a very useful guide titled "Is my child too ill for school?"

https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/?es_c=CB8B0C7A1E194FF22CF1268036A6CCE9&es_cl=369E365B9785EACE3B4E4723ED22B84C&es_id=ph7%20a3o1



TALK PANTS WEEK

As part of TalkPANTS in Telford Week 2025, we will be been dancing to Pantosaurus and learning the NSPCC Talk PANTS rules to help keep children safe next week!

From P through to S, each letter provides a simple but valuable message that can help children understand their body belongs to them, and they should try to tell someone they trust if anything makes them feel upset or worried.

🎵 Can't get this song out of your head? Neither can we! Because what's in your PANTS belongs only to you.

Click on Pantosaurus to hear the song at home:

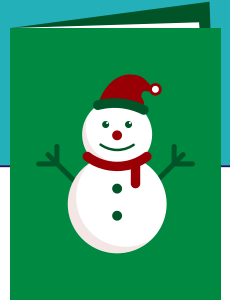


For more Talk PANTS information please visit: nspcc.org.uk/pants





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.

By now, your child will have come home with an order form and their original art work.

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!

Please make sure the order form with the original art work is returned to nursery by Friday 24th October.





KEY DATES



Date	Event
Monday 20 th October	NSPCC Talk Pants Week
Wednesday 22 nd October	 Diwali Workshop
Friday 24 th October	A Visit From 'Pantosaurus' as part of the 'TALK PANTS' Week 
Friday 24 th October	Cauliflower Card Designs need to be returned today
Monday 27 th - 31 st October	Half Term
Friday 14 th November	Children In Need



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 we don't yet know how to completely prevent SIDS, we do know that following this advice significantly lowers the risk of it happening.

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



This leaflet was produced by The Lullaby Trust. The information was last updated in October 2024. Registered charity no. 262291. Company registration no. 01500634.



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.

SLEEP POLICY

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



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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.

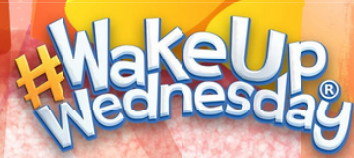
NUTRITIONAL AWARENESS



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.



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

01743 237916

Shropshire Community Health 

**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/>

Be careful what you wear when you're out to scare

Some fancy dress costumes are highly flammable
so they can ignite almost instantly and burn fast.



Try to buy from a reputable store or website.
Cheap costumes may not meet UK safety standards.



Look for a costume with a UKCA or CE mark



Look for a label that says: "This garment has
undergone additional safety testing for flammability"



Remind children to stay well away from naked flames
and other heat sources

