

## Welcome to the new term

A warm welcome to the new term to all our children, parents, and carers.

A special welcome to our new starters and their families.

All children have been allocated a key person, please speak to a member of the management team if you wish to have a 1:1 meeting with your child's key person.

All parents should have access to the nursery's app Parents Zone to check their child's observations.

If you have trouble logging in or do not have an account, please inform the office at [manager@brightstardaynursery.co.uk](mailto:manager@brightstardaynursery.co.uk).

## Upcoming festivals and celebrations

- 29th Jan – 5th Feb – **National Story Telling Week**
- 10th Feb – **Chinese New Year**
- 13th Feb – **Shrove Tuesday**
- 14th Feb – **Valentine's Day**

### Upcoming events

#### **Half-term holiday**

From 12th - 16th February 2024, the nursery will remain closed to term-time only children.

#### **6th March 2024, INSET day**

The nursery will remain closed to children that attend term time only.

### January birthdays

A very happy birthday to:

- Enea
- Ava
- Lea
- Raya
- Nora
- Tilly-Rose



## Theme of the term

Animals:

- Pets
- Farm animals
- Zoo animals
- Under-the-sea animals



## This month in the nursery

This month in the nursery, educational activities have been focusing on **animals**. Activities around animals can provide multisensory learning experiences.

Young children can explore a variety of textures, smells, sounds and colours when interacting with animals. Children can learn about life cycles and can sort, organise and compare different creatures.

Children have been learning holistically about animals, singing songs about animals, using animal flashcards, reading children's books about animals, producing artwork with animals and participating in theatrical games about animals.



This month in the nursery children have also participated in interesting activities about **oral health**. Promoting oral health in the early years is essential in protecting young teeth and establishing good habits.

Parents and early years practitioners are positioned to have a positive effect on the dental habits of children from an early age and to help guide and support them with tips and suggestions about oral health.

There is growing evidence about the impact of dental health on children's quality of life and wellbeing, and how it affects their ability to learn, thrive and develop.

During the educational activities, the children and the practitioners had the opportunity to discuss tooth-friendly foods and appropriate teeth-cleaning methods for the children.

Also, children and practitioners had the opportunity to discuss how reducing the consumption of food and drink containing sugars will promote good oral health.



For Parents and Carers who would like to have more information about children's oral health please visit HENRY at the link below and you will find details of programmes starting near your area.

<https://www.henry.org.uk/parents>

HENRY is running a parent and family service in Waltham Forest called **Best Start**. The Best Start service supports families with children aged 0-5 with a wide range of services, family programmes and drop-in sessions.

## Healthy eating

The Early Years Foundation Stage Framework (EYFS, 2024) states that where children are provided with meals, snacks, and drinks, they must be healthy, balanced, and nutritious.

Teaching about healthy meals during the early years is crucial as it will teach children about the importance of eating a balanced diet and how much of a positive impact it can have on their health.

Bright Star Day Nursery takes great pride in providing quality meals, including breakfast and teas, in our kitchen by the nursery's cook Ms Norma.

All food is cooked within the nursery using fresh ingredients, focusing on herbs and spices for flavour, instead of salt. The nursery only uses Halal meat sourced from animal welfare-accredited suppliers.

We would be grateful if parents and carers while preparing their children's lunch boxes take into consideration EYFS guidelines.



In line with the government dietary recommendations and to avoid choking hazards the below foods/snacks are **not allowed** at the nursery.



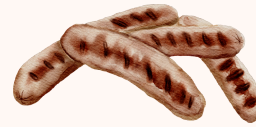
Grapes



Sweets/Chocolates



Fizzy drinks



Sausages



Meatballs



Bacon



Nuts



Crisp/Popcorn



Juice

## Parents reminders

All creams to be applied require a completed medical authorization form and must be kept in their original containers with your child's full name on them. **This MUST be dropped off at the nursery office and NOT in the child's room.**

All prescriptions must be in the original containers with the patient's name, dosage and prescribed time to be given. **This MUST be dropped off at the nursery office and NOT in the child's room.**

Do not store any medication in your child's bag. All medication should be stored in the nursery's office only. This is to keep the children safe.

**Please ensure you close the gate behind you after you enter/exit the premises.**

- No mobile phone/cameras policy. Please put your phone away before you enter the nursery's premises.
- Please make sure your child doesn't wear any jewellery when attending nursery.
- Please call the office to inform us of any absences or late arrivals.
- Please call the office to inform us if your child will be on holiday.
- Please return the nursery's spare clothes as soon as possible.
- Parents are welcome to donate clothes to the nursery such as socks, trousers and T-shirts.
- We are unable to accept any donations of toys, resources or equipment. Please donate them to your children's local charity.



## DSL on site



Ms Nefeli  
Nursery Manager



Ms Kelly  
Nursery Deputy  
Manager

## New staff



Ms Najma  
Nursery Assistant

Please do not hesitate to contact us with any safeguarding concerns.

## Safeguarding / Private Fostering

Private fostering is a private arrangement between a parent and a carer. When a child under 16 (or 18 if disabled) is cared for and provided with accommodation, by an adult who is not a relative, for 28 days or more, it is called private fostering.

Professionals who work with children also must notify the Council of any private fostering arrangements they know of.

Sometimes private fostering arrangements can be hidden from professionals, with false documentation.

If you have any doubts about whether a child's carers are their parents or close relatives, report it.

All partners, parents and private foster carers have a legal duty to notify the local authority if they know of a child being privately fostered.

The local authority has a legal duty to check that the child is well cared for whilst living outside of their close family and that any private fostering arrangement is safe and suitable.

## Contact us

Tel:  
020 8617 1819

Email:  
[manager@brightstardaynursery.co.uk](mailto:manager@brightstardaynursery.co.uk)

Ofsted registration number -  
2553559