St Catherine's Independent Nursery - Newsletter – October 2026

Nursery Trustees – Lisa Maddock (nominated person), Jo Ikin, Helen Brockliss, Mary Marriott, and Tracy Austin

Registered Charity Number: 1152421 **Ofsted Number:** EY488889
Telephone: 01772 456304 **Email:** info@stcatherinesnursery.co.uk

Website - www.stcatherinesnursery.co.uk

Dear Parents and Carers,

The government funding for two to five-year old children is a maximum of 30 hours per week (15 universal hours and 15 extended hours), for thirty-eight weeks of the year. This terms entitlement is for 14 weeks, and nursery is open for 15 weeks. Those children accessing the funded hours only will have a one-week holiday commencing Monday 26th October, and returning to nursery on Monday 2nd November.

Please feel free to discuss any of these matters with Mrs Brockliss or Mrs Handyside.

All term dates are available to view on our parent app and can be added to your diary, please click 'Content' and then 'Events'.

Nativity – Wednesday 2nd December (9.30am to 11am)

All the children will have a part, and all the children will have a costume and what happens on the day happens!

Tickets for the nativity will be on sale from w/c 3rd November at a cost of £2.00 per ticket. Unfortunately, due to health and safety reasons we must limit the tickets to two tickets per family initially, if you require extra tickets, please ask a member of staff to add your name to the reserve list.

Nursery will be closed after the nativity has finished.

The funded hours your child would normally receive on a Wednesday after the nativity finishes, can be banked and used on an alternative day or added onto a session, subject to availability.

Christmas Party – Thursday 3rd December (1.15pm to 3.45pm)

We hold a "Sponsored Treasure Trail" to raise money for the children's Christmas Party, including organising the entertainer 'Taz entertainment', the

party food, a special visit from Father Christmas, and the gifts that he brings! From w/c 2nd November you should find a "Sponsored Treasure Trail Sheet" in your child's tray. Simply collect names on your sponsor sheet, then complete the "Treasure Trail" by either collecting the objects or drawing a picture and return it to the nursery where the children will receive a certificate of completion. Once you have the certificate you can collect the money and return it to the nursery. Who is going to be the first to collect all the items and receive their certificate?

Please return the "Treasure Trail" no later than Friday 13th November and collect all monies by Friday 20th November. Happy Hunting!

For those parents who don't manage to collect sponsor money a fee of £8 is required for your child to attend the Christmas party.

All children are welcome whether or not they attend on a Thursday afternoon 😊

Used Children's Magazines needed.

If you have any used children's magazines, please bring them to nursery and they will be placed in the book room for the children.

Baseline Meetings

Baseline meetings are held at the beginning of each term to enable new parents to talk one to one with their child's key person to discuss their child's learning and development and plan next steps. New parents will be contacted in due course to arrange an appropriate time for a discussion with their child's key person.

All other parents please feel free to contact your child's key person at any time, to arrange a convenient time for you both to have a chat about your child's learning and development, or anything else you would like to share.

Snack Menu

We are in the process of reviewing our snack menu, if you have any suggestions of healthy snacks that your child enjoys eating at home, please add them to our suggestion box on our parent connect app. Please click 'content', scroll down to 'surveys' and click 'suggestion box'. We look forward to seeing all of your ideas 😊

Nursery Policies and Procedures

Parents, please make yourself familiar with our new policies and procedures which you can view from our website and through our Parent app. In particular; our safeguarding, late collection and non-collection of a child, lost child policies and procedures, and Complaints and Compliments. If you do

not have access to the internet, please request to view these policies at nursery or ask to be provided with copies. If you have any queries or would like to contribute your ideas regarding our policies and procedures, please feel free to speak to a member of staff.

The policy of the month is Safeguarding and Child Protection, please view via our Parent Connect app.

Monitoring Children's Attendance

As part of our requirements under the statutory framework we must follow up on absences in a timely manner.

We are required to monitor children's attendance patterns and trends to ensure they are consistent and no cause for concern. We ask parents to inform the nursery prior to their children taking holidays or days off, and all incidents of sickness absence should be reported to the nursery the same day so the nursery management are able to account for a child's absence.

If a child has not arrived at nursery within one hour of their normal start time, the parents will be contacted to ensure the child is safe and healthy. If the parents are not contactable then the emergency contacts numbers listed will be used to ensure all parties are safe. Staff will work their way down the emergency contact list until contact is established and we are made aware that all is well with the child and family.

If contact cannot be established then we would assess if a home visit were required to establish all parties are safe. If contact is still not established, we would assess if it would be appropriate to contact relevant authorities, including the police, in order for them to investigate further.

NSPCC – Talk PANTS

The NSPCC has designed its own hard-hitting education campaign, 'Talk PANTS' encouraging parents to talk to their children about the Underwear Rule – a preventative conversation which could help keep children safe from sexual abuse.

Talking PANTS teaches children important messages, like their body belongs to them and they should tell an adult if they're upset or worried.

To get the conversation started get together and singalong with the Pantosaurus song! Go to our parent app – useful links – safeguarding and click NSPCC – Talk Pants. For tips and advice to help keep your child safe from sexual abuse you can sign up to the scheme.

Online Safety

It can be called E-Safety, Online Safety or Internet Safety, but it all means the same thing. It's about risk; it's about being aware of the possible threats that online activity can bring, and how to deal with them.

These risks are grouped into four categories:

1. Conduct: children's behaviour may put them at risk
2. Content: access to inappropriate or unreliable content may put children at risk
3. Contact: interaction with unsuitable, unpleasant or dangerous people may put children at risk
4. Commercialism: children's use of platforms with hidden costs may put them at risk

Talking to Children about Online Safety

This can be a daunting prospect, but it is important. Your children need to know they can talk to you if something does go wrong.

Talking to them about their online activity in the same way you would do about anything else will help them to relax and, if anything is troubling them, they will be more likely to tell you about it.

We have guidance and resources on our parent app (Please click – Content – Useful Links' and Scroll down to 'Safeguarding and Child Protection') including 'Keeping Children Safe Online' , 'Parenting in a Digital Age - It's good to talk', 'Digiduck – Online Safety Stories', #Goldilocks: A Fairy tale for the digital age'. There is also a link to a child friendly search engine 'Swiggle' providing safer access to online content.

You can also book online safety training, which is tailored directly to your needs, appropriate for a wide variety of audiences and covering a range of essential topics. Please go to our Parent app under 'Safeguarding and Child Protection' or 'Adult Learning' and click 'e-Safety facts and online safety training for parents'.

Fire Safety

Did you know that over 350 children under the age of 11 are injured and 7 are killed in accidental fires in the home in England every year.

Share these safety messages with your children so they know what to do in the event of a fire.

Tell them:

• If you see smoke or flames tell a grown-up straight away.

• Get out of the building as quickly as you can if there is a fire.

• Don't go back for anything, even toys or pets.

• Find a phone. (You might need to go to the neighbours to find one.)

• Call 999. Ask for the fire and rescue service and tell them your address. (You might want to practise making this call with children and will need to make sure they know their address.)

• Only call 999 in a real emergency.

• Get out as quickly as you can.

• If there's smoke, crawl along the floor (the air will be clearer down there).

• Before you open a door check if it's warm. If it is, don't open it – fire is on the other side.

For more Fire Safety advice and a printable Fire Escape Plan for children please go to our Parent App – Content - 'Safeguarding and Child Protection'.

We have more advice and tips in ensuring your child's safety in the home and when you're out and about on our app in the 'Safeguarding and Child Protection' section, including Road safety and accident prevention.

Personal, Social and Emotional Development (PSED)

We are concentrating on PSED this term, to help your child with their PSED at home there is a parent's guide available on our Parent App under Useful

Documents, and activities are on Home Learning. In addition, the document entitled 'EYFS areas of Learning' covers all the areas of the EYFS and explains how you can help your child at home in all aspects of their learning and development.

Mathematics

Mathematics is such a broad and exciting area of learning! We know that many of our children are still developing their mathematical skills and may benefit from some extra opportunities to explore and practise these at home.

Maths isn't just about counting and recognising numbers. It includes things like comparing amounts, recognising shapes and patterns, exploring size and measure, solving problems and using mathematical language and there are lots of opportunities to develop these skills through everyday play.

We have added some fun and simple mathematics activities to our Parent Connect app for you to enjoy together at home. We have also included a link to the family maths toolkit, which has lots of ideas and resources to help families enjoy maths together. (See Home Learning & Useful Links – Mathematics)

Remember, everyday activities such as counting the stairs, sorting toys, looking for shapes, baking, setting the table or talking about which object is bigger or smaller are all great ways to build children's mathematical understanding and most importantly have fun while doing it!

Sound of the Week

w/c 5th October – 'i' sound for example 'igloo', 'ink', 'iguana' not 'icicle', 'ice-cream'
w/c 12th October – 'p' sound for example 'pea', 'panda', parsnip' not 'phone',

w/c 19th October – 'n' sound for example 'nest',

w/c 2nd November – 'c' 'k' 'ck' sound for example 'clock', 'sock', 'lock', 'cat', 'king' not 'knight', 'chair', 'cherry'

Word of the Week

w/c 5th October – 'estimate'

w/c 12th October – 'pretending.'

w/c 19th October – 'persisting'.

w/c 2nd October – 'senses'

w/c 2nd November – 'curious'

Nursery Rhyme of the week

w/c 5th October – Five little ducks

w/c 12th October – One two buckle my shoe.

w/c 19th October – Hickory Dickory Dock

w/c 2nd November – The Grand old Duke of York

Outdoor Clothing

Please can all parents ensure their child has the appropriate clothing for outdoor play, including a winter coat, woolie hat and gloves. Children will not be allowed to play outdoors without the correct clothing on the colder Autumn and Winter days.

Leyland Library Timetable

Tuesdays & Thursdays @ 2:30pm – Storytime

Friday @ 10am & 11am – Baby Bounce and Rhyme

To book please contact the library directly by calling in or telephoning.

Lancastergate, Leyland, Preston, Lancashire, PR25 2EX

Tel: 0300 123 6703

A link to Leyland Library is available on our Parent connect app, under useful links – literacy.

Children's Dental Health

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your child's teeth decay-free.

1. **BRUSHING TEETH**

• Brush children's teeth twice a day with a small headed toothbrush with medium-textured bristles and a family fluoride toothpaste.

• Brush last thing at night, just before bedtime and only have water to drink afterwards.

• Brush one other time of day

• Children younger than 3 years old should only have a small smear of toothpaste on their brush.

• Children aged 3 years and older should use a pea sized amount of toothpaste on their brush.

• You should encourage your child to spit out the toothpaste and not to rinse afterwards.

2. DIET Any food or drinks, such as fizzy pop, fruit juice, diluted cordial etc, and those that contain sugar, should be kept to mealtimes only. Only plain, non-sweetened milk (not flavoured or milkshakes) or plain, still water are safe to drink in between meals and sugar-free foods, such as chopped pieces of fruit or vegetables are safe to snack on between meals. Following weaning, drinks should not be given in bottles. Open and/or free-flow lidded cups should be used instead.

3. DENTAL VISITS It is important to ensure your child visits the dentist at regular intervals. Dental visits are free for children up until the age of 18 years old. Their first dental visit should be before the age of 1 years old.

Please go to our Parent Connect app, 'Useful Links' – 'Children's Oral Health' For fun toothbrushing videos for children, and more advice and tips on keeping children's teeth healthy.

Recently added to our Parent Connect app

Screen Time guidance for children under 5 - Digital screens are a part of modern life, but finding the right balance between screen time and other activities for young children can be tricky. The current guidance recommends aiming to keep **screen time for children under 5 to around one hour a day, or less where possible**. This includes time spent watching TV, using tablets, phones and other digital devices.

We encourage families to balance screen time with plenty of opportunities for active play, outdoor activities, reading, talking spending time together.

For more information and guidance on screen time for under-fives, please go to our Parent Connect app under useful links - parent guides.

Kind regards

Helen Brockliss

Nursery Manager