



# Newsletter

November 2023

Dear parents/carers

We hope you are all well and have enjoyed autumn. We are super excited about the winter and have lots of exciting things to look forward to. Please see the list of activity ideas below for our November challenges.

## November challenges:

- Safely experience sparkles on Bonfire night
- Toast some marshmallows over a fire
- Create firework themed arts and crafts
- Try out ice skating for the first time now all the ice rinks are opening again before the festive period
- Go for a walk in the rain and jump around in muddy puddles!

Please upload all your challenges to Tapestry for us to see as we would love to show them to the other children during circle times.

## Staff and children achievements of the month:

- Zayaan for taking his first steps.
- Arsh for learning to follow instructions.
- Oren for developing his communication skills so well!

As the colder weather is approaching, we are having a few requests from parents that their children either don't play outside or do not play with water play in case they become sick. Viruses and germs inevitably spread more during the winter months as people tend to socialise inside and have windows closed due to cold temperatures. This therefore means that there is less ventilation and germs have more of a space to spread. Research shows that when children play in the open, fresh air, their immune systems are boosted. The outdoor garden areas that we have are a great space for children to get fresh air and engage in physical activity which has many benefits too! Children will of course be always wearing appropriate winter clothing during garden play, but we really wanted to stress that outdoor play and 'the cold' does not cause viruses and illness. In addition to this, cold food or drink does not cause illnesses such as the common cold. You will only become sick if you come into contact or touch items or objects that are infected with droplets from the virus. On the topic of this, if you do believe that your child has a common cold or a similar virus, please ensure that they remain at home so that other children and staff do not contract the viruses. We hope that you can appreciate just how important physical activity and access to garden times are to children.

Room	Topic	Book of the month
Apple	Let's get messy!	Postman Bear
Pear	House, Homes and Family	My Family
Plum	Transport	The Wheels on the Bus
Cherry	Worldly Events	Unique and Wonderful
Orange	Animals and Habitats	Only a Tree

## Please note:

- Please put your child's name in all their items of clothing. Children must have hats, coats, scarves and gloves throughout the winter months.
- Your fees are due within the first five working days of each month (unless you have a separate agreement with us). Please ensure that your fees are paid on time. It is taking a lot of our time chasing payments.
- Please ensure you are collecting at the correct session times as this can cause delays with other children coming in and staff going home. Late collection fee is £2 per minute as stated in your contracts.
- Please contact the nursery in the morning if your child has an illness or is on medication so that we can advise you what to do as there are exclusions for certain situations/illnesses.

Look at all the fun we've been having!



Check us out on our social media platforms!



Instagram – risingstarsromford



Facebook – Rising Stars Romford

#### Upcoming events

Monday 30<sup>th</sup> and Tuesday 31<sup>st</sup> – Spooky week/Halloween  
Friday 3<sup>rd</sup> – Guy Fawkes night  
W/C 6<sup>th</sup> - Diwali and Remembrance Day  
Friday 10<sup>th</sup> – World Science Day  
W/C 20<sup>th</sup> – Road Safety Week  
Thursday 23<sup>rd</sup> – Thanksgiving  
Thursday 30<sup>th</sup> – St Andrews Day  
Friday 1<sup>st</sup> December – Christmas light switch on!