



Newsletter

February 2024

Dear parents/carers,

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. 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. We really appreciate the frustration of having to cancel work due to common childhood illnesses however, these illnesses spread quickly and could be reduced by allowing children to recover at home.

Car seat safety

We would like to take this opportunity to remind parents of the importance of car seat safety. Children must be seated in a car seat until aged 12 or until they are 135cm tall. Seat belts must also be securely fastened as per the instructions of your car seat to keep your child as safe as possible whilst in the car. Children must also be rear facing until at least 15 months, although recent studies have shown that the rear-facing children beyond 15 months can also be beneficial in the event of a road traffic accident.

Care diaries on Tapestry

We would like to remind parents that do not provide care diaries for preschool aged children. We will continue to provide information during handover about meals, sleep, and nappies at parent's request. We will always communicate if your child's eating habits are out of character, and we will also always provide an alternative lunch/tea such as a sandwich if your child refuses food. Under 3's will still receive their care diaries.

Topics

Room	Topic	Book of the month
Apple	All about the zoo	The tiger who came to tea
Pear	Farm animals	Who's hiding on the farm?
Plum	Space	Aliens love underpants
Cherry	Our community	The tale of the tooth fairy
Orange	Healthy eating	The secret of the sands

Please note:

Fees need to be paid within the first five working days of each month. A late charge of £20 will be applied if this is in breach. An additional £5 per day will be added on for up to a week after the 5th working day. After this, Children's places may be suspended.

If you are late collecting your child, the addition charge is £2 per minute that you are late. If you are going to be late, then please ring the nursery and let us know. Morning sessions end at 1pm and afternoon sessions end at 6pm.

Children that are only claiming funding have to pay a fee for food payments.

All of the above information is stated in your contracts.

Look at all the fun we've been having!



Instagram – risingstarsromford



Facebook – Rising stars Romford



We're very pleased to currently have an overall rating of 9.7! For those that haven't please don't forget to visit www.daynurseries.co.uk and leave the nursery a review.

Upcoming events

- W/C 29th January - National Storytelling Week
- Friday 2nd – World ukulele day
- W/C 5th – Children's mental health week
- W/C 12th – Lunar New Year
- Tuesday 13th - Pancake Day
- Wednesday 14th - Valentine's Day
- Friday 16th - Random Act of Kindness Day
- Tuesday 27th – Polar bear day