

WB 27th November 2023

Last week was a quiet week in the nursery with the winter coughs and colds doing the rounds. We hope you all feel better soon. We encourage children to use our 'Snuffle Station' where we keep tissues, visual supports and a special bin. We also encourage children to maintain good hand hygiene and stay hydrated. Please do not bring in your child if they have had sickness or diarrhoea. They can return 48 hours after the last episode of illness if they are feeling well.



### Children's Belongings

Please ensure **all** belongings are named including jumpers, coats, shoes, wellies and water bottles.

Un-named belongings will be put in the lost property box.



### Independence

As we come out of toddlerhood and into the pre-school stage, the children are becoming more and more able to do everyday tasks on their own. Can you try any of the following suggestions to encourage your child's self help skills?

- ⇒ Encourage your child to put on and take off their own shoes. Perhaps you could have a race!
- ⇒ Let your child enter nursery without removing their coat for them. We will encourage the children to do this themselves and support them should they need it.
- ⇒ Encourage your child to put on their own coat. You could start by closing the bottom of the zip, but let them pull it up to the top!

Please see the attached suggestion sheet to support this at home.



## Our Topic is: Celebrations



Don't forget your welly boots on **Thursday** for Outdoor Learning!



### Jewellery

Hooped earrings are not permitted to be worn at school as they are a safety risk. If a child's earring gets caught, this could cause serious injury to their ear. Please change to a stud-style earring. Thank you



### Monday

We will be reading our story—'One Snowy Night' by Nick Butterworth and thinking of our favourite phrases from the book.



### Tuesday

We will be continuing our learning on abab patterns—for example,



### Wednesday

We will be reading our story again, 'One Snowy Night' by Nick Butterworth and exploring new vocabulary **friendly, miserable, polite.**

### Thursday

Outdoor Learning—**welly boots needed.** Learning about animals that live in trees. **Return library books today.**

### Friday

We will be talking about Advent and the countdown to Christmas.





## Hillside Primary School Nursery Nativity Performance



Join us on  
**Monday 11th December 2023**

Drop your child off at the  
normal time and return at  
**10.30am**  
to watch the performance.

Costume details to follow

A festive poster for a Christmas Craft Share event. The background is dark purple with white snowflakes and red berries. At the top, it says 'You are invited to our Christmas Craft Share'. The date is 'MONDAY 18 DECEMBER'. Below that, it says 'Drop your child off at the normal time of 8.30am and return at 10.15am. Younger siblings welcome'. At the bottom, it says 'We will be making a range of crafts together. Colouring, making and decorating. Join us for some festive fun!'. The bottom half of the poster features illustrations of Santa Claus, a Christmas stocking, and a Christmas tree with stars.

You are invited to our  
**Christmas Craft Share**

JOIN US!  
**MONDAY 18 DECEMBER**

Drop your child off at the normal time of 8.30am  
and return at 10.15am.  
Younger siblings welcome

We will be making a range of crafts together.  
Colouring, making and decorating.  
Join us for some festive fun!



UK Health  
Security  
Agency

NHS

# Should I keep my child off school?



## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.





## Self Care Dressing Myself

### Puttin On and Taking Off a Jacket

By 2 years your child should be able to take off their unfastened jacket. Between the ages of 3 and 4 your child should be able to put their jacket on. Although they may not manage zips and buttons.



### Hints and Tips

Here are some tips to help:

- Practice taking off their jacket first – it's easier!
- Start with a jacket that is a bit too big. Loose-fitting clothing is easier to manage than tight fitting clothing. Let them practice putting on your jacket. Make it into a game.
- Your child needs lots of practice putting their arms into sleeves. So practice with shirts, cardigans, pyjama tops, etc.
- Children learn in different ways so you might need to vary your approach. There are a number of ways in which you can help:
  - Physically assist your child
  - Show your child
  - Tell your child

Try each of these ways to find what works for your child. Sometimes you might need to use more than one of these methods. Please remember that some children cannot look and listen at the same time. You are aiming to give the least amount of support needed. If you start by physically helping your child, work towards showing them what to do. Then work towards telling them what to do.

- A good way to teach your child how to get dressed is to break down each task into small steps. You can teach them the last step first. This technique is called backward chaining (for more information visit [www.nhs.gov.uk/kids/life-skills/self-care/dressing-myself/backward-chaining/](http://www.nhs.gov.uk/kids/life-skills/self-care/dressing-myself/backward-chaining/)). Once they can do the last step of the task, teach them the second-last step, then the third-last step and so on.



- If your child is struggling it can be tempting to take over - don't! Give your child time to work it out for themselves. Give them lots of encouragement and hints if you need to. If needed, talk them through what to do and only step in if they get really stuck. Make sure you have got plenty of time to practice.
- Instead of correcting a mistake (e.g. twisted collar or hood) why not encourage your child to look in the mirror. Now get them to work out what's wrong. You may need to ask them some questions and give them some hints.
- There are different ways you can put on your jacket. Try them all to see which way works for your child. Once you have found the way that suits your child share this with other people. Make sure nursery/school staff, grandparents, child minder etc. all help the same way.

There are different ways of putting on your jacket, visit [www.nhs.gov.uk/kids/life-skills/self-care/dressing-myself/](http://www.nhs.gov.uk/kids/life-skills/self-care/dressing-myself/) for some video ideas on teaching your child to put on their jacket.

### Activity Ideas

- Make a game of this by taking an adult size shirt/jacket. Seal the cuffs with elastic bands and then hide small toys down each sleeve. Ask your child to put their arm in and pull out the toy.
- Play dress up with your child; use a variety of oversized clothes.



**If your child was born between  
1 September 2019 and  
31 August 2020,  
you must apply for a full-time  
Reception Year school place by  
15 January 2024**



You **must** make an application even if your child already has a place in a nursery class, pre-school or family hub

To apply for a place or for more information you can visit:

[www.suffolk.gov.uk/admissions](http://www.suffolk.gov.uk/admissions)

Information is also available from:

- The Admissions Team on **0345 600 0981**
- Your local school





Achieving Greatness Together

# Apply now!

**We are welcoming applications now for children starting Reception in September 2024**

**Funded places are also available in our nursery for children aged 3+**



**Visit us for a tour and find out more:  
Call 01473 601402 or email [office@hillsideprimary.co.uk](mailto:office@hillsideprimary.co.uk)**

[www.hillsideprimary.co.uk](http://www.hillsideprimary.co.uk)

