



Here is a few notes to jog your memory on some important aspects of nursery life:

- **Names** – Please name everything so that items which are misplaced will come back to you.
- **Appropriate clothing** – As the colder months continue your child/children will need a warm hat, scarves and gloves and coat while they play outside.
- **Tapestry** – Please ensure you have activated your accounts as this will be our main way of communicating and sharing important updates with you.
- **Breakfast sessions** – Please remember that breakfast finishes at **8.30am** if we could therefor kindly ask if children requiring breakfast please be brought in for **8.25 am**

Keep your child safe online

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

Talk to your child about the importance of creating a safe online environment, including keeping any log-in details and passwords safe.

These resources will support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [Thinkuknow](#) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) - resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](#)
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP - support and guidance for parents and carers related to the digital world from leading experts and organisations
- National Society for the Prevention of Cruelty to Children (NSPCC) - [guidance for parents and carers](#) to help keep children safe online
- [UK Safer Internet Centre](#) - tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)
- [Inclusive Digital Safety Hub](#) and [Online Safety Hub](#), created by South West Grid for Learning in partnership with Internet Matters - support and tailored advice for young people with additional learning needs and their parents or carers

- [Parents' Guide to Age Ratings](#) explains how the British Board of Film Classification rates content, and gives parents advice on choosing online content well

What harms might my child experience online?

You may have concerns about specific harms which children can experience online. There are more resources to help you understand and protect your child from these, including:

- [child sexual abuse – a definition](#)
- [child criminal exploitation – a definition](#)
- exposure to radicalising content
- youth-produced sexual imagery ('sexting')
- cyberbullying
- exposure to age-inappropriate content, such as pornography
- exposure to harmful content, such as suicide content

COVID19

Symptoms and testing

Anyone with a positive test result will need to:

- self-isolate in line with the [stay at home guidance](#) (if they test positive at school, you should arrange for them to be collected)
- [book a free further test](#) (a lab-based polymerase chain reaction (PCR) test) to confirm the result, whether the test was done at home, school or college. This still applies even if they have received one or more doses of COVID-19 vaccine

Whilst awaiting the PCR result, the individual should continue to self-isolate. If the PCR test is taken within the 2 days following the positive LFD result, and is negative, it overrides the self-test LFD test and your child can return to nursery, childminders, school or college, as long as they don't have COVID-19 symptoms. However, you and your household must continue to self-isolate if:

- this PCR test result is positive
- you choose not to take a follow-up PCR test
- your follow-up PCR test was taken more than 2 days after the positive LFD test result

If you have any questions about the asymptomatic testing programme, speak to your nursery, school or college.

Please ensure you send your child's negative or positive PCR test result to the nursery email address.

If you suspect your child has coronavirus or has a positive test

Do not send your child to their nursery,

they are showing one or more [coronavirus \(COVID-19\) symptoms](#)

(a new or continuous or worsening cough, high temperature including feeling warm to touch, loss of sense of smell and/ or taste)

- they have had a positive test result
- there are other reasons requiring them to stay at home, for example, they are [required to quarantine](#), or they are awaiting their PCR result after a positive lateral flow test

You should follow public health advice on [when to self-isolate and what to do](#).

If you insist on your child attending nursery, school, or college when they have symptoms, they can take the decision to refuse your child if, in their reasonable judgement, it is necessary to protect other pupils and staff from possible infection with COVID-19. Their decision would need to be carefully considered in light of all the circumstances and current public health advice.

Financial support to care for a child who is self-isolating

You may be eligible for a one-off Test and Trace Support Payment of £500 from your local authority if your child has been advised to self-isolate by NHS Test and Trace.

Further information on [claiming financial support under the Test and Trace Support Payment scheme](#) is available.

Lateral flow tests are for asymptomatic testing only if your child develops symptoms you will be required to book a full PCR test for your child or to isolate for 10 days before returning to nursery if a PCR test is not taken.

Dates for your diary

Friday 19th November : Children in Need : please come in dressed in something spotty, or yellow or suitable clothing your child may choose.

Friday 10th December : Christmas Jumper day

Friday 17th December : last day of term, nursery closed for all children for Christmas break.

Tuesday 4th January : Nursery reopens for all children

The policies and procedures are available on request to any parent, carer, or visitor of the nursery. If you would like a copy we can email them to you. In addition to this, we encourage you to write in your views of our nursery and out of school clubs.

Staff WOW cards are available for you to fill in if you feel a member of staff has done something they should be recognised for. They are available from the office staff

Staff member of the month

We are pleased to share with you that Mahnaz has received staff member of the month for her amazing support she provides to all the staff and children in the nursery.

We also have Staff WOW cards available for you to fill in if you feel a member of staff has done something they should be recognised for. They are available from the office staff

Sickness and diarrhoea

Please do not bring your child into the setting if they have sickness or Diarrhoea. If your child has sickness or Diarrhoea while in nursery we will be asking for them to be collected to help prevent the spread to other children and staff. It is nursery policy for your child not to attend nursery for 48 hours from the last episode of illness

Calpol / temperature reducing medicine

Your child must not attend if they have been given any temperature reducing medicine such as calpol or ibuprofen. This can mask the onset of a temperature.

Have your say!

We have our parent's forum for the nursery, several dates are booked through the year for meetings to gain your views, feedback and support on key initiatives. If you would like to be part of the forum, please contact Nursery Manager Sarah Boulwood for more information

Dovedalenuresery@chelmsford.ac.uk

Tel: 01245 293045

Children regulating their emotions

Children have difficulty regulating their emotions and do not have the skills to manage overwhelming feelings. It is our job to help teach children these skills both at home and at nursery. We have been working closely with the children to learn about their managing and understanding their emotions through a number of ways from our smallest children to our oldest. Some of the following are used with our older children such as the nursery's Golden rules, our persona dolls. If you would like to learn more about these approaches and talk to your child about these please see the attachments included.

Thankyou for all your continued support

