



PRESCHOOL AND CHILDCARE CLUBS NEWSLETTER

September... We've made it through the first month of being back, and have had no cases of Coronavirus!

Thank you to everyone that has been understanding and kept your child/ children off if they are a little under the weather. We have had a few children kept off whilst families have got tests, and a couple of staff doing the same, but so far, so good, everyone has remained safe!

We are now operating in two groups:- The Hive and the Preschool Room. This is to allow staff to remain consistent and to best support the different cohorts of children. There are mostly the youngest children in the Hive, although there are a few children in the Hive that will be going to School next year and our plan will be to move them after Christmas, which we will support with some transitioning activities.

The groups now have google groups so we can share with you specifics for your group. This is work in progress, so if you are experiencing any difficulties receiving information, please let me know.

Term Dates... This term will end on **Friday 23rd October at 3.00pm** We will return after half term on **Monday 2nd November** until **18th December**, when we break up for Christmas!

Staffing... Kat has completed her level 3 apprenticeship! We would like to congratulate her with this achievement, as with Lockdown, the apprentices have had to power on and do self-guided work at home. It has taken a lot of motivation and we are thrilled that Kat has completed. It is a double edged sword as sadly she will be leaving us to work at Julia Durbin Nursery, at the Churchill hospital after half term. We would love to have kept Kat, however this is a great opportunity for her to work in a larger Nursery, with lots of other practitioners and gain new experiences. It is also very near to her home, which is an advantage at this time. We wish her all the best and look forward to hearing how she is getting on.

Illness... Please don't send your child if they are not well. Please don't give them Calpol and send them. If in doubt err on the side of caution. Staff becoming ill will make it difficult to remain open. Follow the guidance and we will too!

I have been asked to share this leaflet with you from PHE,

Public Health England **COVID-19 INFORMATION FOR PARENTS AND CARERS**

PHE South East Schools Cell
24/9/2020 Version 1.0

DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE IF THEY HAVE COVID-19 SYMPTOMS
Visit: www.gov.uk/get-coronavirus-test to book a test online, or call 119 if you don't have internet access

YOU SHOULD BOOK A TEST FOR YOUR CHILD IF THEY HAVE ANY OF:



A HIGH TEMPERATURE
This means they feel hot to touch on the chest or back (you do not need to measure their temperature)



A NEW CONTINUOUS COUGH
This means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it may be worse than usual)



A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE
This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE OR SORE THROAT, THEY DO NOT NEED TO BE TESTED. THEY AND THE REST OF THEIR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE (UNLESS SOMEONE ELSE IN THE HOUSEHOLD HAS SYMPTOMS OR HAS TESTED POSITIVE, OR YOU HAVE OTHERWISE BEEN ADVISED BY NHS TEST AND TRACE).
YOUR CHILD CAN ATTEND NURSERY/SCHOOL/COLLEGE IF THEY ARE WELL ENOUGH TO DO SO.

WHAT TO DO IF...

YOUR CHILD HAS COVID-19 SYMPTOMS	YOUR CHILD TESTS POSITIVE FOR COVID-19	SOMEBODY IN YOUR CHILD'S HOUSEHOLD HAS COVID-19 SYMPTOMS	SOMEBODY IN YOUR CHILD'S HOUSEHOLD TESTS POSITIVE FOR COVID-19
<p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ Whole household begins self-isolation (10 days for a person with symptoms and 14 days for household contacts)</p> <p>▶ Book a COVID-19 test</p> <p>▶ Inform nursery/school/college immediately about test results</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return if the test is negative – providing they are well enough, have not had a fever for 48 hours, and haven't been advised to self-isolate by NHS Test and Trace.</p>	<p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ Inform nursery/school/college immediately about test result</p> <p>▶ Your child and all household/support bubble members should self-isolate as advised by NHS Test and Trace (anyone with symptoms should book a test)</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return after 10 days of isolation, even if they still have a cough/loss of smell or taste. These symptoms can last several weeks.</p>	<p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ The household member should book a COVID-19 test</p> <p>▶ Whole household begins self-isolation (10 days for a person with symptoms and 14 days for household contacts)</p> <p>▶ Inform school immediately about test results</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return if the symptomatic household member's test is negative and your child hasn't been advised to self-isolate by NHS Test and Trace.</p>	<p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ Inform school immediately about test results</p> <p>▶ Your child and all household/support bubble members should self-isolate as advised by NHS Test and Trace (anyone with symptoms should book a test)</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return when they have completed 14 days of self-isolation without any symptoms*.</p>

<p>CONTACT TRACING HAS IDENTIFIED YOUR CHILD AS A CLOSE CONTACT</p> <p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ Your child should self-isolate for at least 14 days, as advised either by NHS Track and Trace or by Public Health England (via their educational setting)</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return to school when they have completed 14 days of self-isolation without any symptoms.</p>	<p>YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT</p> <p>▶ Attend nursery/school/college as normal</p> <p>▶ If your child does not have any COVID-19 symptoms they should carry on with normal activities</p>	<p>YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE</p> <p>▶ DO NOT SEND YOUR CHILD TO NURSERY/SCHOOL/COLLEGE</p> <p>▶ Self-isolate for at least 14 days in line with quarantine advice.</p> <p>WHEN CAN MY CHILD RETURN?</p> <p>They can return to school when they have completed 14 days of self-isolation without any symptoms.</p>
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** If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days – even if they have a negative COVID-19 test result.*

For further information on COVID-19 in educational settings (including a guide for parents and carers) see: www.gov.uk/coronavirus/education-and-childcare

Government Early Years Survey... New parents are urged to have their say on available early years support via new online questionnaire. The review will consider the barriers that impact on early years development, including social and emotional factors, and early childhood experiences. Please complete through following link.

<https://www.gov.uk/government/news/new-parents-urged-to-have-their-say-on-available-early-years-support-via-new-online-questionnaire>

Packed Lunches... I'd like to say we are not "the lunch police" and as Mothers and Early Years practitioners we do know how tricky it can be to find healthy foods for children and also getting the portion size right. At Preschool we see a mass variance in the foods the children eat, and some of the products that are marketed at children, have an enormous amount of sugar hidden in them. This is a link to a really nice guidance on young children's packed lunches, so if you are stuck for ideas, you may want to take a look.

https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf

We do encourage children to eat their lunches but we do see the same reaction to some of their foods everyday, and I bet you get fed up with some of the waste!

A few of the children are also bringing in small flasks of warm food, which is something we have not had much of before, when we were able to offer a hot lunch, often these foods are eaten really well. We would not want to heat up your food ourselves, (in case of it getting too hot), but appreciate it if you use these flasks.

Water.... How much fluid do children need?

Another area of debate we have in Preschool!.. We are often asked to encourage your children to drink more and I am not sure if everyone realizes but we try to top up water bottles before the children go home. I have done a little research about quantities of water recommended for different ages and have this extract from the British Nutrition Foundation:-

*"The amount of fluid a child needs depends on many factors including their age, their gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of **fluid** per day (on top of the water provided by food in their diet). Younger children need relatively smaller drinks (e.g. 120–150 ml serving) and older children need larger drinks (e.g. 250–300 ml serving). This is based on recommendations from the European Food Safety Authority (EFSA), which set out how much fluid children of different ages need. Assuming 70-80% of fluid in the diet comes from drinks (20-30% from food) the EFSA recommendations from drinks only are equivalent to 1.1-1.3 litres per day for 4-8 year olds, 1.3-1.5 litres per day for 9-13 year old girls and 1.5-1.7 litres per day 9-13 year old boys."*



Another source stated a child should have a 8 floz cup of water, which is equal to 236ml, for each year of their age, up to the age of 8 or 9. If 2 years old need 2 x 8 floz if 3 Years old need 3 x 8 floz.

The yellow cups are the ones we use for milk. The small one is 100ml (3.4 fl oz) the larger is 150ml, (5 floz) a Mug is 250ml (8.5floz) and the water bottle is 500 (17floz)

Anyway I hope you find this useful/ interesting. I guess what I am saying is we try to encourage children to keep hydrated whilst at Preschool and offer Milk or water at snack and meal times, and water throughout the day!

APPLYING FOR A SCHOOL PLACE FOR SEPTEMBER 2021... Key dates when applying for infant or primary schools.

Key dates	Event
3 November 2020	Applications open.
15 January 2021	Closing date for applications.
16 April 2021	National offer day: look online, receive email and letters are sent out by second class post where needed. Last date to respond to offers.
4 May 2021	Last date to be added to the continued interest list for offers made 16 April. Last date for late applications, and changes of preference.
10 June 2021	Offer day for late applications made by 4 May. Last date to respond to offers on 10 June.
25 June 2021	Last date for change of preference for offers on 10 June Last date to be added to the continued interest list for offers made 10 June.
September 2021	Start of the school year.

Children start school in the September after their 4th Birthday. So if your child was born **1 September 2016 to 31 August 2017 you will be applying for a school place from 3rd November.**

Please see more information here from Oxfordshire County Council:-

<https://www.oxfordshire.gov.uk/residents/schools/apply-school-place/infant-and-primary-school>

Because of Covid 19 I think you should be speaking to schools you are interested in applying to sooner rather than later so they can offer you some information to help you make your decision.

If you are interested in applying to North Hinksey Primary more information can be found here:-

<https://www.north-hinksey-school.org.uk/joining-the-school.html>

Lastly... I am always conscious not to overload parents with too many emails however you will receive some separate messages from your groups, in the coming days/ weeks about our curriculum, as normally we would hold a parents evening where we could demonstrate how your children are learning and what they being taught. If you have any questions please ask, as I would like to develop a FAQ for our website.

As usual, if you have any concerns or would like to discuss anything further please feel free to contact me.

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