



Heads Up...13/09/24

Your weekly Tenterfield newsletter
from Mrs Beare!

Message from Mrs Beare

Second week completed!

I should think your children are feeling tired at the end of this week! There is lots of learning happening, which can be exhausting for them.

They are all settling into nursery life brilliantly! The nursery is a happy, calm, purposeful place, which is lovely to see so early on in the year!

Have a restful weekend,
Mrs Beare x

Don't Forget...

Please email or bring in a family photo to go on your child's family board. This is an important part of our 'sense of belonging' and can settle children if they are missing their family.

Please ensure your child has a named pair of wellies to be kept at nursery. If your child has been here a while, please check your child's wellies still fit them, as some have outgrown them.

Harvest Festival

I would like to draw your attention to our Harvest Festival at St Marys Church on Tues 8th Oct at 9.30am. The children (not pink group) will need to be taken to the church for 9.30am (unless they are booked into breakfast club) and we like parents to attend the short service with us. Your child will be on the stage singing songs... 'big red combine harvester' is always a favourite!!

We will be collecting items for the local foodbank, please bring these or a donation to the church with you.

You will need to take your child to Tenterfield after the service where they can stay for their normal nursery session.

Spare Clothes

Please make sure your child has PLENTY of spare clothes in their bag each day. The children love to get wet or may have a toileting accident and it really helps if we can easily access their own clothes in their bag.

Neurodiversity Handbook

Hertfordshire County Council and the NHS are delighted to share with you the exciting and new Supporting your Neurodivergent Child handbook that has been developed for Hertfordshire parent/carers and professionals. The Neurodiversity Handbook has useful resources, support and signposting on a whole range of things relating to Neurodiversity.

The resource is accessible to all regardless of whether a young person has a diagnosis or not, and can be used at any point during a young person's journey.

Water bottles:

Please let your child bring their water bottle into nursery with them. They have a box in their base area that they keep them in throughout the session. NO JUICE in water bottles please.

Informing us if your child is sick

If your child is unwell, or will not be attending nursery for another reason, it is really important that you inform the office by emailing admin@tenterfield.herts.sch.uk or call 01438714564. If you do not contact us we will call you to enquire why your child is not at school for registration purposes.

A few reminders for our children who stay for Lunch

Healthy Lunch Box

If your child is in a 30-hour funded place or stays for wraparound care we ask that you provide a healthy, well balanced packed lunch in a standard size/shape lunchbox with their name clearly visible on the OUTSIDE

We provide water for the children and the adult based on their table will ensure they eat and drink enough. Please provide a named water bottle everyday

At Tenterfield we follow a few key principles when it comes to children's packed lunches:

- ▶ No nuts - we are a nut free setting due to severe allergies. Please avoid chocolate spread as often these contain nuts or traces of nuts. No Peanut Butter/
- ▶ No boiled Egg.
- ▶ No Sweets or Chocolate.
- ▶ If you are providing your child with grapes/cherry tomatoes/ olives/ blueberries these need to be cut in half to minimise risk of choking.



Some useful websites:

Food facts - Healthier Families - NHS (www.nhs.uk)

Healthy eating: What young children need | BBC Good Food

Children's teeth - NHS (www.nhs.uk)

DSPL5 The Incredible Years Parent Programme (4-7 year olds)

The Incredible Years Programme is for parents and carers of children aged 4-7 years, whose children display distressing behaviour. This may include conduct disorders, oppositional defiance disorder or where ADHD might be suspected or diagnosed.

This evidence based programme is for 8 to 10 parents/carers and includes group discussions, group activities, use of video clips and 'have a go' tasks to try at home

Incredible Years Parent/Carer Group



TO BOOK A PLACE: Please **CLICK HERE** or alternatively please visit nessieined.com



DSPL | Delivering Special
Provision Locally

Achieving quality outcomes

DSPL 5 Welwyn and Hatfield

OVERVIEW:

The Incredible Years Programme is for parents and carers of children aged 4 to 7 years, whose children display challenging and/or distressing behaviour. This may include conduct disorders, oppositional defiance disorder or where ADHD might be suspected or diagnosed.

This evidence based programme is for 8 to 10 parents/carers and includes group discussions, group activities, use of video clips and 'have a go' tasks to try at home.

Dates:

Wednesdays:

18th September 2024
25th September 2024
2nd October 2024
9th October 2024
16th October 2024
23rd October 2024
6th November 2024
13th November 2024
20th November 2024
27th November 2024
4th December 2024
11th December 2024

Time: 10:00AM - 12:00PM

Venue: Swallowdell Primary School
Blackthorn Road, Welwyn Garden City
AL7 3JP

Cost: Free (funded by DSPL5)

Helping children and young people thrive

NESSIE IN ED CIC. Company registered in England & Wales number: 11719406

Autumn Term Dates

Fri 27th September	Macmillan Coffee Morning Please bring in cakes for our cake sale
Tues 8th October	Harvest Festival @ Church. Children need to be taken to church for 9.30am
Mon 14th October - Fri 18th October	Catch Up Calls Week Details will be emailed
Wed 16th October	World Food Day Please bring a dish to represent a nationality
Thu 17th October	World Values Day
Mon 28th October - Fri 1st November	HALF TERM
Mon 4th November - Fri 8th November	Fireworks Week
Tue 12th November	Odd Socks Day Come to nursery wearing your odd socks!!
Thu 14th November	World Diabetes Day
Fri 15th November	BBC Children in Need
Mon 25th November	Occasional Day Nursery Closed
Thu 5th December	International Volunteers Day Do you have a skill or occupation you could come and share with us?
Mon 9th December - Fri 13th December	Catch Up Calls Week Details will be emailed
Fri 20th December	Last Day of Term Nursery finishes at 1pm for our 30hr Children
Mon 23rd December - Fri 3rd January	Christmas Holiday

Beezee Families

We are Beezee Families, and our team deliver FREE heathy lifestyles programmes to hundreds of families across Hertfordshire.

This is Parent Mail. It's a FREE resource (attached to this email) that we'll share with you twice a term to tackle the biggest challenges faced in making healthy choices.

We also have FREE healthy lifestyle programmes that start in September to support families to build healthy habits together. Sign-ups are open now, so families can secure their free spot. Alternatively, they can ask about 1:2:1 support. [Visit our website for more details.](#)

Looking for healthy after-school snack ideas?



We've got you covered!

Our free, Beezee Families healthy lifestyle programme can help your family make healthy habits.



Tuck into these healthy snacks:



- Two wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Fruit kebabs

- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch circles, bake at 200 degrees until dry)
- Handful of homemade popcorn
- Homemade fruit ice lollies
- Apple slices with peanut butter.



Want more healthy lifestyle support?

Check out our website to find out how we can help your family.*

Scan here

or

Click the link



We're here to help your family

make healthy habits fun

Join our FREE, 12-week healthy lifestyle programme to help your family build habits around food and physical activity. Our in-person group sessions start on:

Date:

Mon 23 September 2024

Time:

17:00 - 19:00

Venue:

Birchwood Avenue Primary School, Hatfield, AL10 0PS

Or you can join us online!



hrt.maximusuk.co.uk

Sign up for your

FREE PLACE today



BZBinfo@maximusuk.co.uk

k



01707 248 648



Hertfordshire