

Little Acorns Newsletter

Spring term 1 2020

Dates for Your Diary 2020

At little Acorns we generally work term time, working within the school term dates. These are the dates for your diary and they are inclusive.

Spring 1 6th Jan—14th Feb

Feb Half Term 15th Feb—23rd Feb

Spring 2 24th Feb—3rd April

Easter Holiday 4th April—19th April

Bank Holidays 10th April and 13th April

Sum 1 20th April—22nd May

May Bank Holiday 8th May

May Half Term 23rd May—31st May

Sum 2 1st June—Wed 22nd July

All dates now run consecutively and include weekends so it should be easier to work out when holidays are! Let us know if you find this more useful.

Health and Wellbeing

It has been possibly the worse 4-5 month period we have ever known for illness, and the guidelines we shared on email should help us all to get a bit of control of things.

Thank you for your helpful and positive comments, and support too as we dealt with the dreaded **Norovirus**. Remember that your immunity to the virus only lasts a short while, and you can catch it again. We apologise for the disruption and inconvenience of our closure. Again, we thank you for your kind messages and understanding.

With the threat of the **Corona virus, 'Covid-19'**, now knocking on the door in Brighton and Eastbourne, it makes sense that we think about how to keep ourselves and each other safe. The messages from the World Health Organisation all seem to be the same. Washing hands and good illness hygiene, respecting incubation periods and responsible recuperative time, all seem to be vital factors in helping to prevent its spread. Let's hope that virus is controlled as soon as possible. **Please ensure you tell us if and when your child has been sick before you arrive at the setting, indicating clearly when they were last ill.**

The growing LA community...

We welcomed a new child into our growing community, already settled and a popular character! Many of you have already met him. We also say a huge congratulations to one of our families for the safe arrival of their new addition. Big sister duties have started well and truly there!

Children's Flu Vaccination

Make sure you take up the offer of the free spray, and plan for the future to keep up to date when your children are 2 and 3. We have been informed that this is offered through school once your child starts, but as a toddler you need to get in touch with your GP or the Nurse Practitioner at your local surgery.

Snack time..

We all love a good snack, and over the course of the day we provide 2 scheduled snacks and then fruit at other times. We are committed to healthy eating and we are attempting to reduce our carbon footprint too.

If you do provide a snack for after school we will eat our tea first, and then later the children will enjoy their snack. Please make this a small healthy option if possible such as, an oat/muesli or fruity bar of some kind, a fruit yoyo/chews, crackers, yoghurt covered raisins, rice cakes with or without yoghurt covering, a pot of favourite fruit etc. (Only suggestions, not a definitive list).

Please avoid 'sweets', bars/boxes of chocolate, and please absolutely **no** peanut products.

Digital Savvy...

With our children having access to phones, tablets and PCs, it is really vital that we skill them up to be safe. With little ones it is the responsibility of the adult to do this on their behalf and lead the way. As they access more and enjoy more independence we need to ensure that they begin to understand the need to be safe, e-safety strategies, how to avoid being bullied and what to do if they are. We have found some great guides produced by Vodafone, full of advice, which accompany 'Digital Parenting' magazine. We will send copies home.

Illness Policy

We will be sending our Illness Policy home for you to read. Please keep it handy for your reference. We will email it to you, and will have some paper copies for you to request. Thank you.

Bring on the Spring and the well needed sunshine!