

SEASONAL NEWSLETTER

Where young minds blossom and grow

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Sophia Road, Custom House, E16 3PB

Dear all,

A warm welcome to all our new children and families! We look forward to working in partnership with you and do anything we can to help.

Wishing You a Joyful Eid al-Fitr

As the holy month of Ramadan comes to a close, we would like to wish our Muslim children and their families a very Happy Eid Mubarak!

May this special time of celebration be filled with peace, gratitude, and wonderful memories shared with friends, family, and the community. We hope you enjoy the festivities and the well-deserved time together.

Eid Mubarak!

Jo Aylett

Headteacher



Wishing You a Wonderful Easter Break

For all our families who celebrate, we wish you a very Happy Easter! We hope the holiday period is filled with joy, relaxation, and perhaps a few chocolate treats.

Whether you are celebrating or simply enjoying the break, we would love to see you at the Children's Centre. We remain open for Stay and Play sessions throughout the holidays—these are a fantastic way for children to socialise and for parents to connect.

To find out exactly what is happening and when:

- Speak to a member of staff at the setting.
- Check our website for the full holiday timetable and session availability.

UP AND COMING EVENTS

Nursery closed for Eid
Friday 20th March

Wanstead Park Educational Visits
24th and 26th March

Easter holiday
30th March to 14th April
Green class opens 15th April to new admissions

Messy Play, Happy Brain! Stay and play
19th May

Half Term Holiday
Monday 25th May to Friday 29th May

Science Educational Visits
9th May and 11th June

Chalkwell Beach Visits
30th June and 1st July

Last day of the Summer Term
Friday 17th July

Staying Healthy and Safe Together

We are committed to promoting a healthy lifestyle for all our children, and we appreciate your support in making our setting a safe and nutritious environment. Please keep the following guidelines in mind:

- **Healthy Packed Lunches:** To support steady energy levels and dental health, please ensure lunchboxes do not contain sweets, biscuits, crisps, or juice.
- **Choking Hazards:** If you are sending grapes, please remember to cut them in half lengthways. Small, round fruits can be a significant choking hazard.
- **Nut-Free Zone:** We have children with severe allergies; please ensure no nut products are sent into the setting.
- **Snacks & Drinks:** There is no need to send your child with extra snacks. We provide a variety of healthy snacks, fresh water, and milk throughout the day.

Active Travel & Site Safety

We encourage all our families to walk to school whenever possible. Walking is a fantastic way to boost physical health, improve concentration, and enjoy a chat with your child before the day starts.

Regarding equipment, please note that our buggy park is for visitors and parents of children with SEND only. Due to limited space, we kindly ask that if you bring a buggy for drop-off, you take it home with you afterward.

Why Every Day Counts: The Importance of Attendance

Regular attendance is one of the most important ways you can support your child's journey at our nursery. While it might seem like "just play," these early years are when the essential building blocks for life are laid down.

Consistent attendance is vital because:

- **Stronger Friendships:** Arriving every day helps children form stable bonds with their peers, building the social confidence they need to thrive.
- **Routine and Security:** Children feel safest when they know what to expect. A regular routine helps them settle quickly and reduces anxiety.
- **Continuous Learning:** Our curriculum is carefully planned to build on what was learned the day before. Missing days can create "gaps" in their understanding and development.
- **School Readiness:** Developing the habit of good attendance now prepares your child for the transition to primary school, making that big step much easier for them.

We understand that children do get unwell, but where possible, we aim for all children to attend every session. Every day your child is here is another day of discovery!



Keeping Our Children Safe: Online and at Home

In today's digital world, it is never too early to start thinking about online safety. Even for our youngest learners, supervised access to tablets and phones is a big part of modern life. To keep your child safe:

- **Supervise always:** Ensure you are present when your child is using a device.
- **Use Child-Safe Settings:** Use "Kids" modes on YouTube and streaming services, and ensure parental controls are active.
- **Talk about it:** Even at a young age, you can teach children to "ask before they click."

Our Commitment to Safeguarding

The safety and well-being of your children are our highest priorities. If you ever have a concern regarding the safety of a child, or if you believe a child is at risk, please know that we have strict procedures in place:

- **Reporting:** Please speak immediately to our Designated Safeguarding Lead (DSL) Jo Aylett or any member of the leadership team.
- **Our Duty:** We are legally required to follow up on all concerns to ensure every child is protected and supported.



Keeping Us Informed

To help us provide the best care, we ask that you keep your child's Key Person updated on any changes:

- **Accidents at Home:** If your child has an accidental bump, bruise, or scrape at home, please let us know at drop-off. We simply need to keep a record for their well-being.
- **Changes in Circumstances:** If there is a change at home (such as a house move, a parent traveling, or a new baby), sharing this with the Key Person helps us provide extra emotional support for your child during their day.

Support is Available: You Are Not Alone

We are committed to the safety and well-being of our entire school community—not just our students, but their families too. If you are experiencing domestic abuse, or if you are worried about your relationship or someone else's, please know that there is support available in a safe, confidential, and non-judgmental environment.

How we can help:

- **Family Support Worker:** Our Family Support Worker at the Children's Centre is available to listen and offer guidance. They can help connect you with specialist services and provide a private space to talk.
- **Discreet Conversations:** If you would like to speak to us, you can approach your child's Key Person or any member of staff you feel comfortable with. We will prioritize your privacy and safety.
- **National Support:** You can also contact the National Domestic Abuse Helpline (run by Refuge) 24/7 for free at 0808 2000 247.

Please do not hesitate to reach out. We are here to support you and your family.

Explore Your Child's Learning Journey

We love seeing our young learners grow, and we want to make sure you're part of every milestone!

Please remember to regularly log into your child's Learning Journal. It is the best place to:

- **Discover** your child's latest interests and favorite activities.
- **Track** their unique learning development and achievements.
- **Explore** the wonderful opportunities and experiences we offer daily.

For a deeper dive into our educational approach, don't forget to check out the latest Curriculum Matters news!

We Love Hearing From You!

Learning doesn't stop at the nursery gates. We warmly welcome your contributions—please feel free to share photos or notes about your child's learning at home. Whether it's a weekend discovery in the park or a new skill they've mastered, your insights help us create a complete picture of your child's progress.

Building a strong bond between home and nursery is essential for your child's happiness and security. To help them feel confident and connected, we encourage all parents to get to know their child's Key Person by name. By mentioning their Key Person at home and even displaying their photo on your fridge, you help your child bridge the gap between their two worlds.

For the safety and well-being of every child, we also ask that you follow these simple daily steps:

- **The Morning Hello:** Ensure you and your child "register" and say hello to their Key Person at the start of every session.
- **The Afternoon Goodbye:** If you need to pick up your child early, please make sure you both say a clear goodbye to the Key Person.

It is vital for our safeguarding and site safety that we know exactly who is on-site at all times. Thank you for your cooperation in keeping our setting safe and welcoming!

A Heartfelt Thank You to Our Families

We would like to extend a huge thank you to all the parents and carers who have been getting involved in our meetings, forums, events, and Stay and Play sessions. Your active participation and support truly make a difference in our community!

By working together, we are able to provide your child with the very best start possible. Your involvement not only supports your child's learning but also helps us grow as a setting.

We Are Here For You

Please remember that our door is always open. If you have any concerns, worries, or even just a quick question, please do let us know. We are here to help, and we will always do our very best to listen and respond to your needs.

SPRING 2026



Getting Ready for the Summer Term

As we look forward to the warmer weather approaching, we want to ensure all our children can enjoy the garden safely and comfortably. Please help us prepare for the sunny days ahead by following these simple tips:

- **Sun Protection:** On hot days, please provide a sunhat and ensure your child has sunscreen applied before they arrive.
- **Sturdy Footwear:** While we love summer style, safety is our priority! If your child wears sandals, please ensure they are sturdy and have backs (straps around the heel). This provides the support they need to stay safe while running, jumping, and climbing in our garden.
- **Layering:** As we know, the weather can be unpredictable! A light layer is always helpful for those cooler mornings.



Please Label All Belongings

To help us keep track of everyone's items, we kindly ask that you clearly label all your child's clothing, especially their coats, jackets, and shoes.

It is very common for several children to have the identical coat or pair of wellies, making it almost impossible for staff to tell them apart during a busy day! Beyond helping us, labelling is a fantastic learning tool for your child because:

- **Recognition:** It helps children learn to recognize and read their own names.
- **Independence:** It empowers them to find their own things, building the vital self-care skills they need to be ready for school.

Whether you use iron-on labels, stick-on tags, or a simple permanent marker on the care label, your help is greatly appreciated!

SPRING 2026

