

Balham Nursery School & Children's Centre

Newsletter - Spring Term 2016

PARENTS AND CARERS – PLEASE NOTE
We will be closing EARLY on Friday 12th
February at 2pm.



**This is to ensure that refurbishment works
in Back Class can begin in a timely fashion.**
Thank you for your cooperation

Balham Book Day

We will be celebrating our very own Book Day on **Tuesday 8th March**. We ask children NOT to come dressed as a favorite story character as we know this can create a lot of work for parents and can also result in many superheroes in school which is actually hard for the children to handle in a large group. There will be lots of opportunities for children to work with a variety of books and materials and we will continue to support their interests in developing their own costumes, characters and story ideas! Staff may be appearing as a variety of characters and will be telling lots of stories too! If you have some free time to come in to read your child's favorite story with a small group of children, we would be very grateful to you and this could be the start of you popping in regularly if you would like. Please speak with Nicola (Back Class Team Leader) to arrange a time.

PSFA

Christmas Charity Evening

Thank you for supporting the Christmas charity evening. You might be interested to know that we raised £700 and the night was a huge success. The PSFA have generously given us funds for next year's children's Christmas activities and the remainder will be shared between The Starlight Foundation and The Malala Fund

What's been going on?

Since returning in January we have been delighted at how well children have settled back into the nursery - their growing confidence and sense of belonging is really shining through. We continue to support those children who find it a little hard to say goodbye to family members through extra nurturing time and thinking imaginatively about what might comfort and support them. Looking at their memory books and using the digital camera are popular options. We have a few new children who are in the early stages of settling. Children have been developing their interest in story telling all over the nursery, whether in the block area or out in the garden where many of them currently like to pretend there is a wolf behind the bush at the back or playing in the home corner. Towards the end of this half term we will celebrate Chinese New Year- do make sure you pop in and see what activities are going on!



CAN YOU HELP?

We are looking for a holiday home for our lovely guinea pigs Rio and Rosie as well as Jamie the tortoise while we are closed over Half Term.

If you are able to help out please speak with Hollie in Reception or a member of staff.



Dates for Diary

Parent/Teacher Conferences are going to be held the week of 21st March. Sign up sheets will be put up outside each class about two weeks before. Do please sign up to meet your child's class teacher (Nicola in Back Cass, Camilla in Front Class and Dee in the Garden Room) on one of these days. The school pays for supply teacher cover in order to release class teachers from the classroom so PLEASE, PLEASE let Reception know if you are unable to attend an appointment you have booked so that someone else can take your place and the cost is not wasted. Thank you.

Clarification on leaving the building, opening and closing times

End of sessions - We open the doors for collection at **11.25am** in the morning and **3.10pm** in the afternoon. We make a concerted effort to make sure the doors are open promptly so that parents can complete their school runs successfully!

We aim to close the door again just after **11.30am and 3.15pm**. It really is important we are able to close the door as soon as possible to secure the building and move on to the next stage of the nursery day. Just after 11.30am staff begin lunch with the children or go to lunch themselves. Just after 3.15pm staff go straight into a planning session where we complete the very important task of deciding what children will be doing the next day, discussing any significant issues and organising resources.

As you can see the school runs to quite a strict timetable in order to ensure we are making the most of the time we have in order to support the children. We would ask for your support in allowing us to maintain the flow of the day by arriving and leaving the building as promptly as possible. Of course when a parent and staff member would like to discuss something at length then we will always make this a priority and this may mean that one or two families remain in the building a little while longer.

When the side door is open please exit this way, **the main door should not be used as a short cut.**

We try to ensure a smooth flow of traffic through the school as if everybody is entering and exiting the building in the same way it allows us to know that the building is as secure as possible at all times.

Late arrivals - Please ensure you inform Reception that your child has arrived in school so that they can mark them on the register and lunch register. It is really important that your child comes to school on time everyday to minimise disruption and to encourage good school routines.

Late collection - We do understand that from time to time everybody finds themselves held up and running late. If you are late to collect or leave the building then please ask a member of Reception to open the buggy park if needed and exit through the main door.

If you know that you will be late please do give us a ring this allows us to explain to your child what is happening and minimise their confusion and concern. When you arrive please collect your child from reception where a member of staff will be supporting them.

Travelling to School!

We really want all our children and parents to travel to school safely, so this means making sure you *do not park on the yellow zig zag lines directly outside the school gates.* This is really important to ensure everyone's safety at drop off and pick up times. Thank you for your cooperation.

Term dates – 2016

	First Day	Last Day
Spring 1	Mon 4 Jan	Fri 12 Feb
Half Term	Mon 15 Feb	Fri 19 Feb
Spring 2	Mon 22 Feb	Thur 24 Mar
Term Break	Fri 25 Mar	Fri 8 Apr
Summer 1	Tue 12 Apr	Fri 27 May
Half Term	Mon 30 May	Fri 3 Jun
Summer 2	Tue 7 Jun	Wed 20 Jul

The school will **not** be open for children to attend on **Monday 11th April and Monday 6th June 2016**.

The School will also be closed for the May Day Bank Holiday on **Monday 2nd May 2016**.

Children's Centre



Half Term Activities

Tuesday 16th February 10am-12pm Oral Health at Nightingale Square (for families living in temporary accommodation)

Wednesday 17th February 10am-12pm Rise and Shine Play and Learn Session for children under 7 years old

Thursday 18th February 1:30pm-3:30pm Family Support Surgery at Nightingale Square (for families living in temporary accommodation)

Friday 19th February 10am-11:30am Messy Play at Balham Library for children under 6 years old

A flyer with further details of all the activities is available from Reception.

And finally...

NEW FEATURE!!!

Any suggestions for future topics please let us know.



AND SO TO BED...

A Rough Guide to a Good Night's Sleep
By Dr Ioanna Bakapoulou
(Educational Psychologist)

How many hours of sleep does a three-year-old need? Does the time at which a child sleeps matter? What hormones are produced during sleep? If, as a parent, you don't know the answers to these questions, you are not alone.

Recent research has shown that an increasing number of children spend their formative years "chronically sleep-deprived". As a result they are not only tired, ratty and inattentive but are more prone to a number of health and physical problems including obesity.

Loss of sleep has a dramatic effect on children's ability to concentrate and learn at school, their behaviour and physical development. There are many causes for this such as over-scheduling of activities, television sets and video games in the bedroom all contribute. So does guilt; home from work after dark, as parents we want time with the children and are reluctant to order them to bed.

Children's brains are a work in progress until the age of 21 and much of that work is done while a child is asleep. There is now a wide range of research evidence showing that lost

sleep hours appear to have an exponential impact on children that it simply doesn't have on adults. This is because children's sleep is qualitatively different to grown-ups' sleep. Compared to adults, much more of the time children are asleep is spent restructuring and rewiring the brain and if they miss that there is no way they can catch up.

Remember that when it comes to a developing child, sleep is as important as all their other biological needs!

Top Tips for Getting Children to Sleep

Have a set sleep time: Set a regular sleep-wake schedule with no more than one hour deviation from day to day, including weekends.

Check out the bedroom: Check the temperature of the room as too much heat disturbs sleep. Constant noise can have the same effect, as can too much light.

Relaxation time: Get your child to do something relaxing in the half hour before bed — reading or listening to an audio book.

Remove distractions: Make bedtime mean sleep time. This may mean removing toys, TV and computer from the bedroom. No eating, drinking or talking.

Enforce boundaries: When you say two stories, mean two stories. Lack of limits can lead to long bedtime battles.

Focus the routine: Aim to do the same things each night, about 30 minutes before bed — for example: a quick bath; straight into the bedroom; dim lights; read stories; say goodnight and leave.

Diet: Avoid fizzy drinks close to bedtime. For a snack, try a banana, warm milk, an oat biscuit or wholegrain cereal.

Regular exercise: Encourage exercise for 20-30 minutes three or four times a week (but not within three hours of bedtime).

Praise: Praise your child if they keep to "the rules".