



First Steps
Day Nursery/School

January 2022

Happy New Year and welcome back, and a very warm welcome to many new families that have recently joining our First Steps family.

Thank you for your continued support and understanding as we navigate the ever-changing Covid landscape.

The guidance is being updated regularly, as it stands here is the most recent: *As of Monday, 17th January*

- LFT daily if you are a close contact, ONLY LFT if you do not have symptoms. If you test positive on a LFT there is not a requirement to follow up a confirmatory PCR.
- Isolation period is 5 days, children will be able to return to the setting on the 6th day providing they have had 2 negative lateral flow tests 24 hours apart.
- Register your positive LFT direct at [Report](#)
- [a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](#) and Track and Trace will inform you of your isolation period
- Please continue to isolate after 5 days should you have a temperature
- If your child has any signs or symptoms of COVID, please book a PCR test and isolate until you receive your results, once you have this, please ensure you have emailed them over to the setting.
- Outside visitors are restricted during opening hours.
- We kindly ask all parents/carers to continue to wear a face covering during drop offs and collections, staff will also continue to wear a mask during these times.

For further information on isolation requirements, please follow the link below.

[Self-isolation for those with COVID-19 can end after 5 full days following 2 negative LFD tests - GOV.UK \(www.gov.uk\)](#)

We appreciate your continued cooperation with these matters.



Cooking and baking experiences



First Steps values the importance of offering children a wide range of fun, challenging and exciting activities and experiences. This week the children have been supporting the cooking by taking part in many baking activities to enjoy throughout their snack and mealtimes, these have included homemade, doughnuts, pizza bases, healthy fruity flapjacks and fruit cake.



Tuesday 1st February 2022 Chinese New Year



It is important that children are offered the opportunity to experience a wide range of flavours and textures, incorporating different foods from around the world.

With Chinese New Year fast approaching we will be making with the children some delicious Chinese favourites and recipes, learning all about the 'The Year of the Tiger'.

If any parents or relatives have some recipes, they would like to share with us please do upload these onto Tapestry. We do love a bit of master chef!

I have attached a delicious menu for Tuesday 1st February, incorporating many Chinese recipes and snacks the children will be offered throughout the day. We will also provide them with chop sticks to explore and use which could be very interesting!!





Penalty shootout!!

Ruth's husband Ben will be joining our First Steps family to provide a session with the children every other week to lead an activity, this week with many of the children keen to learn new ball skills Ben offered the children the opportunity to take part in a 'penalty shootout'.

Many of them inquisitive to hear and learn new words such as, drop kick, dribble, penalty and most importantly understanding sharing, turn taking and enjoying the fresh air, fun and exercise.



Outdoor Experiences

The children have shown a huge amount of curiosity in the weather and temperature changes, recently, through a walk in the field we observed the sun melting the frosty grass, using their hands and feet to explore this.





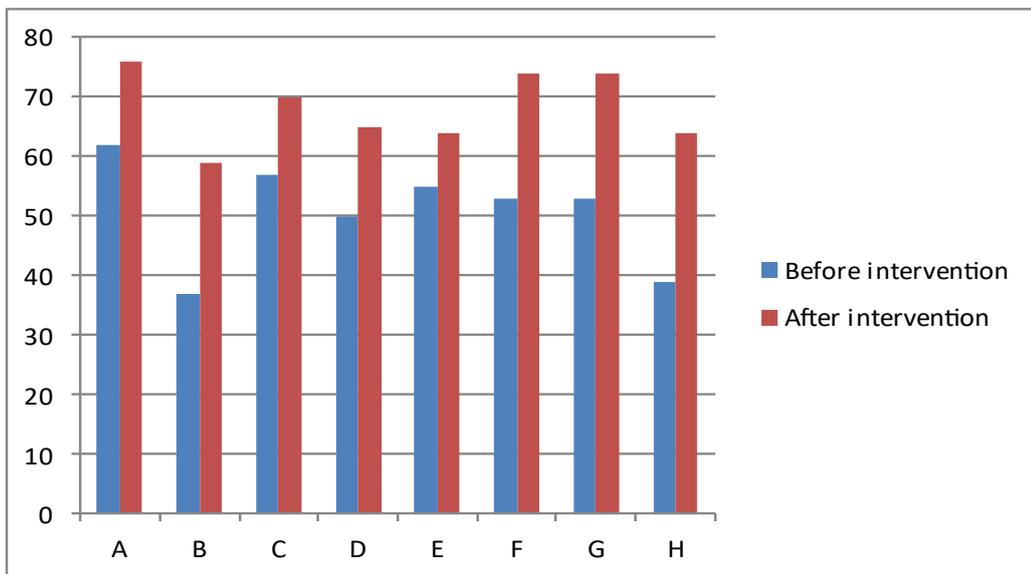
Early talk boost

First Steps have been providing a workshop called Early Talk boost since summer 2021 and have recognised the significant progress and development the children have made. Early Talk Boost sessions are aimed to help children in supporting communication, attention, listening skills, in turn with the intention to encourage the use of new words, building sentences and strengthening confidence to have conversations and discussions.

This course is a 9-week intervention with children completing around 2-3 sessions per week. These are around 15 minutes and aim to be fun.

Data has concluded that on average children ([Early Talk Boost \(ican.org.uk\)](http://ican.org.uk)) make six months progress after a nine-week intervention helping them to catch up with other children their age. This is twice the amount of progress of children not having the intervention.

We would like to take this opportunity to celebrate the success and progress of the children that have recently taken part over the Autumn term, and have attached a graph of last terms data.



Staff training

At First Steps the team are continuously updating their knowledge, skills and qualifications, not only inline with guidance and requirements, but we are also very passionate about extending practitioners knowledge by putting our team through further training to help support and develop our practice to improve outcomes for each and every individual child.

Over this next term the team will be undertaking the following courses:

- 'Making sense of Autism'
- Letters and sounds
- Oral health improvements
- Sexual Behaviour Traffic Light Tool
- Inclusive communication
- First Aid

Polite reminders

Please ensure all items of clothing are clearly labelled, this includes wellington boots, hats, scarfs, and gloves

Also, to ensure your child is packed with several changes of spare clothes, the children experience water play and messy play daily and will often need a change of clothing during their day at nursery.

Please can I remind parents that the nursery closes at 5:30pm, it has been noted on occasions that parents are arriving after 5:30pm to collect children and then interested to discuss how their day has been. Which of course I totally understand is important, however this can be of course arranged over a telephone appointment or alternatively , we do have limited spaces available between 5:30-6pm if you feel this would be beneficial to give you more time at the end of a day and want to book this late session in please email samanathaware@fsdaynursery.co.uk

Staff News

Sadly, we are having to say goodbye to Amber at the beginning of February, she has been offered an opportunity at a nursery closer to home, she will be truly missed from everyone at First Steps, but Amber promises she will keep in touch. We wish her all the very best and happiness at her new setting. If your child's key person is Amber, please be reassured that Hayley Rahn, Amber's Buddy will continue to support and work closely with your child until we have them an allocated key person. If you have any concerns regarding this, please do not hesitate to either speak with Hayley Rahn or myself (Ruth Garland-Davies) and we will be more than happy to talk.

However, on a positive note, we are excited to announce that Casey Height will be joining our First Steps family.

Dates for the diary

I have attached for your attention a calendar of events and festivals that we will be covering over this next year, we of course support each and every child's interests and learning through an 'In the moment approach' but we also believe it is very important that children get to hear and learn about events and festivals that happen throughout the world.

If any parents/carers or family members have a profession, such as dentistry, health care professions or emergency services and would be able to come in and talk to the children about what they do and share their experiences that would be wonderful. Please speak with your child's key person to arrange a convenient day/time

Nursery Closure dates 2022/23

Good Friday - Friday 15th April

Easter Monday - Monday 18th April

May Day - Monday 2nd May

Coronation Day Spring bank holiday - Thursday 2nd June

Platinum Jubilee bank holiday - Friday 3rd June

Summer bank holiday - Monday 29th August

Christmas closure date - 26th December - 4th January 2023

Return date - Thursday 5th January 2023

