

SPRING 2 – 2024

NEWSLETTER

A place to learn, achieve and grow

Dates for your diary



DATES FOR YOUR DIARY

MARCH

22nd—STAFF TRAINING DAY
WB 25th - SCHOOL HOLIDAY (2 weeks)

APRIL

8th - Back to school (Summer 1)
12th - Eid celebration day for children
24th - Early maths parent workshop

MAY

15th - Photographer in Nursery
24th - Break up for the half term holiday
WB 27th - SCHOOL HOLIDAY (1 week)

JUNE

3rd - Back to school (Summer 2)
3rd-9th - CAPT: Child Safety Week 2024
5th - Transition workshop for parents
WB 10th—Parent consultation meetings
21st - Nursery & family trip to Twycross Zoo

JULY

18th - Last day of provision for all children
19th—Graduation day for leavers (Location: Cannon Hill Park weather permitting)
22nd - STAFF TRAINING DAY

SEPTEMBER

2nd & 3rd - STAFF TRAINING DAYS x2
4th & 5th- Home visits for new starters
6th - Stay and Play for returning children
9th - Usual nursery sessions start

OCTOBER

25th - Break up for the half term holiday

Executive Head Teacher: Sam Richards

Nursery Manager: Janine Maidment

SENCO: Gail Goldberg

Teacher: Jason Lee

Office Manager: Amna Bibi

Admin Assistant: Sabah Kabir

Nursery Practitioners: Kaneez Rafique, Naz Ali, Shazeha Akhtar, Farkhanda Jabeen & Shazia Badaruddin

Head Teacher's message



Dear Parents and Carers,

It has been lovely seeing the signs of spring finally arriving this last week or two. We've had the shortest spring term - between returning in January to the Easter holiday - that I can ever remember! There has been lots to fit in but the team have done a fabulous job in making that happen.

As Jason explains on the next page, this half term has seen a huge interest in music, musicality and responding to music through movement— Jakeman has undoubtedly been an enjoyable place to be for everyone! A few key messages to share:

Provision in nursery over Eid

Please note that when we return in April, nursery provision will likely be closed for children on one of two days when some of our staff members take a religious observance day and celebrate Eid with their families. We will keep you updated via text message as soon as we can. We will be having a little Eid celebration in Nursery for children on Friday 12th April.

Trip update

We are delighted to have filled spaces on the coach for the trip to Twycross Zoo for Jakeman children and adults on Friday 21st June. The remaining payment has been split into 2 parts; the next payment is due by the 8th April and the final payment by the 7th May. If you wish to, you can pay both instalments at the same time. As always, just let us know if you have any problems and we can help process payments in school.

A letter will be coming out soon with extra information about the details of the day.

Transition and Reception places

Many of our children will be transitioning either to Big Nursery (from Little Nursery) in September or from Jakeman up to school! We will be holding a transition workshop for parents on 5th June. If your child is going to Reception class at school in September, please read the final page which is a parent guide on how to best support your child to be ready for Reception. We will visit this again during the workshop in June.

On 16th April, parents of children starting Reception in September should find out what school they have been given a place at. Please let us know the school named for our records and for us to arrange transition meetings with your child's new school.

➔ I took this photo of a blossom tree on an evening walk with my daughter this week and thought I'd share it. Remember to notice and talk with your child about the signs of spring you see around your local area over the coming weeks.

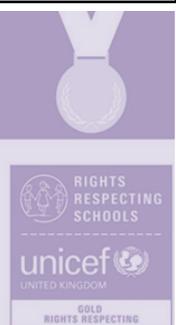
Have a lovely couple of weeks and we look forward to welcoming children back to nursery on Monday 8th April.

Sam



WE ARE A UNICEF GOLD RIGHTS RESPECTING SCHOOL

Children's rights are learned, understood and lived in this school.



Contact Us

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'Jakeman Local Authority
Maintained Nursery School'

SUMMER 1 CURRICULUM FOCUS

LEARNING

Imagination, creativity and musicality are the words best used to describe what we have been up to at Jakeman this half term.

With the spark that was World Book Day, children have loved role playing their favourite stories and have even taken their imagination further by exploring vast worlds filled with their own amazing tales. For example, the children have been building rockets to travel to outer space and have even visited our moon! There, they have identified new species such as moon birds (that have three eyes), moon spiders (that became angry when they no longer had a web - don't worry we sorted that out for them) and a fellow intrepid explorer known as 'space boy'. The creativity that the children have demonstrated through their role play has had everyone buzzing with excitement.

Summer 1

Looking ahead to the summer term, we will look to harness this creative energy the children have displayed, and encourage them to tell even more of their own fascinating stories. Building complex 'small worlds' is just one way we will enhance this interest, allowing children to physically represent the characters and settings in their worlds. Another way will be through supporting children to suggest how a story might end, using their existing knowledge of stories combined with their flair for dramatics!

We will be continuing to build upon the amazing musicality the children have been demonstrating. We will introduce new ways of playing instruments, new genres of music to listen to and promote discussions about the way music can make us feel.

Whilst mathematics is always a part of our daily learning, we will be specially focusing and spotlighting mathematical skills such as describing a familiar route, using positional language e.g. 'in front of', 'behind' and exploring 2D and 3D shapes. As always, we will weave these skills through the children's own interests, bringing these mathematical concepts to life through play. *Jason*

ATTENDANCE INFORMATION

Attendance this half term (spring 2)	
	Attendance %
Big nursery	86%
Little nursery	79%
All	83%

Attendance this year to date	
	Attendance %
Big nursery	81%
Little nursery	77%
All	80%

Our aspiration continues to be to reach 90% attendance.

There are some useful tips for parents at the following link, presented in written form and in video form



[Improving School Attendance | SSS Learning](#)

RRSA links:

United Nations Convention on the Rights of the Child links =

Article 3: best interests of the child

Article 28: right to an education

ATTENDANCE MATTERS



If you do keep your child at home, it's important to phone nursery or leave us a message with the reason.

GRANT FOR DEVELOPMENT OF OUR GARDEN SPACE

We are delighted to have been successful in our bid for £10,000 to develop our garden space and the opportunities for children to connect with nature in our outdoor environment. The work has been carefully planned and will start over the Easter holiday.

We look forward to sharing the developments with and seeing how the children engage with our outdoors in the near future!



We're a National Education
Nature Park pilot school

nhm.ac.uk/education-nature-park

2023







Micky Me Size encourages children to have the correct portion size for their age. Children should be eating 'me size meals'.

Toddlers and children have smaller stomachs than adults so it is important they eat smaller amounts of food regularly. Offering large platefuls of food can be overwhelming and stop children enjoying mealtimes, plus if they eat more than their small bodies need it converts to stored fat in their bodies which can lead to childhood obesity and illnesses like heart disease, type 2 diabetes and cancer later in life.

Young children may have smaller stomachs but their energy needs are high, therefore it is important to fill their stomachs with nutritious food from all the food groups.

Portion sizes have got bigger and bigger over the years and even plates have got bigger! It is really important to serve 'child-size' meals on a child-size plate or bowl rather than giving too much and expecting it all to be eaten. Our stomach is stretchy, a bit like a balloon, if we keep overfilling it/overeating our stomach increases in size and we will need more



food to get that feeling of 'fullness' which can lead to obesity. Eating smaller amounts will mean there is less food waste and we won't be eating too much.

The plate below shows the average size plate for a pre-school aged child, be aware that the size of the centre varies lots on different children's plate. **Our hand size can be a rough guide to our plate size** so if we stretch out our hands on the plate we can quickly tell if it is a suitable size.



Should I give seconds and desserts?

Appetite and energy levels can vary between children and at different ages e.g. higher energy requirements during growth spurts or after playing outdoors. If it is a healthy meal or snack then a smaller portion of "seconds" can be given if requested. Give a small amount of the vegetables, fruit and/or the savoury option.

Each meal should be made up of two courses, starter and main or main and dessert. This will provide interest and give greater opportunity to get a wider range of nutrients. Therefore even if the first course has not been finished it is still important to offer the next course too.

How do you know when a child is full?

Babies, toddlers and children are much better than adults at regulating their own appetite. They know when they are hungry and when they are full whereas adults have learnt over time to override these hunger and fullness signals. Some signs that babies and toddlers have eaten enough are:

- Saying no
- Keeping their mouth shut when food is offered
- Pushing away the bowl, plate or spoon containing food
- Turning their head away from food being offered
- Spitting out food repeatedly
- Crying, shouting or screaming
- Gagging or retching

It's ok if plates or bowls don't come back clean, if they're full that's ok. Avoid force feeding. If children refuse a meal or a snack, it doesn't always mean they don't like it. It's likely that they're just not hungry (see signs above), or are too tired. Try not to offer an alternative though, as they will soon learn that they will get what they want. Explain when the next planned meal or snack is, and that it will be the next time they can eat.

What Micky Me Size Says

"Remember children's tummies are smaller than adults so they don't need the same amount of food. Children don't need to clear their plates and should be offered two courses of healthy, nutritious foods."

Breathe easy

“ He would have been much too young and would have been much too weak to release himself. ”

Coroner's report, blind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.

 **Window blinds** – It can take just 15 seconds for a toddler to lose consciousness if a blind cord is caught around their neck – and they can die in just two to three minutes.

- Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these
- Consider cord free blinds for children's rooms
- Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
- Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.

 **Sleeping and slings** – babies can be suffocated by things they can't push away.

- A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
- Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
- If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
- Follow the T.I.C.K.S advice for slings or carriers www.babyslingsafety.co.uk



 **Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.

- Store nappy sacks well out of reach of babies
- Never store nappy sacks under the cot mattress.

 **Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.

- Don't prop a baby's bottle up to feed them
- Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
- Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
- Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
- Put small parts from older children's toys out of reach
- Watch the Chokeables film for first aid advice www.sja.org.uk/thechokeables

آسانی سے سانس لیں

”خود کو آزاد کرنے کے لیے وہ بہت زیادہ چھوٹا اور بہت زیادہ کمزور رہا ہو گا۔“

کورونا (طیب مرگ) کی رپورٹ، پردے کی رسی سے گلے کا گھٹنا

سانس رکنا - نومولود اور چھوٹے بچے اب بھی صحیح طریقے سے چبانا، نگلنا اور سانس لینا سیکھ رہے ہیں۔ آپ کو خبردار کرنے کے لیے کوئی آواز نہیں دے سکتے۔ لیکن اسے روگنا ہونے سے روکنے کے سادہ طریقے موجود ہیں۔

- بچوں کو دودھ پلاتے ہوئے ان کی بوتل کو اوپر کی جانب سیدھا مت کریں
- خوارک کی گول اشیاء جیسے انگور، ٹماٹر اور بڑی نیلی بیریز کو لمبائی کے رخ پر آدھا یا تین چوتھائی کاٹیں، گول نہ کاٹیں
- خوارک کی سخت اشیاء جیسے گاجر، سیب، ساسیجز اور پنیر کو باریک لمبی پرتوں میں کاٹیں، اور میوہ جات کو گوٹ کر چھوٹا کر لیں
- پاپ کارن، مارش میلووز اور سختی مائل گول میٹھی اشیاء جیسے منی ایگز (چھوٹے انڈے) یا ابلے ہوئی میٹھی چیزوں سے اجتناب کریں
- بڑے بچوں کے کھلونوں کے چھوٹے پرزے پہنچ سے دور رکھیں
- ابتدائی طبی مشورے کے لیے دی چوکیزل (the Chokeables) فلم www.sja.org.uk/thechokeables

سونا اور سلنگز - بچوں کا دم ان چیزوں سے بھی گھٹ سکتا ہے جنہیں وہ دور نہیں دھکیل سکتے۔

- صاف کاٹ ایک محفوظ کاٹ ہوتا ہے - رضائیوں، تکیوں اور کاٹ ہمہرز سے اجتناب کریں
- اپنے بچے کے ساتھ صوفے پر مت سوئیں کیونکہ یہ ان کے دم گھٹنے کے امکانات کو انتہائی حد تک بڑھا دیتا ہے
- اگر آپ تھکے ہوئے ہیں یا شراب پیتے یا تمباکو نوشی کرتے رہے ہیں، یا اگر وہ وقت سے پہلے پیدائش یا پیدائش کے وقت کم وزن کے ہیں، تو آپ اپنے بچے کے ساتھ بستر میں مت سوئیں
- سلنگز یا کیریئرز کے لیے T.I.C.K.S کے مشورے پر عمل کریں www.babyslingsafety.co.uk

یہ خیال کتنا خوفناک ہے کہ کوئی چیز آپ کے بچے کے سانس لینے کو روک سکتی ہے۔ لیکن، اس کو روکنے کے اقدامات سادہ اور سمجھ میں آنے والے ہیں۔

کھڑکی کے چک دار پردے - صرف 20 سیکنڈ میں ایک چھوٹا بچہ کھڑکی کے چک دار پردے کی غیرمحفوظ ڈوری میں الجھ کر دم گھٹنے سے موت کے منہ میں جا سکتا ہے۔

- بچوں کے کمروں کے لئے ڈوری کے بغیر چک دار پردے کا استعمال کریں
- پردے کی رسیوں اور زنجیروں کو محفوظ طریقے سے دور رکھنے کے لیے کھونٹی یا تناؤ پیدا کرنے والا آلہ نصب کریں اور انہیں ہمیشہ استعمال کریں۔ نئے پردے ان خصوصیات کے ساتھ دستیاب ہونے چاہئیں
- یاد رکھیں کہ بچے آپ کی سوچ سے زیادہ اونچائی پر چڑھ کر جا سکتے ہیں۔ بیڈ روم کے فرنیچر کو پردوں کی رسیوں اور زنجیروں سے دور لے جائیں
- یقینی بنائیں کہ رومی پردوں کی پشت پر موجود رسیاں ایک ایسی ڈیوائس کا استعمال کرتے ہوئے آپس میں مربوط ہوں جو دباؤ کے زیر اثر ٹوٹ جاتی ہے۔

نیپی کے لفافے - چھوٹے بچے قدرتی طور پر چیزوں کو ہاتھ سے پکڑتے ہیں اور اپنے منہ کی طرف کھینچ لیتے ہیں، لیکن منہ سے دور کرنے کے قابل نہیں ہوتے۔ نیپی کے معمولی سے لفافے سے ان کا دم گھٹ سکتا ہے۔

- نیپی کے لفافوں کو بچوں کی پہنچ سے دور جمع کریں
- نیپی کے لفافوں کو کاٹ کے بستر (میٹرس) کے نیچے کبھی جمع نہ کریں۔





Ready, Steady, Reception!

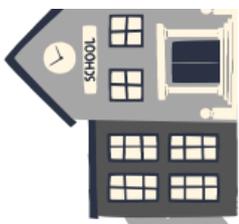
Parents and Carers, help your child have the best start to their Reception year by working on these key skills at home.

Personal, Social and Emotional Skills



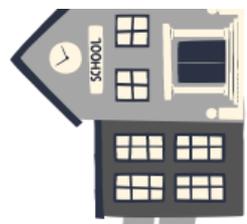
- No longer use a dummy or bottle
- Have a consistent, structured bedtime
- Use words to tell you how I feel
- Help tidy up and put things back
- Wait my turn and take turns with others
- Play with things safely and without breaking them
- Know that my belongings are my responsibility
- Leave my parent or carer and know they are coming back

Language & Listening Skills



- Make a choice using my words
- Talk about myself using 'I' rather than 'me'
- Listen to a story from a book for a short period of time
- Sit still on the carpet or floor and listen while others are talking
- Follow simple instructions given by an adult
- Recognise my written name
- Know and sing along to nursery rhymes
- Listen to and identify sounds around me

Physical Skills



- Be able to dress and undress myself: shoes, socks, trousers, coats, jumpers, t-shirts, tights, zips & buttons
- Be able to open my lunchbox or bag and open my food packaging
- Go to the toilet independently: wipe myself, pull my clothes back up, flush the toilet & wash my hands
- Be independent at mealtimes: drink from an open cup, feed myself my food with a knife and fork, carry a plate or tray
- Hang my coat and bag on a peg
- Wipe my nose with a tissue then throw it away
- Line up one behind the other and walk in a line.