



Head Teacher: Mrs Sarah Horbury- Jakeman
BA Hons (QTS), NPQH

Email: office.2057@queensway.oxon.sch.uk

18th February 2022

Dear Parents and Carers

Re: Health and Self-Care

Now that the children have all had time to settle into Nursery and are all feeling comfortable in their new environment, we have begun to work hard at developing children's independence as well as their health and self-care skills. We would be most grateful if you could support your child with developing their independence in the following ways:

- Practising putting their own coat on and taking off independently.
- Putting on their own shoes.
- Carrying some of their own belongings to school.
- In the morning articulate a checklist with your child. Have you got everything you need for Nursery? Water bottle, lunch box, coat and book bag?
- Recognising own name. All children were given a laminated name card at their Meet the Teacher meeting.
- Toileting - As we have the half term break coming up, now is the ideal opportunity to spend some time toilet training your child. This is a process that needs to be started at home as the first week or so can be intense and need 1:1 supervision and constant encouragement throughout the day. In Nursery, we do not have the number of adults available to start this process, but we will of course support your child when they are beginning to master the skill.

We would also like to take this opportunity to remind you of the importance of oral health and how by the age of three it is recommended that children are no longer using dummies or drinking milk out of bottles. This can have an impact on their speech as well as damaging their teeth. Children should be visiting the dentist for a check up every six months. If you are not registered with a dentist, could we suggest registering and getting on a waiting list as soon as possible? If you are having difficulties finding a dentist then you may wish to contact NHS 111 or 03003112233.

Should you have any questions or like any further advice on how to support your child with any of the above, then please feel free to speak to a member of our team.

Kind regards.

Mrs Marsh
EYFS Leader