

# Newsletter – 6<sup>th</sup> March 2020

## Langley Moor Nursery School

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### Bedtime Routines

Establishing a bedtime routine is so important in supporting children's ability to learn at nursery or school, to maintain good health and fight infections. Often it is one of the greater challenges of parenting! There is some useful advice on this and other preschool issues on the website Baby Centre Uk.



### Government advice on the coronavirus

It can cause flu-like symptoms including fever, cough and difficulty breathing. The infection is not serious for most people, including children. For the latest advice please visit [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)

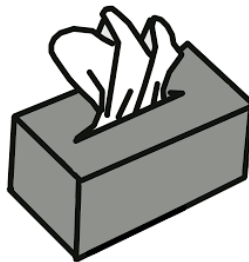
### How we can stop viruses, including coronavirus, spreading?

1. We are reminding the children of the little catch phrase we learnt last term about using tissues

**Catch it** (with a tissue)

**Bin it**

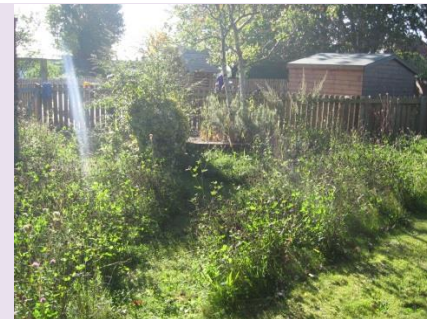
**Kill it** (wash hands)



**Thank you to everyone who has sent in a box of tissues**

2. We will continue to teach the children to wash their hands thoroughly, including in between their fingers and on the backs with soap and warm water, particularly after they have been to the toilet, and before they are going to eat or drink

3. If your child is unwell keep them away from nursery to stop the infection spreading



### Diary Dates

#### April

**Thursday** 2<sup>nd</sup> April (Last day of Spring Term)

Monday 20<sup>th</sup> April: Re-open for Summer Term

### Bedtime stories

On Tuesday 10<sup>th</sup> March we are having a bedtime stories event after nursery. The session will last until 4pm, for the cost of £6 (please pay through Parent Pay).

Children can bring their pyjamas, dressing gowns and slippers to change into if they wish, and the evening will include lots of cosy stories and hot chocolate.

