

## Need to know

Nursery Manager Katie Townsend  
Deputy Managers Jayde Camfield  
Amelia Dann

Although we charge for all hours, whether attended or not, we are able to remove meal package charges for planned absences. We need 2 weeks notice of any absence. Meals will be charged for unplanned absences like sickness as we plan our catering needs 10 days in advance.

To ensure that we are correctly staffed at all times we ask that you adhere to your booked times. If you drop off early or pick up late, our staffing may not be adequate. To deter this, we charge if you pick up late or drop off early. Please also note that nursery will close at 6pm promptly. If your current hours need changing please speak to Katie.

## Nice to know

All nursery policies are available for you to read on our website. To access them, you will need to login – please contact the nursery manager for details.

You can view our 4-week menu online at [www.bristolchildcare.co.uk/meals/menus](http://www.bristolchildcare.co.uk/meals/menus). Our cycle of Winter Menus started on 1 November, you can find them on our website.

You can contact Managing Director Saffia Bullock at any time via e-mail: [saffia.bullock@bristolchildcare.co.uk](mailto:saffia.bullock@bristolchildcare.co.uk)

## Bank Holiday Reminder

Christmas - we close at 3pm on Friday 24 December and reopen at 7:30am on Tuesday 4 January 2022

If you have any comments or feedback, please email us at: [courthouse@bristolchildcare.co.uk](mailto:courthouse@bristolchildcare.co.uk)

## Welcome from Katie

Hello and welcome to all our families!!

It's been great to welcome families back into the nursery on collection and lovely to see those that haven't seen inside the nursery being able to do this.

The children have had lots of fun over the last few weeks, going on trips to We the Curious, going on the bus, walking down to the local parks, farm and down to the docks as well as having a snake come to visit the nursery (all children and staff were very brave). We have had a great time decorating the nursery and getting ready for the Halloween fun day! So many fantastic costumes from children and staff!!

Children in Need is on Friday 19th November, so please come dressed in your PJs!! The staff will be wearing their pyjamas too!! If you would like to donate you can do this by sending cash in or donate directly to them, we will be putting up a copy of the QR code around the nursery.

Its nearly Christmas and we have lots of great things planned for this time of year. We have planned a stay-and-play for the 10th December, we are all really looking forward to welcoming you into the nursery to have some festive fun on Christmas jumper day! (please send back your Christmas letter slip as soon as you can so we can get busy planning) more info will be sent out closer to the time.

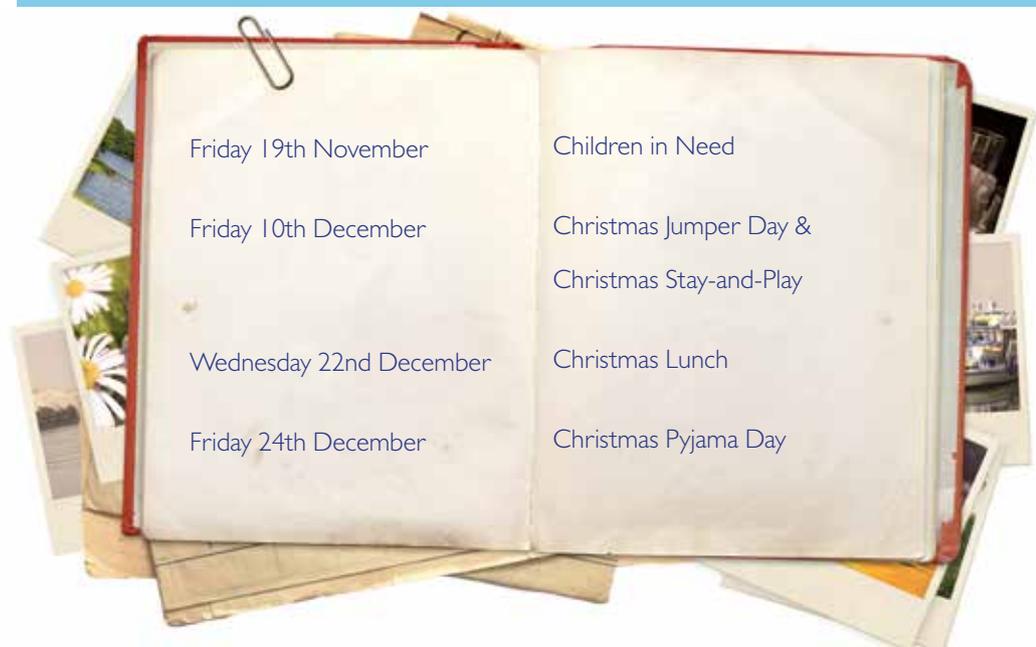
We have said a massive goodbye and good luck to Katie C in our baby room, who has moved to a nursery closer to home. We have welcomed Morgan into our baby room, Aideen, and Dylan into our twos room! A few familiar faces have moved about the nursery too.

We would like to congratulate Karenza who has just qualified with her Level 3 Early Years Educator Qualification. Karenza has been studying for this with Aspiration Training, alongside working, for the last 18 months. This is a huge achievement, and we are very proud of Karenza.



Katie

## Dates for your Diary



Friday 19th November	Children in Need
Friday 10th December	Christmas Jumper Day & Christmas Stay-and-Play
Wednesday 22nd December	Christmas Lunch
Friday 24th December	Christmas Pyjama Day

## A Review of the Year



As we come to the end of this year I have been reflecting on all we have achieved together. It's not been an easy time and I'd like to thank everyone in the Bristol Childcare community for working together to ensure that our care of the children has been as disrupted as little as possible.

It's been wonderful to see all the fantastic things that have been going on in nursery. I enjoy seeing the photos posted on social media which showcase a tiny part of what happens every day.



It's great to see staff and children exploring the world, learning together and having fun in different ways.

This year has also seen the changes to the Early Years Foundation Stage (EYFS). The EYFS sets the legal standard for the learning, development and care that we provide in nursery. I sent a letter to all parents about this on 1 September and the Welcome Letter new parents receive has also been updated. If you did not receive the EYFS letter and would like a copy please let me know. In brief, the ethos of the learning and development changes is to ensure that the focus of staff time is to be engaging with the children rather than writing reports or inputting information on to tablets. The EYFS states that assessment is not to entail prolonged breaks away from the children nor excessive paperwork – the focus is to be on quality interactions with the children.

We have been changing our focus to this for many years, with the move to Planning in the Moment, which has been very successful and really helped our staff support the children by following their interests. Therefore, we have just made some slight changes to our processes to align with the new EYFS. We have also been updating our Bristol Childcare Curriculum which shares in detail what we want children to learn while attending our nurseries. This focuses around our Significant Six statements which are:

- To be able to build relationships and engage with others
- To enjoy stories, songs and rhymes
- To treasure and celebrate family life in all its diversity
- To value family mealtimes
- To understand what it means to be healthy
- To develop a love of learning



Please ask your Nursery Manager if you'd like to see a copy of the full curriculum.



We have also been celebrating the fact that this year marks 50 years of Bristol Childcare. We have shared information about the history of BCC in previous newsletters and you can read the story here - <https://www.bristolchildcare.co.uk/50-years-of-bristol-childcare/>

Plaques have been put up outside each nursery and we are having a party to celebrate with the whole team in December. The photo is me with my mum, Sue, who founded Bristol Childcare with my dad, Bruce, 50 years ago.

There is lots to celebrate, I believe, at the end of this difficult year. Plans are already being made for festive celebrations – nativities, stay and play events, dressing up and Christmas parties. Look out for dates in this newsletter and in letters from each nursery. I hope that you are all able to enjoy a break at Christmas and some fun family time



Saffia

# French Lessons for Pre-schoolers

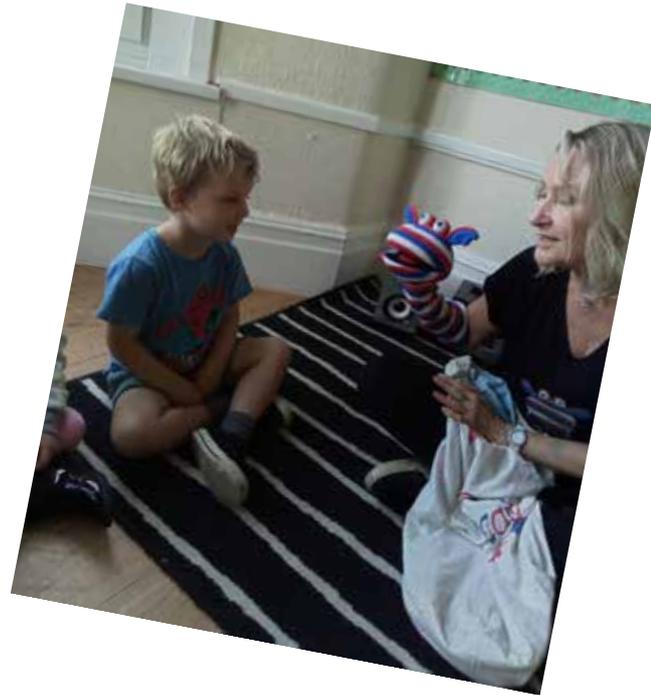
Bonjour!

My name's Rhian and I'm going to be visiting the Pre-School children once a week for French lessons. I've been doing this for many years now (but sadly had to stop during lockdown) so some of you may already know me and my puppet friend Gaston.

My aim is to deliver fun and interactive lessons using props, songs, stories, rhymes and games to introduce the French language. Throughout the year we will cover topics including greetings, counting, colours, family, animals, seasons and holidays.

I really hope your children enjoy our lessons and I welcome any feedback you may have.

Gaston and I will be at:  
The Priory on Wednesdays from 1.15pm  
The Court House on Thursdays from 10am  
Mornington House on Thursdays from 1.30pm



# Oral Health

There are numerous articles and resources out there to help support you as parents/carers in this area. In our Early Summer Newsletter we shared links to both [BrushDJ](#) and a [practical guide on children's teeth](#) from the British Society of Paediatric Dentistry after some of our staff had training with Jenni Carpenter, an Oral Health Practitioner from Bristol Dental Hospital.

“During Early Years’ Foundation Stage, a child’s first experiences with oral health can impact on the rest of their life. That’s why it’s so important to teach them about their mouth and introduce them to good habits as soon as possible. It is equally vital to continue to ‘normalise’ dental visits and put them at ease with the role of a dentist as a person they can trust.” <https://www.dentalhealth.org/early-years-foundation-stage>

**NHS**  
Greater Manchester Local Dental Network

## Top tips for teeth

**Twice is nice!**  
Teeth should be brushed twice a day, once before bed and once at any other time that suits your family routine.

**Make fluoride your friend**  
The amount of fluoride in your toothpaste can usually be found on the side of the tube or on the packaging. Toothpaste that contains 1350 to 1500ppm fluoride gives your child the best protection.

**Spit, don't rinse**  
When we brush, our toothpaste builds a protective layer of fluoride around our teeth. If you rinse your mouth with water, you wash it all away. Spitting will do just fine.

**Ask your dentist about fluoride varnish to make your child's teeth stronger.** All children over 2 years can have this and your dentist may recommend it for some children under at risk of tooth decay too.

**Little mouths need less toothpaste**  
For kids under three you should use just a smear. For those to six year olds, a pea-sized amount is perfect.

Brought to you by  
**GMCA** Greater Manchester Children's Association

## Brushing twice is nice

### Toothbrushing chart

Get into the toothbrushing habit

	Week 1	Week 2	Week 3	Week 4
Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Friday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

✓ Tick each box when you have brushed your teeth.  
Brush your teeth twice a day, once before bed and once at any other time.

Download the **Change4Life Food Scanner App** to find out what's in your food and drink.  
Search 'Change4Life' to find out more.

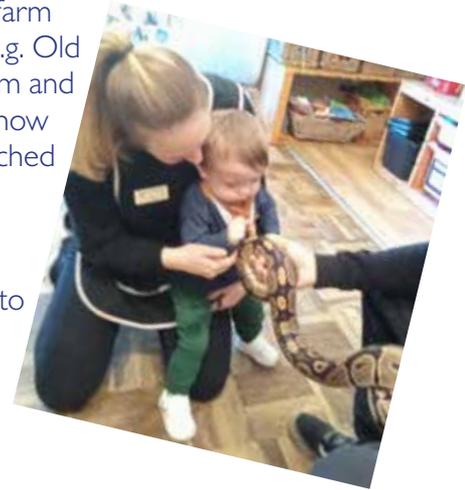
**start 4 life**

## Baby Room

We went for a long walk to Windmill City Farm and the babies loved looking at the farm animals and stroking the sheep. We sang lots of songs associated with farm animals e.g. Old MacDonald and Baa Baa Black Sheep. We have been talking about our trip to the farm and the babies love trying to say the names of the animals. Josie's brother also came to show us his snake 'Monty' for Reptile Awareness Day- the babies were very brave and touched it.

We went on many trips to Redcatch Park, where we collected some conkers to do our conker painting pictures. The babies loved rolling the conkers around the paper to make their artwork.

We had lots of fun skelefun on our spooky Halloween day, we all dressed up and enjoyed some spooky themed food cooked by our lovely chef Sarah. We decorated lots of Halloween treats with icing and sprinkles.



We had a spooktacular time.

## Two's Room

We have been very busy going on trips to the park, going on the bus and visiting the harbour to see all the big boats! We enjoyed an outside day, where we explored out in the fresh air all day!! We even got to have our snack and lunch outside.

We have had a great time doing lots of Halloween activities, we have made ghosts and spiders using paint and mashers. We have helped scoop out all the insides of the pumpkins for Sarah to use in our soup on the Halloween fun day!! we then had a great time exploring the pumpkins after and decorating them. Everyone dressed up in their best spooky outfits for the Halloween fun day.

We have enjoyed meeting Dylan and Aideen and showing them what we do in the twos room, using the soft play, running in the garden, making tea in the home corner and reading books in our cosy den!



We would like to welcome back Rhian, our French teacher. Rhian hasn't been able to teach French due to Covid but she's back. French takes place on Thursday mornings; the children are loving learning an additional language! The children get so excited when they see Rhian walk through the door and can't wait to get started.

We recently went on a trip to 'We the Curious'. The children have shown a growing interest in space and science experiments, so we decided to go to the science museum to extend their learning even more!

We had so much fun! We explored the giant bubbles, the tornado and learnt how tornados are formed, we even took a trip to space!!



## Preschool cont.

Recently we introduced PE to our day-to-day routine, we have been focusing on the children being more independent dressing themselves. Before every PE session the children take off their shoes and socks. After we have finished the session, we encourage and support the children to put their shoes and socks back on. The children can follow clear instructions and participate in all games.

We have a board in our discovery room all about the world which the children like to look at and ask questions. Some of them have recognised some pictures and explained to me how they have been to some of the places around the world. We were wondering if you would like to send, either through email or through ParentZone, some pictures of any visits and a little bit about what you did so the children can share this with their friends, and we can add it to the board to give it more context to them.



## Halloween Fun Day



## Our environment

At Bristol Childcare we are doing all we can to reduce our impact on the environment.

You can find our Environmental Statement here

<https://www.bristolchildcare.co.uk/environmental-statement/>