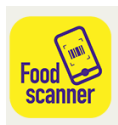




Dear Parents, **Oral health**

Some of you may have seen our Oral Health board in the parent room. This showcases how easy it is swapping sugary snacks for healthier alternatives. Please download the Food Swap app where you can scan barcodes of your favourite family snacks, and find healthier swaps the next time you shop



You may have also noticed the stars on our board. These stars will soon have children's photos in them. If you brush your teeth twice a day for a week using our tooth brushing chart, you can go on a star and win a small prize. If you go to the dentist, take a photo and send it in to us, your child will go to the top star and win a prize. Charts will be going home will children very soon!

Triple P

Would you like some help or guidance around your child's behaviour and its impact on family life? Would you like to learn simple and practical parenting tips? Triple P is a **free** programme for all parents living in Nottingham City who have children aged 0-19 years old. They offer One-to-one sessions anywhere, including your home. Group programmes and Zoom calls. You can register on the Small Steps Big Changes website, or speak with Kayleigh McQuade who can help you register

[Triple P \(Positive Parenting Programme\) | SSBC \(smallstepsbigchanges.org.uk\)](https://www.smallstepsbigchanges.org.uk)

Book of condolences

If you would like to write in our book of condolences for Clare, you can find this on the table in reception. Nursery will be closed on 31st April so staff can attend Clare's funeral. Thank you to all our families who have offered kind words and consideration to all staff.

Red Nose Day

Please wear something red, funny or fancy for Red Nose Day this Friday 18th March. We are asking for a voluntary donation of 50p to go towards vulnerable children.

Dinner time at nursery

If you are bringing your child in for a nursery dinner before their afternoon session, please make sure you are on time. You need to be at nursery for **11.45am**. If you are any later than **12.00pm** we are asking parents to wait for the afternoon session which starts at 12.30pm. Thank you.

Key dates

18th March 2022 – Red Nose Day

31st March 2022 – Nursery closure.

1st April 2022 – Nursery Closed