



## Dear Parents,

### Children's Mental Health Week

Good mental health allows children to think clearly, develop socially and learn new skills. Encouraging words from adults are important for helping children develop self-confidence, high self-esteem and a healthy emotional outlook on life.

Here at nursery we are always monitoring your child's wellbeing and involvement through Leuven Scales throughout their time with us. This tool is a practical way of putting your child's emotional well-being first and foremost. This is nothing for you to be concerned or worried about, but it is just to make you aware that we are always considering and thinking about your child's wellbeing as highly as we are their learning, development and care.

Place2Be has teamed up with BAFTA Kids to create two virtual assemblies for Children's Mental Health Week 2022, supported by Oak National Academy. The Primary school assembly is hosted by Lindsey Russell. If you would like to have a watch and understand how you can share some of this with your child. Please visit <https://www.childrensmentalhealthweek.org.uk/>.

There is also a Secondary and high school assembly if you have older children and wish to share this.

### Toilet training this February Half Term!

Some children can start to learn about toilet training from the ages of 18 months. This can be through role play, helping change their nappies, or reading books as examples. When a child reaches the ages of 2-3, this is when we should be considering toilet training. We are more than willing at nursery to help with this, but the hard work must start at home. This is why we always recommend starting your child during a school holiday when you may have more time. This isn't the same for everyone, some families are going on holiday or some are still working. However, if you do find you have more time during the school holidays and want to try this February half term, we fully support this! If you're unsure if your child is ready yet, please speak to their class teacher who can advise you further.

Hello Families, Here is a useful [Video about potty training](#) – Our toilet training video can be found on our website under "Nursery school" "Parents"

### New Dinner Menu.

The new dinner menus have arrived and are on display in the reception area. There will be a copy sent out along with this week's newsletter.

### Key dates

11.02.2022 – Inset day for all children, followed by February half term.

21.02.2022 – First day back for children.