

Dear Parents and Carers,

28th February: parent meetings with Key Person. Please sign up for a time with your Key Person.



This week's Makaton sign is: **please**

Here is Debbie demonstrating the sign for please:
[Makaton sign of the week: Please - YouTube](#)

Here are some helpful tips about **toothbrushing** at home and a video: [Looking after your baby's teeth - NHS \(www.nhs.uk\)](#)

- Brush all surfaces of the teeth and gumline in small circles for about 2 minutes, just before bedtime and another time that fits with your routine.
- Children under 3 should use a smear of toothpaste containing no less than 1000ppm fluoride.
- Children aged 3 and over should use a pea-sized amount of toothpaste containing more than 1000ppm fluoride.
- Use a toothpaste containing 1350-1500ppm fluoride for maximum prevention. Most 'own brand' supermarket toothpastes are suitable and more affordable.
- Encourage the child to spit out the toothpaste.
- Do NOT rinse with water. Rinsing washes away the fluoride so it can't do its job.
- The parent/carer should assist with brushing until the child is at least 7 years old.
- The parent/carer should sit the child on their knee or stand behind them and cradle their head while brushing.

Helen: It is with great sadness that I have to inform you that Helen will be leaving us at the end of this term. She is moving to be an Assistant Headteacher at a primary school in Woking. Helen has been at Guildford Nursery School for just over five years and in that time has transformed the provision for children with additional needs. We will miss her hugely.

Tess Dean will be taking over from Helen and I am hopeful that some of you will meet Tess in March before Helen leaves. Tess will be working with Helen for a few days this term to ensure a smooth handover and will then start full-time with us next term.



Baby Massage Course

4 week baby massage course beginning
on Friday 23rd February 2024 at 10:30am
at Guildford Nursery School,
Hazel Avenue, GU1 1NR



- ♥ Baby massage offers many health benefits to your child, and strengthens the bond between parent & baby.
- ♥ We offer a calm, nurturing space for you to meet other mums who are on the same journey as you.
- ♥ We learn a different area of the body each week, gradually working towards a full body massage.
- ♥ We can provide oil or you can bring your own unscented oil.
- ♥ It's totally baby lead so it doesn't matter how you feed, if you're late, if you're wearing baby sick - IT'S OKAY! You've turned up and that's what's important.
- ♥ And lastly, there are biscuits waiting for you at each class!

Sarah is a Family Support Worker who is fully trained in baby massage, and will be running the four weekly sessions.
There are only 8 spaces available. To book a place, go to <https://www.eventbrite.co.uk/e/802922170827> or scan the QR code.



Our caterers are increasing their prices from April so **lunches will cost £2.70 from 16th April** or £2.95 if your child has a specialist diet.

Any queries or concerns, please do not hesitate to contact me.

Kind regards

Sally (Headteacher)



Dates for your diary:

4th March: Ducklings arrive in nursery!

25th-28th March: Come and play sessions in nursery for parents.

28th March: Term ends at 12pm for the Spring/Easter holiday.

Tuesday 16th April: Children return to nursery.