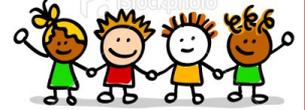


Ladysmith Federation

Infant and Nursery Newsletter



Friday 14th August 2020



Free food and vitamin vouchers from Healthy Start

The Healthy Start programme helps families with young children get free food and vitamin vouchers. If you have children under 4 or are pregnant, and you or your family receive qualifying benefits you may be eligible. You can quickly [find out here](#) and apply online. Vouchers can be spent on milk, plain fresh and frozen fruit and vegetables, and infant formula milk. You can also get free vitamins for children under 4 and vitamins if you are pregnant (folic acid, vitamins C and D). Because we're indoors a lot of the time at the moment, we might not be getting enough vitamin D from sunshine so a supplement will help. Once you're registered, food vouchers are posted to you every 4 weeks and vitamin coupons every 8 weeks. For more information, please ask your midwife or text your health visitor on 07520 631721.

OPAL—Play Based Learning

We strongly believe that play is essential to the mental and physical wellbeing of children. During the Summer Holidays the Opal website offers many ideas to encourage play opportunities at home.

<https://outdoorplayandlearning.org.uk/play-in-a->

Devon Wildlife Trust

A citizen project on CONKERS for the whole family to enjoy.

<http://www.conkertreescience.org.uk/>

Find out more on the website about which insects are causing damage to our conker trees.



Devon
Wildlife Trust

Dear Parents and Carers,

We hope that you are continuing to enjoy your holidays. We have updated this weeks Newsletter with all the latest information it is packed with fun ideas for the children and includes useful tips and advice.



Ladysmith Infant and Nursery School 01392 271596
www.ladysmithfederation.net



Information and Advice for Parents

Staying in Touch

Our teachers will be taking a well deserved break this Summer but don't forget to use our website for the most up to date information. http://www.ladysmithfederation.net/web/recent_school_letters/281945
If you need any ideas for home learning over the holidays please use our Remote Learning section where there is further information on learning support.
For admin and other enquiries: infant.admin@ladysmithfederation.net

Support for Your Child

This website is a brilliant resource with links for helping your child with anxiety, speech and language, communication and autism. Follow the link <https://www.babcockldp.co.uk/campaigns/coronavirus-support-for-schools-parents-and-pupils/links-for-home-schooling-resources-and-activities/communication-and-interaction/useful-websites-and-resources-anxiety>

Tiny Happy People

Tiny Happy People 0-5 Year Olds

Activities for babies, toddlers and children. BBC Tiny Happy People is here to help you develop your child's communication skills. Explore simple activities and play ideas to find out about your child's amazing early development. From baby talk and obstacle courses to recipes and activities.

<https://www.bbc.co.uk/tiny-happy-people>

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Food Bank

St Mathews Church in Newtown is delivering weekly parcels for those in need of food and toiletries. This is available to people living in the Exeter area.

<https://www.stmattsexeter.org/lyn>



Staying Healthy and Happy



TALKWORKS
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

0300 555 3344

TALKWORKS is a free, confidential, NHS talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

[TALKWORKS.dpt.nhs.uk](https://www.talkworks.dpt.nhs.uk)

 @DPT_TALKWORKS



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