

Ladysmith Federation

Infant and Nursery Newsletter



Friday 4th September 2020



Dear Parents and Carers,

We hope that you have had a fun filled summer holiday. We are excited about welcoming our children next week! Staff have been working hard over the inset days to ensure that the children come back to a safe, friendly and supportive environment. Staff, parents and children have an important part to play in a successful start to the year and this Newsletter has many helpful reminders.

We may not get it right straight away, but together we will do our best and make the necessary changes along the way and we will continue to respond to government guidance in a prompt and reasonable manner. See you soon!



We are welcoming back our Year One and Two children on Monday!

Please see the map attached on the next page to see the gate that you be using to enter and exit the school.

Staggered start and Finish Times

- * Bumblebee Class (1BB): 8.55 – 3.10
- * Dragonfly Class (1D): 8.45 – 3pm
- * Butterfly Class (1B): 9.05 – 3.20
- * Seahorse Class (2S): 9.05 – 3.20
- * Turtle Class (2T): 8.55 – 3.10
- * Dolphin Class (2D): 8.45 – 3pm

On Wednesday we are looking forward to seeing our Reception children in school!

- * Squirrel Class (RS): 9.05 – 3.20
- * Rabbit Class (RR): 8.55 – 3.10

Water Bottles

A gentle reminder that children will not be given a drink with their lunch. Please make sure that your child has a labelled water bottle with them every day at school.

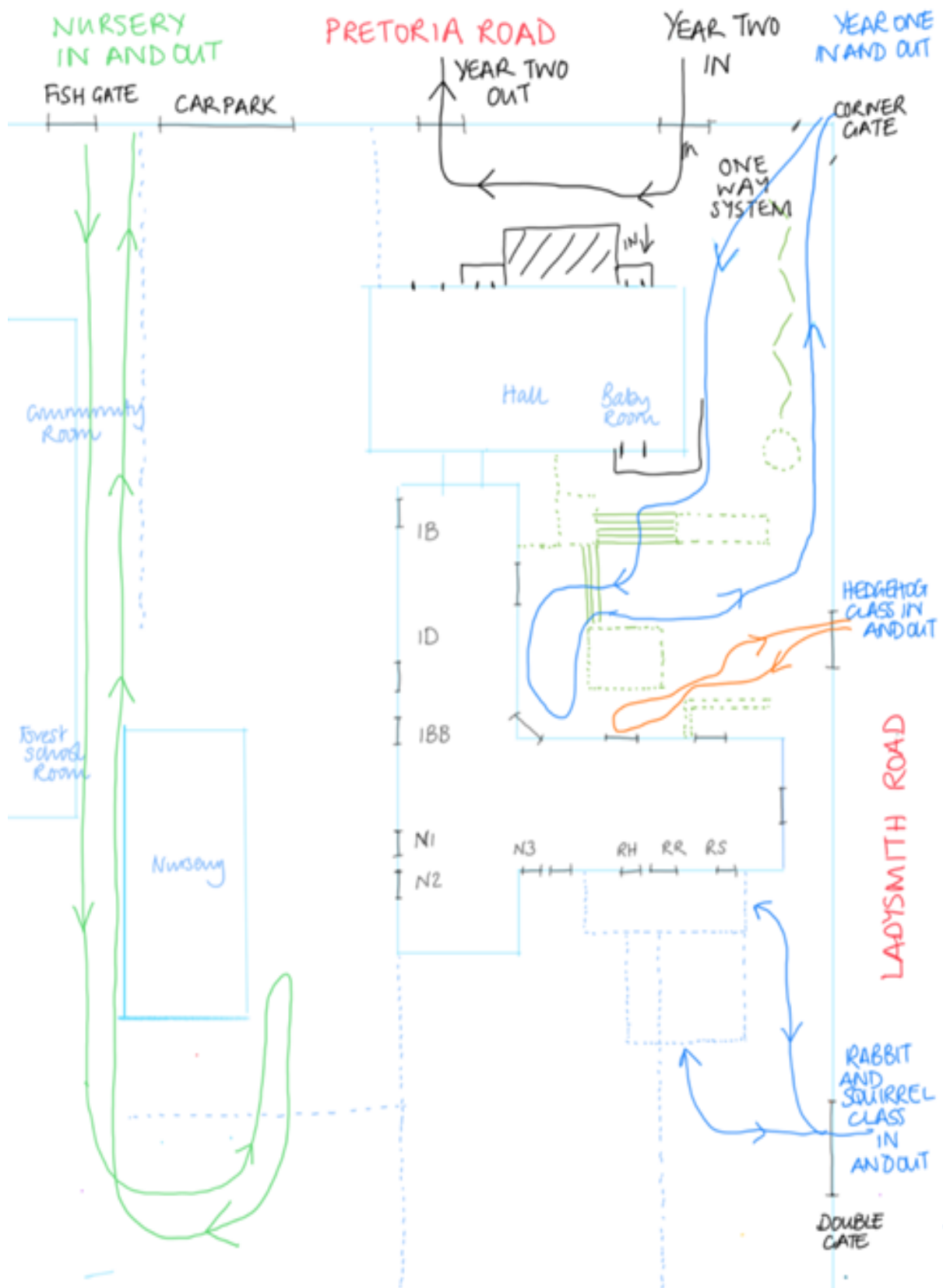
Breakfast Club

Unfortunately we are not able to run our breakfast club in the Link Room at the moment. Please make sure that you know which gates you are using for your child's drop off and pick up.



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





Information and Advice for Parents

Tips for preparing your child's return to school

- * **Start Talking** Your child might have worries about returning to school. You can explore these and help them think of ways to manage them using our [Time for Us pack](#) or the resources on the [Family Links website](#)
- * **Sleep Routine** Help your child return to their normal sleep routine in the weeks before school starts again. Our "How to..." guide [on improving sleep](#) could be a good place to start.
- * **Talk about School** Start to talk through the daily routine that they were once so familiar with. It doesn't have to start as a conversation about worries, but these might arise as you talk.
- * **Coping Strategies** Model coping strategies that you use when feeling stressed or anxious, such as talking with friends, exercise and breathing techniques. If it applies to you talk about how you are feeling about returning to work.

These resources come from <https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown/tips-parents-carers-return-to-school>

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

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Devon Partnership
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