

Stoneygate Nursery School



June 2024

Summer Newsletter 4

Hello Summer! Someone finally pressed the weather reset button– hoorah! Despite the sudden heatwave, the children have loved being outside this week and in particular, have enjoyed all the water and ice activities on offer! Let's see how long this lasts...

Dates for the Diary

Little Sparkles Playgroup Sessions:	Tuesday's 10.00–11.15am – £2 per family
Pre School Leavers End of Year Reports:	Monday 8th July
Meet the Teacher Drop-In's	TBC
Teddy Bear's Picnic party	w/c 15 th July (children only)
Closure for Summer:	Friday 19 th July
Nursery Re-opens:	Monday 3 rd September 8.30am



Scan here to be taken to
the Lancashire Summer
SEND newsletter!

New website

Don't forget to check out our new website! Let us know what you think! Thank you!

www.stoneygate-nursery.co.uk

Lunch Reminder

Can we please remind you to send your child with a healthy, balanced lunchtime meal only. If you need any suggestions about what you could include in your child's packed lunch, then please click on the link: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Also, if you can, please include an ice pack in your child's lunch bag where possible– our lunches are not stored in a fridge and so this will help keep them fresh and cool – especially during this hot weather!



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Newsletters are available on our school website: www.stoneygate-nursery.co.uk

DFE Guidance during hot weather

As much as we have been longing for some signs of Summer, hot weather can pose potential risk for many. The DFE have produced some useful guidance on spotting signs and symptoms of heat exhaustion and heat stroke in young children, that may be of some use...

Heat exhaustion

Symptoms of heat exhaustion vary but include one or more of the following:

- tiredness
- dizziness
- headache
- nausea
- vomiting
- excessive sweating and pale, clammy skin

To cool a child suffering from heat exhaustion:

- move the child to a cool area and encourage them to drink cool water
- cool the child as rapidly as possible, for example, by sponging or spraying the child with cool water and placing cold packs around the neck and armpits, or wrapping the child in a cool, wet sheet and assist cooling with a fan

If you are concerned about symptoms, or they are worsening, seek medical advice by contacting NHS 111.

Heatstroke

Heat exhaustion can lead to heatstroke when the body is unable to cool itself down. Heatstroke is a medical emergency and can be fatal.

Symptoms of heatstroke may include:

- confusion or lack of co-ordination
- seizures (fits)
- loss of consciousness
- high body temperature – a temperature of or above 40°C (104°F)
- red, hot skin that can be sweaty or dry
- fast heartbeat
- fast shallow breathing
- diarrhoea

If heatstroke is suspected, call 999 and then cool the child down whilst awaiting medical assistance.

Class Name Changes

We are changing the names of our classrooms from September, but don't worry, this won't affect anything to do with your child and the room that they come to nursery and learn in!

From September, our Little Gems (2year old's) will become the **Seedlings**, our 3 year old's will become the **Acorns** and our pre-school children (Jewels) will be known as the **Oaks**. The Acorns and Oaks usually play and learn in the same pre-school classroom, unless there is an agreed reason for them to remain in the Seedling Classroom. We are excited for our new names and feel that they fit in with our setting and school ethos much better – we hope you like them too!

