

Parents Newsletter

Autumn Term 2



Asalam Alaikum / Greetings of peace to all Parents and Carers,

We pray this term has gone smoothly after the long summer break and a big welcome to all our new parents who have joined us in September onwards. We pray this experience is immensely beneficial to you and your child.

Importance of Monitoring Screen Time



In the modern, digital world, screens are all around us. As parents and carers we are probably all guilty of letting our children watch screens when we need a break! But how much is too much and what are the risks?

What is the current guidance?

The World Health Organisation advises that children:

- below 2 years of age should not be exposed to any screen time
- between the ages of 2 and 4 years should not watch more than one hour daily
- between the ages of 5 and 17 years should not watch more than two hours daily.

Myth 1: Screen time helps my baby to learn

There is no evidence of any benefit of watching screens to children under the age of two years. However, some educational programmes with a clear story or structure and age-appropriate words and sentences may be slightly beneficial for older children.

Myth 2: Interactive screen games are 'better' than simply watching screens

Early evidence suggests that interactive screens may make it less likely for children to talk to the adults around them. Having lots of opportunities to talk and play with adults and other children is really important for development of children's communication skills.

Facts:

1. Studies show that too much screen time might mean children have fewer opportunities to develop other skills, like talking, walking and drawing. [It may also lead to other health issues caused by a more sedentary lifestyle.](#)
2. Having the TV on in the background can distract children from listening, talking and playing with adults. Young children can only focus on one thing at a time and will find it hard to listen to adults talking when the TV is on in the background.
3. Many children will have long-term challenges with talking and understanding words for a variety of reasons – these conditions are not caused by or linked to screen use.

Screens are here to stay and are very useful in the modern world. We can ensure they are used appropriately by following some simple guidance.

What's the best and safest way for children to use screens?

- Try to stick to daily time limits.
- Make sure older children take breaks from screens.
- Choose what your child watches so you can make sure it's at the right level for them to understand.
- Use parental controls on your internet.
- Avoid programmes or games that don't have much talking.
- Watch or use screens together with your child and talk about what you are watching.
- Show interest in what your child is playing with on screen. Maybe you can join in and make it a more sociable, interactive activity.
- Use screens in family rooms. Children with TVs in their bedrooms watch more TV than those who don't.
- Enjoy screens together in fun ways, such as looking at photos and chatting about them or video-calling grandparents.
- Turn screens (including TV) off when you are playing or chatting with your child.
- Balance screen-time with good quality family time, such as by having no screens at mealtimes so you can all concentrate talking and listening to each other.
- Be a good role model and have some screen-free time yourself! Try to put your phone away so you won't be tempted to look at it during periods when you are talking and playing with your child.

<https://speechandlanguage.org.uk/about-us/news-and-blogs/myth-busting-screen-time/>

Pre-schoolers Going to Reception in Sept 2025

If your child is going to school in September 2025, please ensure you apply for your child's place, this can be done online: liverpool.gov.uk/admissions

Please ensure that you apply before the closing date in January 2025. If you need any assistance in applying online or are unsure of any matters please ask your key person for support. Can you please inform us if your child will be going to school in September 2025. Can we be informed by February 2025 please so we can estimate spaces available for other children.

Apply online

Contact number

If you need to contact staff or inform us of a matter, please use the mobile number as means of communication and not the landline number. General information is communicated via the nursery broadcast group, please ensure you have saved the nursery mobile (07572545691) to your contacts. Newsletters are sent at the beginning of each term, it is your responsibility to ensure you have read all relevant information shared with you.



Clothes

We understand the weather is continually changing and it can be difficult to select suitable clothing in the morning, therefore if you can put spare clothes/shoes in your child's bag, then staff/children will be able to change as and when it is needed. We thank you for your cooperation in this respect.

We have a lost property basket situated in the Preschool entrances, all items of clothing which are miscellaneous or not labelled (staff are not able to allocate which child the item belongs too) will be placed in the basket at the end of each term. The basket will be emptied at the end of term in December and July to allow you to look through it, if any items are missing. Can we please request all parents label items where possible so staff are able to distinguish the children's belongings.



Parents Meeting



Establishing a partnership with our parents is vital to helping our children reach their full potential.

Large gaps are seen between children entering school from lower income families/families who don't engage in their child's education and those from higher earners/families with a pro-active involvement. We want to close this gap

so that our children are in no way disadvantaged, regardless of their parents' circumstances; we believe this can be done through a successful partnership between parents and the nursery. Parent meetings will be held online (Zoom) or for certain circumstances in person so please ensure you reach out to your child's key person as to which option meets your needs. Parent meetings will be held in the week commencing 2nd December.



Planning for this term

We will be learning about changes in the environment (Autumn session), clothing and foods for this session. We will learn God's name 'ever lasting' الباقي. Our regular walk outside will focus on around noticing the changes in the environment such as colours of leaves, textures of the different leaves, naming trees/plant such as evergreen, conkers ect. Doing risk assessments, learning about road safety, collecting items for our topic table. Looking at animals such as spiders and the story on how the spider made a web during the migration of the prophet Muhammed on his journey to Medina. We will also be learning about Prophet Isa & his mother Maryam (Jesus & Mary peace be upon them).

Thank you for taking the time to read our newsletter.

From all the staff at Happy Children Nursery

Dates for your Diary

Parent Meetings- Commencing 2nd December 2024

Nursery Closed for Winter Term 23rd December and reopen 7th January 2025

Nursery Closed for Staff Training Day- 6th January 2025

February half term closure 17th-21st February.