

Ballymoney Nursery School - February 2022 Newsletter



Welcome to our February newsletter. I hope you are all keeping safe and well at this time. As you may be aware there are currently positive cases of Covid-19 within our school community and we wish them all well in their recovery. Due to the prevalence of Covid-19, I would like to thank everyone who has taken the cautious approach and kept their Nursery children at home when there have been positive cases within the home.

I would also like to thank everyone who have promptly told us when their child has tested positive. All children in a nursery class are classed as a close contact. Therefore, it is really important that we are informed as soon as possible if a child tests positive so that we can keep everyone in the class informed. Current guidance is that if a child under 5 is a close contact they are strongly encouraged to carry out a lateral flow test.

As people can be asymptomatic and the virus can incubate for up to 10 days, although it is not the PHA guidance at present, we would suggest you carry out further lateral flow tests in the days that follow your child being identified as a close contact.

As there have been many changes to the isolation period for people who test positive for Covid-19, I have attached the PHA image that helps explain the current process to the end of the newsletter.

Learning experiences in school

Last month we have had lots of fun exploring the theme of winter and really enjoyed playing with the artificial snow in the classroom. We were thrilled when we had a real snow day! We also learned about polar lands and the animals that live on the artic. The children developed their skills in making play dough and had great fun getting to make various creations from it.

Ms McCarron/Mrs Jarvis' classes enjoyed their role play area becoming a pizzeria. Then they had great fun developing their cooking skills and language by making real pizzas!!! They were yummy yummy!! Mrs Muller's class can't wait to make theirs this week. If you would like to make the pizzas at home, the recipe can be found in the parent partnership section of the newsletter!

Mrs Muller's class developed their observation skills by studying their facial features and then drawing their self portraits. We are very proud of the drawings they did. They also had great fun exploring light and dark/day and night using our dark den and light tables.

Children's Mental Health Week - 7th-13th February 2022



The first full week of February is Children's mental health week and this year more than ever it is important that we all focus on our children's wellbeing.

Calming strategies

During children's mental health week we will be teaching the children a different breathing strategy each day to help them learn calming strategies. Attached to this email is a document from Getting Ready to Learn about supporting our children's mental health.

Techniques to keep children calm can also be found on the following Cbeebies link:-
<https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm>

Expressing emotions



We will also be reading the story The Colour Monster with the children. This is a story that helps children understand their emotions and they will be encouraged to then express their emotions through drawing and paintings.

Mood boosting food for children

As part of Children's Mental Health Week, Libraries NI will bring special events with experts like Mood Boosting Food for Children 🍎🍎 On Thursday 10th February 2022 from 10.30-11.30am a mood boosting food for children online event will be had. You can book on to it using the following link:-

👉 <https://bit.ly/LNIMoodBoost>

As well as the wellbeing of our children, it is also important that we take the 5 steps for our own wellbeing. Here are some links that you may find beneficial.



Minding your head website resources

[Resources](#) | [Minding Your Head](#)

Lifeline 0808 808 8000

Lifeline is the Northern Ireland free-to-call crisis counselling helpline that provides immediate support for those in crisis, distress or despair and struggling to cope. Lifeline is available to anyone across Northern Ireland 24 hours a day, 365 days a year. Lifeline can also provide advice for people who are concerned about someone else who is in distress.



Parental Partnership

Medication

Anyone who has completed a healthcare plan and administering medication paperwork for their child and provided us with medication to store in school, will be getting a letter asking them to review the paperwork to ensure that it is up to date. Please select one of the options on the letter and send it back into school by **Friday 4th February 2022**.



Big Bedtime Read – Books bags

We hope you have enjoyed having the opportunity to participate in reading the books that are in the book bags that your child has brought home over the past few weeks. Next week, will be the last week the book bags are sent home as we will be focusing on gross and fine motor skill activity bags from the end of February.

Make and Taste – Pizza

Last week we started our Make and Taste sessions with the aim of children to have fun and enjoy preparing healthy food. Each time the children are involved in cooking at Nursery, we will share the recipe with you so that you can carry out the activity with your child at home. With the exception of using an oven, the children can prepare all of the food with your supervision. Our first session was making pizza! We used muffins as our pizza base however you could use a tortilla wrap, pitta pocket or soda bread!

Tortilla/Muffin/Soda/Pitta pocket based Pizza

Equipment you need

Knife suitable for cutting
Chopping board/Plate
Spoon
Grill
baking tray

Food you need

Small tortilla wrap/ soda farl/pitta pocket/muffin
Small tin of sweetcorn/pineapple
Pepper (any colour)
Tomato puree (or passata)
Grated cheese
(optional -cooked ham/pepperoni)

How to make it

Spread tomato puree over the pizza base.
Drain the sweetcorn and pineapple.
Cut the pineapple into small chunks.
Wash, deseed and cut pepper into small chunks and place on top of the base along with the sweetcorn/pineapple.
(optional) Cut some cooked ham or pepperoni into small pieces and add to the top of the tortilla wrap.
Place the 'pizza' onto a baking tray and grill for a few minutes (adult task).
Now, cut the pizza into slices, eat and enjoy 😊

Important Information

Fun with Drums

We are looking forward to welcoming Fun with Drums into the Nursery on Friday 4th February 2022. Unfortunately his visit had to be postponed last month so we are looking forward to Friday!

School Fund

Thank you to everyone who has already paid this term's school fund donation.

Bubble Tube and Interactive Whiteboard

All being well, both our new bubble tube and interactive whiteboard should be arriving in school and getting installed next week!

Dates for your diary...

Friday 11th February 2022 – School photographer will be in school taking the class photographs

Monday 14th February – Monday 21st February 2022–Half term break

Stay safe and take care



Principal

Using lateral flow testing to end self-isolation early

If you test positive for COVID-19, you must self-isolate for 10 days. You may be able to end self-isolation early if you test negative using a lateral flow test (LFT) for two days in a row, provided you do not have a high temperature.

You can take LFTs daily starting from day 5 until you get two consecutive negative ones 24 hours apart. The latest this would be in practice is days 9 and 10, meaning you could stop self-isolating on day 10 immediately after the negative test, rather than having to wait until midnight.

The diagram below shows how this can work.

