

Newsletter

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Coronavirus Update

Government guidance on self-isolation has recently changed; whilst it is no longer a legal requirement to self-isolate if you test positive, it is still recommended. Therefore we ask that if your child tests positive that they isolate for up to 10 days, or at least 5 days. If your child has any of the following symptoms please **DO NOT** bring them into nursery and book a PCR test ;

1. A continuous cough
2. A high temperature
3. A change in taste and/or smell

If your child develops any of these symptoms whilst at nursery we will isolate them and you will be phoned to come and collect them immediately.

Our COVID risk assessment is available on our website; it will be reviewed on 1st April when COVID testing will no longer be available for free.

Red Nose Day - 17th March

We will be celebrating Comic Relief Red Nose Day on

Thursday 17th March.

Please can children wear red and bring in a suggested donation of £1.



Goodbye

Sadly we will be saying goodbye to Kelly Drake at the end of next week; she has been part of the Blagdon team since she started as an apprentice in 2010. She will be very much missed, but we are sure that she will pop in to say hello!! Good Luck Kelly - we will miss you.



DON'T FORGET

**Friday 18th March is an INSET day -
Nursery is closed to ALL children**

Dates for your diary

Friday 18th March	INSET day—nursery closed
Friday 8th April	Last day of term
11th-22nd April - EASTER BREAK	
Monday 25th April	First day of term
Monday 2nd May	BANK HOLIDAY
Friday 27th May	Last day of term
30th May-3rd June - HALF TERM	
Monday 6th June	First day of term
Monday 13th June	INSET day—nursery closed
Wednesday 20th July	END OF TERM

Tapestry

Please don't forget to login to view your child's observations and photos on Tapestry. Staff work really hard to capture your child's progress and experiences. We would love for you to add any photos and observations of the things that your child does at home too. If you have any issues logging on to Tapestry please email admin for support.



Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>