

# Little Burrows Newsletter: June 2021

## June 2021

We hope you are all enjoying the weather, it has been absolutely beautiful and the children have enjoyed being outside in the shade. Please can we remind all parents that children need to wear 8hour+ sun cream to nursery and must bring a hat. Thank you for your support with this.

We are sure you are all now aware of the announcement last night regarding the COVID restrictions being extended for another month. This unfortunately means that Sports Day will not be able to go ahead as planned. We will be holding our sports day with the children in the nursery session and will make sure we take lots of photos for parents. We also have plans to ensure the Leavers Assembly can be shared with parents too and will keep those whom it affects informed. We are so sorry for any disappointment but sure you all understand.

We have had a lots of conversations with the children's new Reception teachers. We have been talking through how each child learns best and what will help them settle. At the end of term you will receive an End of Nursery Report and PDF containing your child's Early Years Profile via Tapestry. These can be shared with your child's teacher. We are currently writing the Reports and will let you know when they are ready to download.

## COVID 19 Testing

There still seems to be some confusion regarding what to do if anyone in your household has Coronavirus symptoms.

A reminder that the symptoms are:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste or it's changed

**If anyone in your household has ONE or more of these symptoms then you must:**

- ensure that everyone in your household self-isolates immediately
- book a **PCR test** for the person who has symptoms

**You must NOT:**

- send your child/children to school
- use a lateral flow test to check whether the person with symptoms has Coronavirus

Please note that a **PCR test** is booked by phone at 119 or online at <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/essential-worker>. The person with symptoms will need to have the test at a walk-in or drive-through test centre. If you cannot get to a test centre you can order a **PCR test kit** to be sent to your house. You are then asked to post the test back to be processed and you will be contacted with the results.

**A LATERAL FLOW TEST IS NOT THE SAME AS A PCR TEST AND A LATERAL FLOW TEST SHOULD NOT BE USED IF SOMEONE HAS CORONAVIRUS SYMPTOMS.**

## Lightwater- Forest Sessions (Ticks)

It is tick season at the moment and it is important we protect the children. With the hot weather this week we understand that it is challenging to put the children in long trousers etc everyday. Therefore we will be limiting our forest days to Tuesday and Wednesday. We ask that children wear long trousers on these days, children will also wear wellies when we are out. We will be following the tick guidance issued by Public Health England when we are out and ask that parents do regular tick checks on their children. Please also read through the Tick guidance attached to this newsletter.

## Phonics <https://www.youtube.com/watch?v=TkXcabDUg7Q&t=2s>

As always phonics is an important part of our day at nursery. We follow the Letters and Sounds phonics guidance and focus heavily on the Phase 1 phonics activities to ensure our children are ready to start school and steam ahead in their learning. An important aspect of phase 1 is hearing and blending the sounds in words. The children are really getting good at this now but it would be really helpful if you could support at home. Sounding out simple CVC words like b-e-d, l-e-g, r-u-g etc will really support your child develop the skills they need to start reading in Reception. Why don't you sound out the last word in the sentence and see if your child can blend it together? (e.g. 'can you get into b-e-d?' 'can you h-o-p?') The more practise they get the easier they will find it when they start at school.

## Contact us:

Lightwater Leisure Centre: 01276 472662

Lightwater Mobile: 07464 262024

Claire: 07730220804

Staines Landline: 01784 557348

Staines Mobile: 07543 695357

Claire: 07730220804

## Reminders: Please ensure

All items (including clothes) are clearly labelled.

Water bottles should only contain water. Please no juice or squash. Children have the choice of milk and water at lunch time.

Please could we have any donations of tissues and baby wipes.

If you are using the 30 hours funding please ensure you are aware of the deadline for the application. For more info please visit: <https://www.littleburrows.com/30-hours-funding>. This link contains all the information parents need regarding fees and funding for the nursery.

Summer 1 Dates:

*We will be breaking up for the Summer on Friday 23<sup>rd</sup> July. This is an amendment to the dates published in the Autumn term but are to keep in line with the Surrey funding requirements. Dates are attached at the end of this newsletter.*

The website contains lots of important information regarding fees, funding etc. Please ensure you check this if you have any questions. Of course you are more than welcome to check with us if you can't find what you need.

## Picking up

We are having a few children being collected after their session finishes. Please ensure you are prompt in collecting your child as this can impact the start of the afternoon session if picking up at 1pm and effect staff leaving to collect their own children from school at 3pm.

## Dates REMINDER

We have made a slight amendment to our dates. We will now be breaking up for the Summer on Friday 23<sup>rd</sup> July. This is an amendment to the dates published in the Autumn term but are to keep in line with the Surrey funding requirements.

## Key tick awareness messages

- **'be tick aware'** and remember that you could be exposed to ticks whenever you spend time outdoors, including when in your garden or the local park
- ticks mainly attach to animals, but sometimes they may bite you or your family
- you can prevent tick bites by walking on clearly defined paths, using insect repellent and performing **regular tick checks**
- some tick bites can result in infection, so it is important to remove ticks safely and as quickly as possible
- the safest way to remove a tick is by using a pair of **fine-tipped** tweezers or a tick removal tool
- contact your GP or dial NHS 111 **promptly** if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors

## More information

For more information, search for the phrases 'ticks' and 'Lyme disease' on these websites: [www.nhs.uk](http://www.nhs.uk) [www.gov.uk](http://www.gov.uk)

Public Health England  
Wellington House  
133-155 Waterloo Road  
London SE1 8UG  
[www.gov.uk/phe](http://www.gov.uk/phe)  
Twitter: @PHE\_uk

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# Enjoy the outdoors but 'be tick aware'



'Be tick aware' to avoid tick bites and know how to take action if you or your family get bitten by ticks

### What are ticks?

Ticks are small, spider-like creatures that feed on the blood of animals, including people. The size of a tick can vary, with a larva being as small as a tiny freckle, and fully fed females similar in size to a baked bean.

### Where do you find ticks?

Ticks survive in many habitats, but prefer moist areas with leaf litter or longer grass, like in woodland, grassland, moorland, heathland and some urban parks and gardens. Ticks don't fly or jump. They wait on vegetation for a host to pass by, and then climb on. They bite and attach to the skin and feed on blood for several days, before dropping off. Ticks are found throughout the year, but are most active between spring and autumn.

Sizes compared to a one penny coin

## Main health risks

- ticks can sometimes transmit microbes that may cause human diseases such as Lyme disease. It is important to be Lyme disease aware and see your GP promptly for diagnosis and treatment if you recognise the symptoms which can include:
  - a flu-like illness, fatigue and muscle and joint pain
  - a characteristic expanding red rash, erythema migrans (present in many but not all cases)
- you may not always remember being bitten by a tick, so if you have spent time outdoors and develop any of these symptoms, seek advice from your GP or dial NHS 111.
- Lyme disease can be treated with a course of antibiotics. Without treatment, more serious conditions can develop such as swelling in some joints or problems with the nerves and heart, so prevention and early detection are key.

## Avoiding ticks

- walk on clearly defined paths to avoid brushing against vegetation
- wear light-coloured clothes so ticks can be spotted and brushed off
- use repellents such as DEET
- carry out a tick check

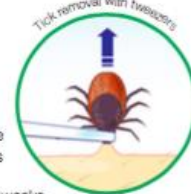
## Carry out a tick check

Make it a habit to check your clothes and body regularly for ticks when outdoors and again when you get home. Check your children and pets as well.

Ticks prefer warm, moist places on your body, such as the groin, waist, arm pits, behind the knee and hair lines, so look out for anything as tiny as a freckle or a speck of dirt. Young children are commonly bitten on the head/scalp so need to be carefully checked around the neck, in and behind the ears and along the hairline.

## If you have been bitten

- remove ticks as soon as possible
- the safest way to remove a tick is to use a pair of **fine-tipped** tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- pull upwards slowly and firmly, as mouthparts left in the skin can cause a local infection
- clean the bite area, and monitor it for several weeks for any changes
- contact your GP promptly if you begin to feel unwell with flu-like symptoms or develop a spreading circular red rash. Remember to tell them you were bitten by a tick or have recently spent time outdoors



## Summer Term Dates 2021

<b>Week 1</b>	7 <sup>th</sup> -11 <sup>th</sup> June
<b>Week 2</b>	14 <sup>th</sup> -18 <sup>th</sup> June
<b>Week 3</b>	21 <sup>st</sup> -25 <sup>th</sup> June
<b>Week 4</b>	28 <sup>th</sup> June-2 <sup>nd</sup> July
<b>Week 5</b>	5 <sup>th</sup> -9 <sup>th</sup> July
<b>Week 6</b>	12 <sup>th</sup> -16 <sup>th</sup> July
<b>Week 7</b>	19 <sup>th</sup> -23 <sup>rd</sup> July