



**Gainsborough Nursery School**

**Our Spring**

**Newsletter 2026**



What a busy and exciting start to the Spring term!

As we begin the new term, we would like to give a very warm welcome to all the new families who have joined us. The children are settling in beautifully already, and it has been lovely to see them so happy and engaged.

This term is full of investigation and exploration. Across all classes, the children will be learning about how materials change. They will be exploring water and ice, making jelly, and melting chocolate or cheese. We will also be observing changes in the weather and looking closely at frost in our outdoor learning areas. Along the way, the children will be learning new words such as *melt*, *freeze*, *solid*, and *liquid*.

In addition, the children will be learning about traditions from other cultures, including Chinese New Year, and will enjoy making and tasting delicious Chinese food.

After half term, we will be learning how to make a Pancake , and the children will take part in our much-loved annual Pancake Café! We will also be exploring spring, growth, and all things Easter.

To help keep you up to date with what is happening in each classroom, please take a look at the **"Ask Me About" boards**. These will give you a snapshot of the learning taking place each week and provide ideas for things you can chat about with your child at home.

Please remember that I am always available for a chat or to help in any way I can.

We are really looking forward to a fun-filled term of learning and making lots of special memories with your children.



**Laura Crawford**

**Head of School**



**Term dates 2025/2026**

**Last day of term:** Friday 13th February 2026

**Start of Spring term 2:** Monday 23rd February 2026

**Last day of term:** Thursday 2nd April 2026

**Start of Summer term 1:** Tuesday 21st April 2026

**Bank Holiday:** Monday 4th May 2026

**Last day of term:** Friday 22nd May 2026

**Start of Summer term 2:** Monday 1st June 2026

**Last day of term:** Tuesday 21st July 2026

**Summer celebration picnics:** Wednesday 22nd July 2026

( details to be confirmed no normal sessions this day.)

**Dates for your diary**

**World Book Day:** Thursday 5th of March– Come to School in your pyjamas for our theme of ‘ bedtime stories’

**Primary School places offered—**16th April 2026





Absence

We ask that all families let us know if their child is not going to be at nursery that day. Whilst not statutory regular attendance forms good habits ready for primary school. We understand that sometimes it may slip your mind to let us know, especially if you are at home with a poorly child. However as a school we have to keep records of attendance and have set procedures that we must follow if we do not hear from you.

If we do not hear from you the office will send a reminder on the Arbor app asking you to contact the school office. If we still do not hear from you we will then follow this up with a phone call.

If we still are unable to contact you it might then mean that we have to call at your home to do a safe and well check.

You can inform us using the Arbor app. If you need any help with this app please ask at the office. You can also call the school office on 01427811610.

Safeguarding

Safeguarding is everyone's responsibility. **Laura Crawford** is the

**Designated Safeguarding Lead. Laura Cook** is the **Deputy Designated Safeguarding Lead.**

If you have concerns about a child or family you should contact **Lincolnshire children services on 01522 782111**

## Outdoor Learning



We are learning all the time! Sometimes this means we will get a bit messy!  
We go outside whatever the weather, so we need warm clothes and coats that are ok to get dirty and wet!

The nursery uniform is designed to get messy so that favourite clothes don't get ruined! We have paint, water and other messy activities out everyday so wearing old clothes or uniform is a very good idea!!!

If you would like to bring your own wellies and waterproofs, please label them clearly with your child's name and they can be left at nursery to be used everyday!



## **World oral health day .**

World Oral health day 2026 is Friday the 20th of March.

' A happy mouth is a happy body' World Oral health day sets out to empower people, families, parents and communities with the knowledge tools and confidence to secure good oral health.

At nursery the importance of good oral health is taught throughout our curriculum. We teach your children the importance of brushing their teeth using songs and stories. We explore and talk about tooth friendly foods and drinks each day at the snack table and during lunch times. We also support parents to understand why using dummies and baby bottles for prolonged periods of time can seriously damage mouths and teeth! Children will be bringing home a toothbrush that week! Please also look out for our posts on social media as well as displays on the noticeboard and leaflets. If you need any support with your child's oral health please speak with a member of staff who will signpost you to relevant support and services.

## School places

For families who met the application deadline you should receive your offer of a primary school place in April 2026

After the Easter holidays we will be speaking to you about which school your child will be going to in September. This allows us to start planning for your child's transition to school.

We work very closely with all the local primary schools to ensure that your child's move to school goes as smoothly as possible.

We appreciate that this is an extremely exciting time but it can also be a worrying time for some. If you have any concerns about this process or want to know more about transition to school please speak to the staff team!

Lincolnshire  
COUNTY COUNCIL 

## Funding

Just a reminder that if you are claiming the 30 hour funding for working parents or using Tax-Free Childcare, you will need to reconfirm your eligibility **every 3 months. Failure to do this means that funding stops.**

Parents can check whether they could be eligible for a range of government childcare offers, via Childcare Choices at [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk) or on the Childcare Calculator at [www.gov.uk/childcare-calculator](http://www.gov.uk/childcare-calculator).

For a detailed guide to the 30 hours eligibility criteria, visit <https://www.gov.uk/government/publications/30-hours-free-childcare-eligibility>

Childcare  
**Choices**

## **Top tips for keeping your young child safe online.**

Ofcom research has shown that 86 percent of 0-5 year olds have access to a tablet !

The World Health Organisation has guidance for under 5's which recommends no more than 1 hour of sedentary screen time ( this means sitting still).

**Infants less than 1 year old:** screen time is not recommended.

**1-year-olds:** sedentary screen time is not recommended (that is, screen time where they sit still).

**2-4-year-olds:** no more than 1 hour of sedentary screen time, though "less is better."

Too much screen time has been shown to have a negative effect on children's language development, social skills and concentration spans.

### **Signs that your child is having too much screen time:**

- Overstimulation that takes the shape of aggression, bouts of crying and an inability to sit still.
- Preferring screen time use over interacting with others or doing other activities.
- Feeling anxious or stressed about not having their device or while using their device.

### **5 simple ways to help manage screen time for the under 5's**

1. set boundaries for how and when you will use screens.
2. Make family time and sleep a priority over screens—share a story, go on a walk, play a game!
3. Engage with your child whilst they are using screens, take an interest and comment on what is happening.
4. Take the lead when choosing what they see and do on screens, use age appropriate sites, games and apps!
5. Set a good example with your own screen use!



## Toilet Training

As the weather gets warmer, it's a great time to think about toilet training, but we know it can be hard, at times messy, and a big change for families.

Most children develop the skills to be independent from nappies **between about 18 and 30 months**. Research and guidance from **ERIC – The Children's Bowel & Bladder Charity** show that nearly all children can learn to use the potty or toilet within this age range with the right support, and **waiting too long can make it harder to learn later**.

The only usual exceptions are children with a diagnosed medical condition or complex special needs that make toilet skills more challenging. For practical, evidence-based help from ERIC you can share with families:

**ERIC Potty training advice** – guidance on how to start and support the potty training process.

<https://eric.org.uk/potty-training/>

**ERIC resources and support** – child-friendly information and downloadable factsheets for parents and carers.

<https://eric.org.uk/>

Toilet learning is a **process, not an event**, and with encouragement, patience, and consistency most children will get there. Accidents are normal and part of learning, and every child progresses at their own pace.

If you need any further help and advice please speak to a member of staff who can signpost you to support. Alternatively the family hub at the children centre is a great place to seek advice and you can also contact your health visitor

## Did you know....



**Big feelings and challenging behaviour are a normal part of early childhood, not a sign that something is “wrong”.**

Children aged 2–4 are still learning how to manage emotions, control impulses, wait, share, and cope with frustration. The parts of the brain responsible for these skills are still developing, and expecting consistent self-control at this age is often unrealistic even many adults struggle with these things.

It’s easy to forget that our children have only been alive for a small number of months. They are not being difficult on purpose; they are learning how to behave in a world that feels big, busy, and overwhelming at times.

**Children learn how to manage emotions by watching the adults around them.**

Staying calm (even when it’s hard), using words to explain feelings, and showing how to pause and reset helps children learn what to do when they feel upset or frustrated. If adults become cross, rushed, or overwhelmed, children often mirror that too not because they’re naughty, but because they’re learning.

Having **realistic expectations, offering clear boundaries ( that you stick to!)**, and modelling calm behaviour helps children build emotional regulation over time. These skills don’t develop overnight, they grow with patience, consistency, and support.

You’re not failing you’re supporting a very young child who is still learning how to understand their feelings and the world around them.

