



Caldecote Day Nursery



Newsletter January 2023

This month's Learning Focus: **Children's Interests & Chinese New Year**

This month's Value: **Diversity**

Happy New Year! Welcome to 2023! We hope you had an amazing Christmas and New Year. Thank you for all your cards, presents and good wishes. We were really spoilt!

Safeguarding

Safeguarding children's wellbeing is paramount for us at nursery. Here are some important messages about online safety in the early years.

Nowadays young children are using technology more and more. Whether it is a phone, tablet, laptop or watching programmes, the online world is booming. A recent report found that some 45% of 3- to 4-year-olds use YouTube, and 52% of 3- to 4-year-olds go online for an average of almost nine hours per week. Although ICT lessons are taught to older children in schools, it is important that young children know the importance of staying safe online and how to use technology in a safe way.

Explore Together - Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.

Put yourself in control - Install parental controls on your home broadband. Most Internet-enabled devices also allow you to set parental controls so you can monitor what your children are looking at.

Use Passwords - Keep your devices out of reach and set passwords on all your internet-enabled devices and don't share them. Then you'll know when and where your child is accessing the internet. You can also make sure they're not making additional purchases when they're playing games or using apps.

Search Safely - Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

Be Involved - Encourage them to use devices in a communal area like the lounge or kitchen so you can keep an eye on how they are using the internet and share in their enjoyment.

Manage Access - Set your homepage to a child-friendly site like CBeebies and create a user account for your child on the family computer or device which only allows access to sites you've chosen.

Help Them Learn Through Games - You can choose safe, fun and educational online games to play with your child and that you'll be confident about them exploring. You can find good free of charge examples from CBeebies and companies like Disney Junior, Nick Jr and Fisher Price.

Set Boundaries - It's never too early to start setting boundaries. Set some rules about how long your child can spend online.

We will be learning about how to use the internet safely during January & February.



Lancaster Road, Rugby, CV21 2QN



01788 542337



www.caldecotedaynursery.co.uk



Caldecote Day Nursery



Newsletter January 2023

This month's Learning Focus: **Children's Interests & Chinese New Year**

This month's Value: **Diversity**

Polite Reminders: Please be aware that we close at 6pm.

We always like to provide face to face feedback about your child's day but we have an increasing number of families arriving at 6pm for collection and then wanting five minutes of feedback. While we understand that you are busy working, please also be mindful that some staff are also just coming to the end of a ten hour shift too.

Polite Reminders: Please respect personal space.

We kindly ask that if a staff member is talking to a parent at the front door, that other parents please stand back, keep their distance and wait a moment. We understand that sometimes you might need to ask something quick, but staff may be in the middle of a sensitive or private conversation and there have been recent instances of other parents standing uncomfortably close.

Thank you for your support in these matters.

Home Learning Ideas

Here are some ideas you could try with your child this month...

Go on a winter walk with an adult and see how things have changed since the Autumn.

Draw a pattern to design a scarf or make one, using fabric scraps or other collage materials.

Talk about some animals that live in cold places. Find out what they like to eat and how they make their homes.

On winter mornings, the ground is often covered with frost. Talk about where this has come from or investigate what happens to ice in warm places.

Try making our seasonal recipe of the month!
Send us a photo of your efforts via ParentZone!

Don't forget to send us a photo of your home learning via ParentZone.



ParentZone

Spring Term 2023 Dates for your diary...

We open at 8am – Wednesday 4th January 2023

Term Time Only Children return on Monday 9th January 2023

All About Me – Emailed to parents w/c 9th January

Children's Mental Health Week – Monday 6th – Friday 11th February

Term Time Only Children - Term ends Friday 17th February

Term Time Only children return on Monday 27th February

World Book Day – Thursday 2nd March (Details to follow)

Red Nose Day – Friday 17th March (Details to follow)

Spring Stay & Play – Saturday 25th March; 10am-12pm

Term Time Only Children - Term ends Friday 31st March

Easter Closure – 6pm Thursday 6th April

We re-open at 8am – Tuesday 11th April

Term Time Only children return on Monday 17th April

September 2023 School Applications close at 5pm on 15th January 2023.



**Save the Children
CHRISTMAS JUMPER DAY**

Thank you so much! With your generous donations we raised a grand total of £70 for Save the Children.



Lancaster Road, Rugby, CV21 2QN



01788 542337



www.caldecotedaynursery.co.uk



Caldecote Day Nursery



Newsletter January 2023

This month's Learning Focus: **Children's Interests & Chinese New Year**

This month's Value: **Diversity**

This month's seasonal recipe to try at home...

Roasted Roots & Sage Soup



Some families recently have noted that their children are becoming picky eaters. Try making this easy recipe with your child to get them involved with the preparation and then hopefully they will be more willing to tuck in!

Ingredients:

- 1 parsnip, peeled and chopped
- 2 carrots, peeled and chopped
- 300g turnip, swede or celeriac, chopped
- 4 garlic cloves, skin left on
- 1 tbsp rapeseed oil, plus ½ tsp
- 1 tsp maple syrup
- ¼ small bunch of sage, leaves picked, 4 whole, the rest finely chopped
- 750ml vegetable stock
- grating of nutmeg
- 1½ tbsp fat-free yogurt

Method:

1. Heat the oven to 200C/180C fan/gas 6.
2. Toss the root vegetables and garlic with 1 tbsp oil and season. Tip onto a baking tray and roast for 30 mins until tender.
3. Toss with the maple syrup and the chopped sage, then roast for another 10 mins until golden and glazed.
4. Brush the whole sage leaves with ½ tsp oil and add to the baking tray in the last 3-4 mins to crisp up, then remove and set aside.
5. Scrape the vegetables into a pan, squeeze the garlic out of the skins, discarding the papery shells, and add with the stock, then blend with a stick blender until very smooth and creamy.
6. Bring to a simmer and season with salt, pepper and nutmeg.
7. Divide between bowls. Serve with a swirl of yogurt and the crispy sage leaves.



Family Information Service (FIS)

Did you know that the Family Information Service can provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

1. family relationships
2. finance
3. housing
4. parenting support
5. special educational needs and disabilities (SEND)
6. childcare
7. health and wellbeing



Find out more at: www.warwickshire.gov.uk/supportforchildrenandfamilies



Lancaster Road, Rugby, CV21 2QN



01788 542337



www.caldecotedaynursery.co.uk



Caldecote Day Nursery



Newsletter January 2023

This month's Learning Focus: **Children's Interests & Chinese New Year**

This month's Value: **Diversity**

Leadership Focus

At nursery, we have several staff who take a leadership role. To raise their profile with parents and celebrate the good work that they do, each month we are going to highlight a different role and provide you with some information.

This month it is our Mental Health Champion: Jade, who is sharing some tips about how to cope with SAD – Seasonal Affective Disorder.

What is seasonal affective disorder (SAD)?

Seasonal affective disorder (SAD) is a type of depression that you experience during particular seasons or times of year. Depression is a low mood that lasts for a long time, and affects your everyday life. If you have SAD, you'll experience depression during some seasons in particular, or because of certain types of weather or temperature. You can experience it in winter or summer.

What are the symptoms of SAD?

If you have SAD, you might experience some of the signs and symptoms below. But it's different for different people, and can vary season to season, so you might also have other kinds of feelings which aren't listed here:

- Lack of energy
- Difficulty concentrating
- Not wanting to see people
- Feeling sad, low, tearful, guilty or hopeless
- Feeling anxious, angry and agitated
- Being more prone to physical health problems, such as colds, infections or other illnesses
- Sleeping too much, or difficulty waking up (common with SAD in winter)
- Sleeping too little, or waking up a lot (common with SAD in summer)
- Changes in your appetite, for example feeling hungrier or not wanting to eat
- Losing interest in sex or physical contact
- Suicidal feelings
- Other symptoms of depression

How can I help myself?

Living with SAD can be difficult, but there are lots of things you can do to help yourself cope. Different things work for different people at different times, so if something doesn't feel possible just now try not to put pressure on yourself. You can always try something else or come back to it another time. For example:

- Talk to someone
- Keep a diary
- Plan for difficult times
- Try peer support
- Learn ways to relax
- Look after your physical health



How can I access treatment?

The first step is usually to visit your GP. If you're given a diagnosis of SAD, this will be based on your symptoms repeatedly following a seasonal pattern, usually for two or more years. Or if the seasonal pattern isn't clear yet you can still get help from your GP for symptoms of depression or anxiety.

For further information visit: www.mind.org.uk



Lancaster Road, Rugby, CV21 2QN



01788 542337



www.caldecotedaynursery.co.uk



Caldecote Day Nursery



Newsletter January 2023

This month's Learning Focus: **Children's Interests & Chinese New Year**

This month's Value: **Diversity**

Our December Learning



Lancaster Road, Rugby, CV21 2QN



01788 542337



www.caldecotedaynursery.co.uk