



# Caldecote Day Nursery



## Newsletter February 2022

This month's Learning Focus: **Children's Interests, Chinese New Year, Children's Mental Health**

This month's Value: **Confidence**

### Safeguarding

**Safeguarding children's wellbeing is paramount for us at nursery. This month we are supporting Children's Mental Health Week. Their theme this year is 'Growing Together'.**



From 7-13 February 2022, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is: **Growing Together**.

**Growing Together** is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'.

For Children's Mental Health Week 2022, we will be encouraging children (and adults) to consider how they have grown and how they can help others to grow.



### Children's Mental Health Week

#### Monday 7<sup>th</sup> Feb: Growing Together

Taking part in planting activities indoors and outdoors to create a calm atmosphere in nursery.

#### Tuesday 8<sup>th</sup> Feb: The Great Outdoors

Getting out and about in the garden and park to feel the benefits of fresh air for good mental health.

#### Wednesday 9<sup>th</sup> Feb: Express Yourself

Wear something that expresses who you are, your hobbies or your culture.

#### Thursday 10<sup>th</sup> Feb: Eat The Rainbow

Taste a rainbow of fruits and learning about the importance of eating healthily.

#### Friday 11<sup>th</sup> Feb: Mindful Moments

Yoga session led by staff and a visiting instructor to start the weekend in a calm and mindful space.



Please see Jade (MH Champion) for further details.



**Staff News** – This month, we say a sad farewell to Katie, who will be leaving us to take up the role of Manager at Wellingtons Regent Nursery. Katie started her career as a student at Caldecote in 2006 and worked her way up through the ranks to become Assistant Manager and DSL. Katie has been a huge asset to the nursery and will be missed by staff, parents and children alike. She has a great sense of humour, always brings a smile to the faces of people that she meets and is dedicated and hardworking. She is now ready for the challenge of managing her own setting and we wish her well as she continues her childcare career path. Katie's last day with us is Tuesday 8<sup>th</sup> February.

**Good luck, Katie! We will miss you!**



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### COVID – 19: Please read this information about tests and getting tested...

Lateral Flow Tests	PCR Tests
These are for people with <b>no</b> symptoms. They can be taken at home or at the Edward Street Centre, on a weekly or twice weekly basis.	These are for people who have <b>any one</b> of the three main symptoms: <b>a new, continuous cough; a high temperature; loss of taste or smell.</b>
These tests can be done at your home and can be ordered from: <a href="https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests">https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests</a>	If we have sent your child home with one of these symptoms, you <b>must book a PCR test</b> or have a kit sent to your home: <a href="https://www.gov.uk/get-coronavirus-test">https://www.gov.uk/get-coronavirus-test</a>
After completing your test, you should report the result here: <a href="https://www.gov.uk/report-covid19-result">https://www.gov.uk/report-covid19-result</a>	Once the test is complete, you will be sent the results via text or email. This document needs to be forwarded to us as a matter of urgency.
If the result is negative, then you may attend nursery. If the result is positive, you <b>must stay at home</b> and organise a PCR test.	If the test is negative, you will be able to return to nursery. If the test is <b>positive</b> , you will need to follow the 'Stay at Home' guidelines issued by the Government and PHE

**While we understand that taking these tests can be very unpleasant for both children and adults, it is really important to safeguard each other and our wider families by getting tested when asked.**

## Home Learning Ideas

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

Try our daily activities during Children's Mental Health Week.

Go on a winter walk and begin to spot spring flowers that are starting to appear.

Celebrate Chinese New Year! Listen to some Chinese music and watch a Lion or Dragon dance.

Show someone you care on Valentine's Day. Make a card, picture or even record a message to send to them.

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 2022 Dates for your diary...

**Children's Mental Health Week – Monday 7<sup>th</sup> – Friday 11<sup>th</sup> February**

**Term Time Only Children - Term ends Friday 18<sup>th</sup> February**

**Term Time Only children return on Monday 28<sup>th</sup> February**

**World Book Day – Thursday 3<sup>rd</sup> March**

**Toddler Parent Meetings – Tuesday 15<sup>th</sup> March (By appointment)**

**Pre-School Parent Meetings – Wednesday 16<sup>th</sup> March (By appointment)**

**Baby Parent Meetings – Thursday 17<sup>th</sup> March (By appointment)**

**Red Nose Day – Friday 18<sup>th</sup> March (Details to follow)**

**Spring Stay & Play – Saturday 26<sup>th</sup> March; 10am-12pm**

**Term Time Only Children - Term ends Friday 8<sup>th</sup> April**

**Easter Closure – 6pm Thursday 14<sup>th</sup> April**

**We re-open at 8am – Tuesday 19<sup>th</sup> April**

**Term Time Only children return on Monday 25<sup>th</sup> April**



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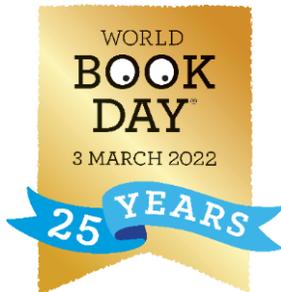
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### World Book Day - Thursday 3<sup>rd</sup> March

We will be celebrating World Book Day again this year and next month you will receive a book token which can be used to redeem a free special edition World Book Day book or can be used to get £1 off a book of your choice.

To celebrate, we would like staff and children to come dressed up as a character from their favourite book, to celebrate 25 years of this special event!

### 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 SENDCo Team:

At Caldecote, Alice & Poonam are our SENDCos' (Special Educational Needs & Disabilities Coordinators). They oversee the provision for children who have a special educational or developmental need and coordinate information between home, the nursery and outside professionals to ensure each child is cared and provided for in a way that is right for them.

They have knowledge of processes, procedures and paperwork, who to contact with queries and referrals, and access to different resources and tools to help measure a child's progress and to help in their continued development.

Alice & Poonam work alongside staff in identifying children who may have Special Educational Needs and Disabilities (SEND), especially the child's key person, and our families who know the child best.

Having just received further training linked to Autism, they would like to share some key information with you:

**Autism or autism spectrum disorder (ASD) is a developmental disorder that can vary greatly in severity. Because ASD can impact the way a child learns, communicates and interacts with others, it is important that parents get help for a child with autism as soon as possible.**

Signs in young children	Autism in Girls and Boys	Diagnosis & Assessment	Pre & Post Diagnosis Support
<ul style="list-style-type: none"> <li>- Not responding to their name</li> <li>- avoiding eye contact and interaction</li> <li>- not smiling when you smile at them</li> <li>- getting very upset if they do not like a certain taste, smell or sound (sensory issues)</li> <li>- repetitive words or movements, such as flapping their hands, flicking their fingers or rocking their body</li> <li>- not talking as much as other children</li> <li>- repeating the same phrases</li> <li>- Resists or does not express physical affection</li> <li>- Has trouble adapting to new routines</li> <li>- Has obsessive interests</li> <li>- Has delayed speech and language skills.</li> </ul>	<p>Autism can sometimes be different in girls and boys.</p> <p>For example, autistic girls may be quieter, may hide their feelings and may appear to cope better with social situations.</p> <p>This means autism can be harder to spot in girls.</p>	<p>If you or your child have signs of autism, the next step is to talk to someone about it. You could speak to any health professional (GP / HV), your child's Key Person or the SENDCO staff at nursery.</p> <p>If they also have concerns, they will consider an autism assessment. This is where a team of autism specialists, supported with evidence from you as parents and us at nursery, check your child is autistic.</p> <p>During the process, if we suspect that your child has ASD, we will support and put in place strategies that can help all of you.</p> <p>At the end of the assessment, you will receive a report about the findings.</p>	<p>We are here to help and support you with the many challenges that children with ASD may face. These include:</p> <ul style="list-style-type: none"> <li>- Anxiety</li> <li>- Behaviour issues</li> <li>- Eating difficulties</li> <li>- Problems sleeping</li> <li>- Staying healthy</li> <li>- Friendships and socialising.</li> </ul> <p>We can also signpost you to groups and forums which can offer further advice and support for the whole family</p>



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

## Peppermint Candy Biscuits



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:

- 175g plain flour, plus a little extra for dusting
- 100g butter, cut into small cubes
- 85g caster sugar
- 1 egg yolk
- about 5 peppermint candy canes



### Method:

1. Tip the flour and butter into a bowl. Use your fingers to squash the lumps of butter into the flour, then rub together until the mixture resembles wet sand.
2. Add the sugar and egg yolk and 1-2 tbsp cold water. Mix together with a blunt cutlery knife, then your hands, until it becomes a soft dough.
3. Wrap the dough in cling film and pop in the fridge for 20 mins to chill.
4. Heat oven to 200C/180C fan/gas 6. Line 2 baking trays with baking parchment. Put the candy canes in a resealable plastic bag, then wrap in a tea towel. Use a rolling pin to bash them to a chunky rubble. Set to one side.
5. Dust your work surface with a little flour, then use a rolling pin to roll out the dough.
6. Cut out heart shapes with your big cookie cutter. Put them on the baking trays, spaced a little apart. Use your small cutter to cut out a little heart in the centre of each big heart.
7. Re-roll your cuttings to make about 20 hearts in total.
8. Bake for 8 mins. Carefully remove the trays from the oven, then fill each small heart with a little of the crushed candy cane. Return to the oven for 4 mins more, until the biscuits are just starting to turn golden and the candy cane has melted.
9. Once out of the oven, quickly sprinkle the gooey centre of each heart with a little extra crushed candy cane. Leave to set and cool completely on the trays. Once cool, the biscuits will peel straight off the trays. Wrap them in pretty boxes to give as a gift or share them with someone you love on Valentine's Day.

**Lost Property:** We have had a lot of lost property in nursery this month; hats, gloves, coats etc. While we do our best to remember who is wearing what, it is much easier to reunite children with their belongings, if they are named! It only takes a moment, so please ensure that your child's belongings, including bags have their name on. This has proved especially tricky in the last few weeks where staff have needed to work in different rooms across the setting, due to covid absences, with children who are not always able to communicate what belongs to them. Thank you.



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### Our January Learning...



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