



Caldecote Day Nursery



Newsletter February 2023

This month's Learning Focus: **Children's Interests, Children's Mental Health, Valentine's Day, Shrove Tuesday**

This month's Value: **Confidence**

Safeguarding

Safeguarding means **protecting people's health, wellbeing and human rights**. This also applies to mental health, which is why include ways to support mental health in our day to day learning and also take part in important events such as Children's Mental Health Week...



From 6-12 February 2023, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is: **Let's Connect**

Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.



Let's Connect – Tips for Parents & Carers, for children of all ages

Connect with your child in everyday ways. Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from nursery, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

Talk to your child about their friends. As children grow, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement. Ask them about their life in real life and online (if age appropriate). You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

Find time to connect as a family. Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.



Talk to your child about important connections. This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's okay to talk about people they miss, for example, family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

Connect by taking an interest in your child's world. As adults we can sometimes be dismissive of the things that our young children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

Try to resolve conflict and re-connect after arguments. Arguments and moments of disconnection are bound to happen in families. It is important that children learn how to disagree in appropriate ways and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.



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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: Alice & Poonam

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 received recent updates and 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">- Not responding to their name- avoiding eye contact and interaction- not smiling when you smile at them- getting very upset if they do not like a certain taste, smell or sound (sensory issues)- repetitive words or movements, such as flapping their hands, flicking their fingers or rocking their body- not talking as much as other children- repeating the same phrases- Resists or does not express physical affection- Has trouble adapting to new routines- Has obsessive interests- Has delayed speech and language skills. | <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 if 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">- Anxiety- Behaviour issues- Eating difficulties- Problems sleeping- Staying healthy- Friendships and socialising. <p>We can also signpost you to groups and forums which can offer further advice and support for the whole family</p> |

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 absences, with children who are not always able to communicate what belongs to them. Thank you.



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Home Learning Ideas

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

Try some of our 'Connection' ideas linked to Children's Mental Health Week.

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

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 2023 Dates for your diary...

All About Me – please return as soon as possible!

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 on the next page)

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

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

Vegan Banana Pancakes – makes 12



Try this easy recipe with your child to get them involved and interested in food! Cooking together is a good way to connect.

Ingredients:

- 1 large ripe banana (around 150g)
- 2 tbsp golden caster sugar
- ¼ tsp fine salt
- 2 tbsp vegetable oil, plus extra for cooking
- 120g self-raising flour
- ½ tsp baking powder
- 150ml oat, almond milk or soya milk
- syrup, sliced banana and berries, to serve (optional)

Method:

1. Mash the banana in a mixing bowl. Stir in the sugar, salt and oil. Add the flour and baking powder and mix thoroughly.
2. Make a well in the centre and gradually whisk in the milk. The batter should be a thick, droppable consistency.
3. Heat a little oil in a frying pan over a medium heat.
4. Add 2 tbsp of the batter to make American-style pancakes. You will be able to make about 4-5 at a time.
5. Fry on each side for 2-3 mins until golden.
6. Serve with a little syrup, sliced banana and berries, if you like.



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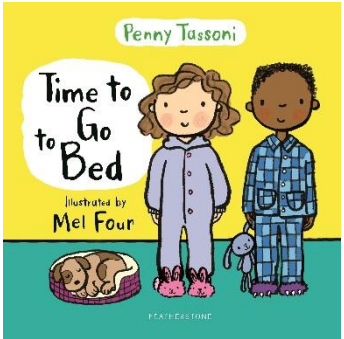
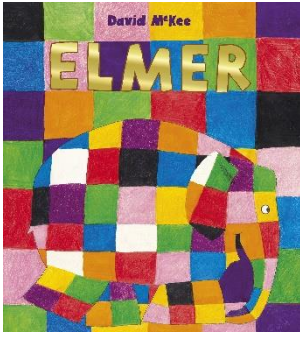
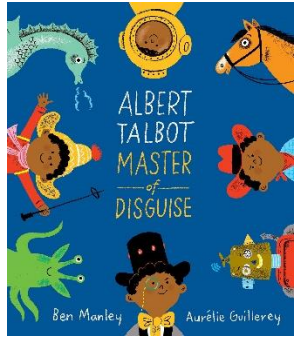
World Book Day & Caldecote's 'Brilliant Books' Launch!

As we celebrate World Book Day on 2nd March, we also launch our own '**Brilliant Books**' where each room celebrates a collection of books and (where possible) associated rhymes to share in nursery and at home.

We aim for every child to learn all the rhymes and join in, and enjoy all of the books. This gets children off to a great start with their communication skills and helps to develop a love of books. These will of course not be the only books that we share, but will become firm favourites that we regularly return to and so will become familiar to you.

We will also share on our website, ideas for associated activities and videos of the books being shared, for you to access at home. The collection of about 10 or 12 books will build over time and will include some classic stories, books that rhyme, books with a focus on numbers, books that support emotional wellbeing and books that are just funny and great to share.

For World Book Day this year, we are asking each room to come dressed to represent the first book in their collection.

| Baby Room | Toddler Room | Pre-School Room |
|---|--|--|
|  |  |  |
| <p>Children and staff are invited to come dressed ready for bed in pyjamas, onesies, slippers and dressing gowns to read about getting ready for bed.</p> | <p>Children and staff are welcome to wear a rainbow of colours or just your favourite, to celebrate with Elmer the patchwork elephant. Come dressed in grey as an elephant or in a bright and colourful pattern.</p> | <p>Children and staff are invited to come in disguise! Come as an astronaut, princess, pirate, superhero, footballer or anything that you fancy...as long as we don't recognise you!</p> |



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Our January Learning...



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