



# Caldecote Day Nursery



## Newsletter February 2024

This month's Learning Focus: **Children's Interests, Mental Health Week, Chinese New Year, Pancake Day, Valentines Day** 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 we 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 5-11 February 2024, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is: **My Voice Matters**

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

For Children's Mental Health Week 2024, we are encouraging children to develop their confidence, express themselves in different ways, and learn about positive ways to share their emotions.

## MY VOICE MATTERS

### TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

**Are you a parent or carer who wants to talk to your child about mental health?**

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

**LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?**

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

#### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

**WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES**

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://CHILDRENSMENTALHEALTHWEEK.ORG.UK)



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### Home Learning Ideas

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

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

Listen to some Chinese music and move your body to the rhythms.

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

Make pancakes or use a basic playdough recipe to make some play pancakes. Practice tossing them in a pan!

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

#### Naming Clothing

We have lots of lost property at nursery but items are far more likely to be returned to you if they are named, so please pop your child's name in their shoes, coat, hat, gloves, scarf and any other item they are likely to take off independently.

Thank you.

### Spring Term 2024 Dates for your diary...

**All About Me – Emailed 8<sup>th</sup> January** (oops! We forgot to do this. Sending as a hard copy instead)

**Children's Mental Health Week – Monday 5<sup>th</sup> – Friday 9<sup>th</sup> February**

**Term Time Only Children - Term ends Friday 9<sup>th</sup> February**

**Term Time Only children return on Monday 19<sup>th</sup> February**

**Chatter Matters Week – Monday 4<sup>th</sup> – Friday 8<sup>th</sup> March (Details to follow)**

**World Book Day – Thursday 7<sup>th</sup> March**

**Mother's Day Brunch / Afternoon Tea – Friday 8<sup>th</sup> March (Details to follow)**

**Red Nose Day - Friday 15<sup>th</sup> March (Details to follow)**

**Spring Stay & Play – Saturday 16<sup>th</sup> March; 10am-12pm**

**Term Time Only Children - Term ends Friday 22<sup>nd</sup> March**

**Easter Closure – 6pm 28<sup>th</sup> March**

**We re-open at 8am – Tuesday 2<sup>nd</sup> April**

**Term Time Only Children - Term begins Monday 8<sup>th</sup> April**

### World Book Day - Thursday 7<sup>th</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 bring their **favourite bedtime story** to read and share. Please make sure the book is named so we can return it to you. Everyone is also welcome to come in their **pyjamas for the day**. There will be several story time sessions throughout the day, where we will serve warm milk and snacks too!



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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 Time to Talk Champions: Lauren, Sophie, Tiffany & Leanne (Mat leave)**

At Caldecote, we have a staff member based in each room who is trained in the Warwickshire Time To Talk programme. 'time to talk'<sup>TM</sup> is Warwickshire's strategy for supporting the development of speech, language and communication skills of babies and young children in Children's Centres, Early Years and Childcare settings.

Each Champion takes the lead on developing excellent practice in the staff team. They have a screening tool to measure children's speech, language and communication skills, and respond to the needs of children and families by providing support when needed. They also ensure that information about speech and language development is available to families, and, along with the SEND team, oversee specific interventions for children who are finding it more difficult to learn to talk. They also have a role in developing the environment at nursery, so that it is 'communication-friendly'.

Each year the Time to Talk Champions promote speech and language through a focused 'Chatter Matters' week in March, where we provide activities in nursery and for families at home, to support in the development of speech and language.

#### Top Tips for developing speech and language at home...

**Being face to face:** It's never too early to start a conversation, giving full eye contact and completely tuned in to each other. This is laying really strong foundations for the baby's emotions.

**Following your child's lead:** This is one of the best ways to build your child's attention and listening skills. If you follow what they are looking at or touching, you are joining in with their focus. This helps them to stay focused for longer. You are also supporting their emotional development by showing them that you are interested, that you have time for them, and that they matter.

**Keeping it simple:** Babies learn from conversation, and they learn most when the language they hear is at their level –not too much, and not too quick!

**Adding words:** Everyday routines are a great time to chat. Especially at a time when you can be face to face, during a nappy change. Even a chore like doing the washing up can be a time to hear lots of words.

**Repeat, repeat, repeat:** We know that repetition helps children to learn. Singing rhymes and songs is a great way to keep children's interest –they often like to hear the same song over and over (and over!) again! They learn to recognise the rhythm, the actions as well as the words.

Save the date  
**'chatter matters'<sup>TM</sup>**  
**week 2024**

chatter matters  
on the go!

**4th – 8th**  
**March**



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

### Easy Singapore Noodles (chow mein)



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

#### Ingredients:

- 200g vermicelli rice noodles
- 1 tbsp mild curry powder
- ¼ tsp turmeric
- 1 tsp caster sugar
- 1 tbsp sesame oil
- 2½ tbsp low-salt soy sauce
- 1 tbsp sunflower or vegetable oil
- 1 onion, sliced
- 1 pepper, sliced (we used ½ green and ½ orange)
- 200g beansprouts



#### Method:

1. Boil the kettle and put the noodles in a large pan or bowl.
2. Pour over enough boiled water to cover, pushing the noodles under the water to help them soften evenly. Set aside for 5-10 mins, until the noodles are completely soft.
3. Mix the curry powder, turmeric, sugar, sesame oil, soy sauce and 1 tbsp water in a bowl.
4. Heat the wok until very hot. Add the sunflower oil, onion and pepper. Stir-fry for 3-4 mins until softened and starting to brown in places.
5. Drain the noodles and add to the pan, along with the sauce mixture and beansprouts.
6. Stir-fry for a further 3-4 mins, tossing everything through the sauce, until hot.



#### 50 Things to do before you are five!

Warwickshire launched this wonderful app with ideas of things to do with your children before the age of five.

Once the app has launched, you can select the Warwickshire region and as well as providing links to activities to do at home, it will also give you information about books to share linked to the activity, key words and phrases to use, local events and much more! To download the app visit your app store or use the link below:

<https://warwickshire.50thingstodo.org/app/os#!50thingstodobefore5/welcome>



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### Our January Learning...



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