



# Caldecote Day Nursery



## Newsletter April 2024

This month's Learning Focus: **Children's interests, Easter, Eid, Pantosaurus**

This month's Value: **Caring**

### Safeguarding

**If your child attends nursery by car, they must have an appropriate car seat. Here is some information to help you understand the rules...**

UK law states that children must use a child car seat until they're 12 years old or 135cm/4ft 5in tall, whichever comes first. However, safety experts recommend that you use a child car seat for all children under 150cm/4ft 11in. Buying the wrong child car seat could mean you're putting your child's life at risk, while also breaking the law.

**Weight-based child car seats:** Most child car seats are split into groups according to the weight of the child they're designed to protect. These groups are defined by United Nations safety regulations and cover children from birth all the way up to 12 years old or 135cm (around 36kg). Moving babies and younger children to the next group before they reach the maximum weight or height for their seat could lead to more severe injuries in a crash. It's also against the law to put your child in a seat that's inappropriate.

**Height-based car seats:** i-Size is part of the European child car seat regulation R129, which came into force in the UK at the beginning of April 2015. i-Size car seats go by height instead of weight. A true i-Size car seat will only use Isofix connectors, although some baby car seats can still be installed in your car using the car's adult seatbelt. It's mandatory for a baby to be rear-facing in an i-Size seat until he or she is 15 months old. i-Size car seats will fit all i-Size-certified cars and almost all cars with Isofix. Check with the car manufacturer to see in which position you can use an i-Size car seat in your vehicle.



Age range (approx.)	Weight / Height	Child Restraint Type	
Birth to 9-12 months	Up to 13kgs	Baby / Infant Carrier	
9 months to 4 years	9kgs to 18kgs	Child Seat	
4 years to 11 years	15kgs upwards	Booster Seat	
6 years to 11 years	From 22kgs	Booster Seat	
Over 12 years	135cms or above	Adult Seat Belt	

### Bookings & Invoices

Please take the time to look through your invoice this month as there have been lots of booking changes for families now accessing funding, which begins on the 8<sup>th</sup> April. If you have an error on your invoice, please contact the office so I can amend it for you. I am only human (!) and sometimes mistakes accidentally occur. Thank you for understanding. Pamela.



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### Family Focus: Biting

At nursery, we aim to work with parents and carers, supporting children in all aspects of their development and well-being. Each month we will highlight an area that parents and carers may be struggling with. **This month our focus is: Biting.**

Babies and young children bite as part of exploring the world around them. Biting occurs usually between the ages of 1 – 3 years and can be for a short term period. Sometimes younger children can find it difficult to communicate verbally but can understand more than they can say. As a result

#### Reasons that children may bite:

- Biting is communication for a child that may feel frustrated.
- This may be a way to relieve anxiety.
- Sometimes biting is a way to communicate hunger or tiredness.
- For some children, biting down on something when teething can help to relieve the pain.
- Biting can be a response to excitement or boredom.
- A child may bite out of curiosity or oral experimentation.
- In some cases, a child may bite to gain attention from an adult – needing that attention whether positive or negative.
- Children can be competitive or not successful at something which may provoke a biting reaction.
- A child may be experimenting with action and response, looking to see the outcome of their action in others.
- As children learn, they look to others and may copy their actions.
- Change and transitions at home or at nursery can be unsettling for some children, contributing to negative behaviour.

#### Parental responses to biting:

- When a child bites another child, it can be just as upsetting for all parents involved.
- Parents of the child who has done the biting may feel very guilty, upset and want to reach out to the other parents, be concerned their child may be asked to leave the setting and want to know what may have prompted their child to do this.
- Parents of the child who has been bitten will be understandably shocked, upset that their child has been hurt, worry that their child will feel negatively towards the setting and of course want to know what action is being taken.

#### Responses that we do not use or recommend parents to use at home:

- Biting their child back to feel the same pain.
- Ignoring the child and hoping they will stop.
- Excluding the child from the situation for a 'time out' or similar.
- Shouting angrily at a child, making them feel unloved, alienated, confused and hindering their self-confidence.

#### Responses and strategies that we use and recommend parents to use at home:

- Be patient and talk to the child using simple language. Say something like "Ouch, biting hurts" or "We bite to eat." Explain that biting has made the other child feel sad. If appropriate, encourage them to say sorry, although this can depend on the age of the child and their level of understanding.
- Remain with the child until they have regulated again and encourage them to take part in something that they enjoy. Praise them once they are regulated, focusing on something positive they have done.
- Provide teething toys or a teething bib, so the child has something with them that they can bite on if needed. Demonstrate this and say something like "This for biting." Showing the item to the child, so they know what to use.
- Notice what triggers the child to bite before an incident occurs. Does it happen in a particular place? With a particular child? At a certain time of day? Look for patterns and try to create opportunities avoid those triggers.
- Have a quiet space or den area (small pop-up tents work well for this and can be transported easily) so there is a calm space for your child to regulate themselves or go to if they need some space.

Please remember that biting is not uncommon in young children and does not reflect long-term behaviour.

As a setting we aim to provide an environment where children are protected from harm. As a staff we have a consistent approach to biting and a policy which underpins all that we do. Please contact the office if you have any questions.



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### Home Learning Ideas

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

Take a Spring walk and see how many different colours of flowers you can see.

Be curious about Easter and take part in some Easter themed activities such as egg decorating or making an Easter bonnet.

Enjoy being in the fresh air in your garden or in the park. Play chasing games, use chalks to create art or engage in water play with a tub of water and some kitchen utensils / jugs / cups!

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**



#### Red Nose Day 2024

Thank you for your donations. We raised £75 for Red Nose Day!

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

**Easter Closure – 6pm Thursday 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**

**Bank Holiday Closure – Monday 6<sup>th</sup> May**

**Concept Photography – Thursday 16<sup>th</sup> May; 9am – 2pm**

**Term Time Only Children - Term ends Friday 24<sup>th</sup> May**

**Bank Holiday Closure – Monday 27<sup>th</sup> May**

**Term Time Only children return on Monday 3<sup>rd</sup> June**

**Term Time Only Children - Term ends Friday 19<sup>th</sup> July**

(Further information about summer events will follow next month.)

#### Pre-School Children Leaving For School This Summer:

Just to remind you that National Offer Day is Monday 16<sup>th</sup> April. This is when you will find out which school place you have been allocated. If you wish to accept the place, you will then need to contact the school to find out about their transition arrangements. Details of how to decline the place will be on your offer letter. If you are unhappy with the allocated place, you have until Tuesday 14<sup>th</sup> May to appeal the decision. Details of this process will also be found on your offer letter.

Once you know and have accepted the place at your preferred school, please let the office or Pre-School Staff know, as we will need to pass on any relevant transition information to the schools. Thank you.



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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 Designated Safeguarding Leads (DSL) Team: Pamela, Laura & Lilly**

#### What is Safeguarding and why is it important?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means: protecting children from abuse and maltreatment. preventing harm to children's health or development; ensuring children grow up with the provision of safe and effective care.

#### What do the staff at Caldecote cover as part of their Safeguarding training?

Safeguarding is a broad and wide subject, encompassing many varied aspects which our staff have knowledge of and may draw upon on a daily basis. All our staff have mandatory annual training, as well as additional training in our monthly staff meetings and updates from further DSL specific training. Safeguarding is at the core of what we do and for our staff includes the following:



#### What does Safeguarding look like for children at Caldecote?

Safeguarding is also part of the curriculum that we share with children. They will focus on particular aspects, including basic health and safety, online safety and learning about keeping themselves safe through the NSPCC Pantosaurus scheme. This teaches children the 5 Pantosaurus rules for staying safe and is something that we revisit twice a year. Research suggests the rules are most valuable when taught at a young age, and children can start to be taught them from around the age of three, however, we also introduce this to our younger children as a way of educating and informing parents.

Watch the Pantosaurus song as an introduction to the rules:

<https://www.youtube.com/watch?v=-lL07JOGU5o>



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

### Breakfast Nests – serves 10



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

#### Ingredients:

- 100g Oats
- 35g seeds
- 30g chopped nuts (optional)
- 50g Honey
- 50g Unsalted Butter plus greasing
- 1tsp vanilla extract
- Yoghurt
- Fruit
- Muffin tray



#### Method:

1. Preheat your oven to 200C / 180C Fan and generously grease a muffin tray.
2. Put the oats, seeds and optional nuts into a bowl.
3. Melt the butter in a saucepan and combine the honey and vanilla.
4. Pour the butter mixture over seeds and mix well.
5. Place spoonful's into the muffin tray and press them into the middle to resemble nests.
6. Bake for 12 mins until golden brown.
7. Once baked, carefully tease the nests very slightly from the muffin tray just to loosen them.
8. Keep them in the tin to cool for 10-15 minutes until hard and then remove from tray and place on a cooling rack to cool completely
9. Before serving add in yoghurt and berries and enjoy!

#### Medicines at Nursery

- Please note that if you wish for your child to have a prescribed medicine at nursery, we can only give this if we have the correct packaging with the label from the pharmacy, which states the date, child's name and the dose required.
- Out of date medicines cannot be administered – even if the expiry date is within a couple of days.
- All medicines must be handed to staff and not left in children's bags as sometimes children access these.
- All medicines require forms to be completed, either long term forms for items such as inhalers, or medicine forms for the duration of the course of treatment.
- With regards to Calpol, if your child requires this and you have provided us with some, we will always contact you to check it is okay to administer and you will be required to complete a form when collecting your child.
- We can only administer Calpol for two days. If your child requires more than this, it is deemed that your child is not well enough to be in nursery.
- Although Calpol is sometimes used for teething, the rule above still applies. We would recommend parents look at alternatives such as teething rings, cool items, teething gels or powders.



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Please note that we are increasing our fees from April 1<sup>st</sup> 2024. Details shown below...

Standard Charges (non-funded sessions)			
	Birth – 3 Years	3 Years +	
Full time (8am-6pm, Monday – Friday)	£290	£270	Including breakfast, snacks and tea.
Full day (8am-6pm)	£58	£54	Including breakfast or tea and snacks.
Half Day (8am – 1pm or 1pm – 6pm)	£29	£27	Including breakfast or tea and snacks.
Early Years Entitlement Expansion - 15 Hours Nursery Education Funding for working families of 2 year olds Up to 15 hours per week; 38 weeks per year Standard Charges apply for the remaining 13 weeks per year			
2 Year Olds			
Funded Half Day (8am-1pm or 1pm-6pm) 5 hours per session – fully funded	£0		Including breakfast or tea and snacks.
Shorter Day (9am-12pm or 1pm-4pm) 3 hours per session - fully funded	£0		Including snacks. We have limited spaces for these sessions.
Early Years Universal Entitlement - 15 Hours Nursery Education Funding for all 3 & 4 year olds Up to 15 hours per week; 38 weeks per year Standard Charges apply for the remaining 13 weeks per year			
3 & 4 Year Olds			
Full time (8am-6pm, Monday – Friday) 50 hours per week - 15 funded hours & 35 hours additional care	£159		Including breakfast or tea and snacks.
Full Day (8am-6pm) 10 hours per day - 6 funded hours & 4 hours additional care	£24		Including breakfast or tea and snacks.
Half Day (8am-1pm or 1pm-6pm) 5 hours per session - 3 funded hours & 2 hours additional care	£12		Including breakfast or tea and snacks.
Shorter Day (9am-12pm or 1pm-4pm) 3 hours per session - fully funded	£0		Including snacks. We have limited spaces for these sessions. Please see staff for details.
Lunch Club (for those accessing the Shorter Day who also wish to stay during the lunch hour. These places are limited.)	£6 per hour		This lunch fee is charged outside the standard service model.
Early Years Education Funding – 30 Hours Nursery Education Funding for working families of 3 & 4 year olds Up to 30 hours per week; 38 weeks per year Standard Charges apply for the remaining 13 weeks per year			
3 & 4 Year Olds			
Full 5 Days (8am-6pm, Monday – Friday) 50 hours per week - 30 funded hours & 20 hours additional care	£145		Including breakfast, snacks and tea.
Any 4 Days (8am-6pm, Monday – Friday) 40 hours per week - 24 funded hours & 16 hours additional care	£116		Including breakfast, snacks and tea.
Any 3 Days (8am-6pm, Monday – Friday) 30 hours per week - 18 funded hours & 12 hours additional care	£87		Including breakfast, snacks and tea.
30 Hours (9am – 3pm; Monday – Friday) 6 hours per session - fully funded	£0		Including snacks. We have limited spaces for these sessions. Please see staff for details.
Club Caldecote Holiday Care Reception – Year Six			
Full Day (8am-6pm)	£36		Includes breakfast, snacks and tea.
Half Day (8am-1pm or 1pm-6pm)	£18		Including snacks and either breakfast or tea.
In all the models shown, this is charged at an additional £2.50 per day or children may bring a lunch from home. This can be cold food which we store in the fridge or food that needs to be reheated before serving.			



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## Our March Learning...



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