



Caldecote Day Nursery



Newsletter May 2023


This month's Learning Focus: **Children's Interests, Coronation & Oral Health**


This month's Value: **Friendship**


Safeguarding

This month we will be focussing on good oral hygiene as part of our learning. Here is some information to support you at home...

Top 3 interventions for preventing tooth decay

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Reduce the consumption of foods and drinks that contain sugars
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Brush teeth twice daily with fluoride toothpaste (1350-1500ppm), last thing at night and at least on one other occasion. After brushing, spit don't rinse
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Take your child to the dentist when the first tooth erupts, at about 6 months and then on a regular basis

Under 3s should use a smear of toothpaste

3 to 6 year olds should use a pea sized amount

Parents/carers should brush or supervise tooth brushing until their child is at least 7

Dental decay is a serious problem in young people - and it is largely preventable. In 2017 in England, almost a quarter of five year olds had experienced tooth decay, having an average of 3 or 4 decayed teeth. Figures suggest that more than 105 children a day have their teeth removed in hospital due to tooth decay.

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums>

CONCEPT PHOTOGRAPHY



We have invited Concept Photography back to take individual and sibling photographs on **Wednesday 17th May, from 9am - 2pm**. Pre-School children who are leaving to start school this summer will also be photographed in their Graduation cap and gown.

If your child does not usually attend nursery on this day but you would like them to have their photo taken, please contact the office to make an appointment. Siblings who do not attend nursery are also able to come and have their photograph taken. Please book early to avoid disappointment.

Concept Photography will return in October to take photos in preparation for Christmas!



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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 Mental Health Champion: Jade!

At Caldecote, Jade is our Mental Health Champion. She is trained to support staff with questions or concerns about their mental health and also supports staff to ensure that children's mental health is also at the forefront of what we do. This month she has highlighted Mental Health Awareness Week which takes place in May.

Mental Health Awareness Week 2023

Mental Health Awareness Week takes place from Monday 15 – Sunday 21 May 2023. The official theme for this year, as set by the Mental Health Foundation, is 'anxiety'. The **'Just' Anxiety?** campaign aims to help people and organisations to understand the difference between anxiety and anxiety disorders and to confidently seek and signpost each other to the right support.

Anxiety is an emotion that affects us all. Whether you're worried about passing an exam, concerned about money, or trying something new that you've not done before, it's normal to feel some level of anxiety at stressful times in life.

However, anxiety can become a big issue when it starts impairing our functioning and severely affecting our mood. Excessive anxiety can create a level of stress and hopelessness that affects our overall mental health and wellbeing. Some symptoms of anxiety include difficulty sleeping, feeling sick, restlessness and racing thoughts. There may also be behavioural changes, such as avoiding social interaction or situations that trigger stress.

With the right support and healthy coping strategies, anxiety can be made more manageable. Reaching the core of the issue causing anxiety will help to relieve the uncomfortable symptoms that often come along with it.

Where to seek help:

Here are links to other useful websites that will provide more information and support.

Anxiety UK www.anxietyuk.org.uk

Social Anxiety UK www.social-anxiety.org.uk

OCD-UK www.ocduk.org

No Panic: www.nopanic.org.uk



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Home Learning Ideas

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

Talk about the importance of looking after your teeth. Demonstrate on a soft toy or teddy.

Practise brushing your teeth together and create a reward system to ensure that children brush in the morning and at bedtime.

Take part in some gardening activities. Plant seeds from fruit on your windowsill or visit a garden centre or park looking at the shapes, colours and heights of different plants.

Celebrate the King's Coronation by having a tea party and making some decorations!

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

Summer Term 2023 Dates for your diary...

Bank Holiday Closure – Monday 1st May

King's Coronation Party Celebrations – w/c 2nd May

King's Coronation Parties – Friday 5th May

Babies & Toddlers – 10:30am – 12:00pm / Pre-School 1:30pm – 3pm

(If your child does not usually attend on this day, they may attend for the party)

Bank Holiday Closure – Monday 8th May

Concept Photography – Wednesday 17th May; 9am – 2pm

Term Time Only Children - Term ends Friday 26th May

Bank Holiday Closure – Monday 29th May

Term Time Only children return on Monday 5th June

Be Proud of Who You Are Week – 19th – 23rd June

200 Years of Rugby Celebrations – 26th – 30th June

Pre-School Graduation – Thursday 6th July (timings tbc)

Summer Stay & Play – Saturday 8th July; 10am-12pm

Nursery Sports Day – Wednesday 12th July; 10am & 2pm

Pre-School Farewell Party – Thursday 20th July 1:30-3:00pm

Term Time Only Children - Term ends Friday 21st July

(Further details of the events above will follow...)



To mark the King's Coronation, we will be holding celebrations at nursery on **Friday 5th May**. Timings are as follows:

Babies and Toddlers, 10:30am-12:00pm (which will include a party food lunch.)
Pre-School, 1:30pm-3:00pm (which will include party food snacks.)

Children are welcome to come dressed as kings, queens, princes, princesses, or in their red, white and blue finery! If your child does not usually attend that day, they are welcome to attend. Please let staff know if you wish for your child to take part.



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

Coronation Scone Cake Pops – makes 8



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

Ingredients:

- 200g butter
- 400g cup icing sugar
- 200g clotted cream
- 6 all butter scones
- 300g white chocolate
- 1tsp vanilla extract
- Coronation coloured sprinkles
- Red and blue straws



Method:

1. In a bowl, crumble all butter scones with your hands and set aside.
2. In a separate bowl, cream together softened butter and icing sugar.
3. Once sugar and butter are smooth add in clotted cream and flavour with vanilla extract.
4. Mix crumbled scones and clotted cream icing until dough is formed. Use your hands to make sure to fully incorporate and roll into 8 balls.
5. Place balls onto a lined tray, cover with another piece of baking paper and gently press balls until 2.5cm thick.
6. Cut straws in half and dip ends into melted white chocolate. Push into sides of cake circles and place in the fridge to set for 1 hour.
7. Dip cake pops into melted white chocolate and is decorated with coronation-themed sprinkles.
8. Allow to set in the fridge again for 1 hour until the chocolate has fully hardened.
9. Enjoy your scone cake pops!

Parent Learning Reflection

As always, we are keen to keep in touch with parents, listen to and address any concerns you may have, as well as taking on board any advice and suggestions on how we can improve our service. With that in mind, we kindly ask that you take the time to complete our parent feedback form by clicking the link below. If you have more than one child in nursery, please feel free to complete this more than once.

<https://forms.office.com/r/DL4ErPRHQH>



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Important Parent Notices / Reminders

Snacks and drinks in bags:

We are seeing a number of children attend nursery with snacks and sometimes a drink in their bag. While we are as vigilant as possible, we have noticed that sometimes other children may be looking in the bags and removing these snacks and drinks. As we have children in nursery with food allergies and intolerances, we have to be very mindful of what children can and cannot eat. Please could you refrain from not leaving snacks and drinks in bags so that we can ensure that all children are kept safe from any possible harm. Your child's bag need only contain spare clothes. Any creams / medicines etc should always be handed to staff.

Toys from home:

We would kindly ask that children do not bring toys in from home. We are seeing an increasing number of children bring in small and delicate items from home which are subsequently getting lost or broken. If your child requires a comforter, such as a soft toy or blanket, then of course this is fine to continue with. We request that all other toys are left at home or if your child brings them to the door to show a staff member, the toy then goes home with you again and doesn't come into nursery.

Spare Clothes:

Please ensure that your child has a bag of spare clothes with them when they attend nursery. Children can require a change of clothes when they engage in messy play, water play or even if they spill a drink at a meal time, so it is really important that they have spare clothes to change into. If your child does not have any clothes, or runs out while at nursery, then they can be provided with some spare clothes from our stock, that we kindly ask you to wash and return as soon as possible.

Absence:

If your child is poorly and not attending, please contact the office by 9:30am (if they attend in the morning) or 1:30pm (if they attend in the afternoon) so that we can update our registers. This is part of our safeguarding procedure to ensure that all children and families are safe.

Medicines:

If your child requires some prescribed medicine, we will only administer this if it is in the correct packaging with the label on which states the child's name, date of birth and required dosage. We can only administer the dosage that the doctor has stated and kindly ask that you complete our medicine form as accurately and carefully as possible to avoid any errors. If you wish to see our medicine policy, or chat to a staff member about this, please contact the office.

Thank you for your support in these matters.



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Our April Learning...



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