



Caldecote Day Nursery



Newsletter December 2023

This month's Learning Focus: **Children's Interests, Christmas**

This month's Value: **Sharing**

Safeguarding

Safeguarding children's wellbeing is paramount for us at nursery. Here are some important safety messages for this time of year...

Make sure your tree is flameproof: If you're purchasing an artificial tree, check the packaging to make sure it is fire resistant; if you're having a live tree, bear in mind that chemical sprays to prevent needle-drop may be flammable.

Buy your live tree as late as possible and check it for freshness: A fresh tree is green, its needles are hard to pull from the branches and when bent between your fingers, the needles don't break. The trunk should be sticky with resin, and when you tap it on the ground the tree shouldn't shed many needles.

Position it carefully: When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and don't block doorways.

Check all tree lights before hanging them on your tree, even if you've just purchased them: Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.

Avoid lights on a metallic tree: Never use electric lights on a metallic tree - the tree could become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

Turn off all lights when you go to bed or leave the house: There's a risk they could short out and start a fire.

Stick to flame-resistant decorations: Use only non-combustible or flame-resistant materials to trim a tree.

Never use lighted candles on a tree or near other evergreens: Always use non-flammable holders and place candles where they won't be knocked over.

Take special care to avoid decorations that are sharp or breakable: Keep trimmings with small removable parts out of the reach of children to avoid them from swallowing or inhaling small pieces and avoid trimmings that resemble sweets or food that may tempt a young child to eat them.

Remove wrapping paper, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened: These items can pose suffocation and choking hazards to a small child, or can cause a fire if near flame.

Don't burn gift wrap in the fireplace: A flash fire may result, as wrappings can ignite suddenly and burn intensely.

Clothing Reminders

- As the weather is getting colder, please remember to bring **warm coats, hats, gloves and scarves** for children, as they like to get outside in all weathers.
- Please also ensure that **these are named** so if they are lost, they can be returned.
- We have noticed that some children are arriving at nursery in shoes that are **too big**. While the children spend a majority of their time in socks or slippers, having well fitted shoes for outdoor times and beyond nursery is very important in the prevention of accidents. Wearing a shoe that is too big will also cause children to walk in an **unnatural and dysfunctional way** which can lead to serious foot problems.
- If you have borrowed any nursery clothes and not returned them, or you are having a clear out at home, we would appreciate donations of **socks, pants, trousers and leggings** for all ages please.



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Home Learning Ideas

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

Talk about winter traditions in your family. Do you give gifts? Do you eat special food? How do you celebrate?

Go on a welly walk and see the season change. Look for bare trees and evergreen trees to compare.

Think about clothes that fit the weather. What do we wear in winter?

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.



Autumn Term 2023 Dates for your diary...

Stay & Play – 02.12.23; 10am-12pm

Christmas Jumper Day – 08.12.23; £1 donation for Save The Children

Christmas Parties – 08.12.23;

Babies & Toddlers; 11:30am-1:00pm.

Pre-School; 1:30pm-3:00pm

Including a visit from a very special guest!

Pre-School Christmas Singalong – 12.12.23; 11:00am or 14.12.23; 2:00pm

*** Don't forget to let us know in advance if you wish to attend these events. ***

Term Time Only Children - Term ends Friday 22nd December

Christmas Closure - Friday 22nd December; 6pm

We re-open at 8am - Wednesday 3rd January 2024

Term Time Only Children - Term begins Monday 8th January 2024

Children In Need – Thank you!

Congratulations to Arthur in Toddlers and Willow in Pre-School who were the winners of our Pudsey Bears!

Thank you also to everyone who donated! We raised a wonderful £102 for Children In Need!



**Save the Children
CHRISTMAS
JUMPER DAY**

Christmas Jumper Day - £1 Donation

Don't forget that as well as our parties on Friday 8th December, we will also be wearing our Christmas jumpers and asking for a donation of £1 which goes to Save The Children. Thank you for your continued support.



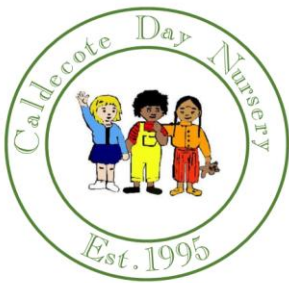
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Leadership Focus

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 Champions: Megan & Rachael

Megan and Rachael have recently trained as Mental Health First Aiders. Their main role is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help. They also support children in learning about the importance of good mental health and provide ways to do this. Here, they are sharing ways to support your mental health during the festive period...

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us. Here are some ways to look after yourself if it is a challenging time of year for you.

1. Take a break

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The festive season can be overwhelming, and feeling under pressure can effect our wellbeing.

So think about what helps you relax & make time to do something just for you.

And remember - don't be afraid to say 'no' to things. People will understand and there's no need to feel guilty.

2. Try to stay active

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It is tempting to stay indoors, cosy on the sofa watching a film, but remember, regular exercise is good for us.

You could go for a long walk, try ice skating or work in the garden. Why not try some yoga or a class at the gym?

Physical activity releases endorphins, helping us relax & boosting our mood.

3. Eat well and drink sensibly

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If you tend to over-indulge around Christmas, you're not alone.

But we need to bear in mind that what we eat and drink can have a real impact on how we feel.

Of course, it's ok to treat yourself, but try to be mindful and think about balance and moderation.

4. It's ok to ask for help

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Remember people care about you and there is always someone there to listen.

Sharing your feelings with someone else can help you unravel your thoughts, feel supported & less alone.

You could message a friend, meet with a family member, speak to your GP or connect with a charity.

If you want to talk but don't know where to turn, visit www.headstogether.org.uk

Looking after yourself at Christmas

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

Reindeer Pizza Quesadillas – makes six slices



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

Ingredients:

- 2 wholemeal tortilla wraps
- 1 tbs red pesto
- handful grated cheese
- ¼ red pepper
- ¼ green pepper

To decorate (optional):

- 3 cherry tomatoes
- 6 black olives
- 12 plain pretzels



Method:

1. Prepare your fillings – grate the cheese, de-seed and chop the peppers.
2. Lay a tortilla wrap in a frying pan. Spread the pesto all over the tortilla, leaving a small gap around the edge.
3. Sprinkle the grated cheese and peppers over the top of the pesto.
4. Place the second tortilla on top to form a sandwich with the fillings in the middle.
5. Dry-fry the tortilla for a couple of minutes until the base is golden.
6. Once the base is cooked, pop a plate on top of the pan and flip the pan over, then carefully slide the quesadilla back into the pan to cook on the other side. Cook for a few minutes more until the cheese is melted and the quesadilla cooked through.
7. Slide the quesadilla out of the pan and onto a chopping board and cut it into 6 wedges. Place on the plate or platter that you'll be serving it up on.
8. Slice the cherry tomatoes in half, and add one half to the tip of each quesadilla wedge for the reindeer noses.
9. Cut the olives into rings, then add two rings to each quesadilla wedge for the reindeer eyes.
10. Place 2 pretzels on each quesadilla wedge for the reindeer antlers.

Other suggested alternative fillings you could use include;

Chopped veggies – red onion, spring onion, spinach, mushrooms, cherry tomatoes, sweetcorn, peas, cooked broccoli, finely chopped cooked potato, sweet potato or squash.

Cooked meat – ham, chorizo, pepperoni, shredded chicken, turkey, bacon or sausage.



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Christmas activities at Caldecote

Christmas Post Boxes – Monday 27th November – Wednesday 13th December

The festive post boxes will be available for you to send cards to nursery friends from Monday 27th November to Wednesday 13th December. Remember to put the child's name and room on the envelope.

A list of names will be emailed towards the middle of November.



Stay & Play – Saturday 2nd December; 10am-12pm

We will be holding our Christmas 'Stay & Play' session on Saturday 2nd December, from 10am-12pm. Come along with your child and let them lead you through their learning at nursery. This session is open to all our current families, any younger or older siblings and two adults per child (due to space - sorry). Staff will be on hand to have a chat with, and we hope it will be a fun way to see what goes on at nursery while engaging with your child in some festive themed invitations to learning. Please let us know if you will be attending.



Christmas Jumper Day & Christmas Parties - Friday 8th December

As well as being Christmas Jumper Day, this is also our Christmas Party Day! The party for Babies and Toddlers takes place between 11:30am-1pm and the Pre-School party is from 1:30pm-3:00pm. If your child does not usually attend on a Friday, they may attend the party at no additional charge. Please book a place with staff so we know how many we are catering for.



Pre-School Christmas Sing-a-long – Tuesday 12th or Thursday 14th December

Pre-School families (two adults per child) are invited to attend our Christmas Sing-a-long on Tuesday 12th December at 11:00am or Thursday 14th December at 2:00pm. This is a relaxed and informal sing-a-long with your child and other families. Wear a Christmas jumper or festive headgear to get into the spirit! The whole session should last between 15-20 minutes. Don't forget to bring your best singing voices!



Have your say!

This monthly newsletter is for all of our families at nursery, but we want it to benefit you. Is there anything that you feel we could include that you would find helpful? Is there anything that you would like to know that would also be useful to other families? Please email the office with any ideas. Thank you.



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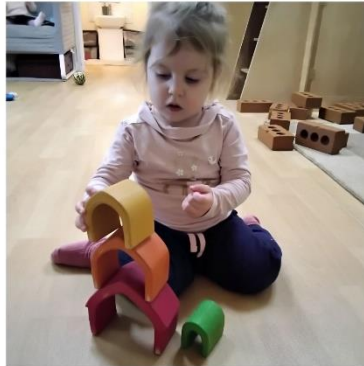


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Our November Learning...



As we approach the end of the year, we just wanted to take the time to thank you all for your continued support. And a special thanks to the children who continue to amaze us with their confidence, resilience, curiosity and strong friendships. You truly are amazing!



We would like to wish you all a very Merry Christmas and a peaceful New Year.

Love Mariana, Pamela and all the team at Caldecote Day Nursery.



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