



# Caldecote Day Nursery



## Newsletter June 2025

This month's Learning Focus: **Children's Interests, Father's Day, Safety, Pride**

This month's Value: **Safety**

### Safeguarding

**This month we will be focussing on safety as we support the CAPT (Child Accident Prevention Trust) campaign to promote the importance of safety and accident prevention in the home.**

Child Safety Week is an annual community education campaign run by the Child Accident Prevention Trust (CAPT), acting as a catalyst for thousands of safety conversations and activities UK-wide.

CAPT helps families build confidence and skills in managing the real risks to children's safety. They want all children to have the freedom to grow and learn, safe from serious harm.

This year, **Child Safety Week runs from Monday 2<sup>nd</sup> to Sunday 8<sup>th</sup> June** with the theme ***Safety is for sharing.***

Their website has a wealth of information about what you can do to minimise risk at home as your child grows and has factsheets translated into different languages to support families. They are encouraging families to share their experiences in the home to hopefully try and save the lives of others.

Further information can be found at:  
<https://capt.org.uk/child-safety-week/>

### Child Safety Week 2025



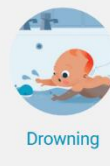
#### Featured safety advice



Burns and scalds



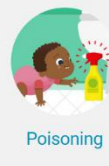
Choking



Drowning



Falls



Poisoning



Road safety



Suffocation



Strangulation



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### Family Focus: Self-Regulation

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: Self-Regulation**

#### What is self-regulation?:

- In children, this refers to the management of their own behaviour, feelings and emotions.
- Self-regulation grows out of co-regulation, where adults and children work together toward a common purpose, including finding ways to resolve upsets from stress in any domain and return to balance.
- Over time and with consistent practice, the process shifts from co-regulation between adult and child to the child's self-regulation.
- With good self-regulation comes a wealth of positive outcomes: children may cope better with their feelings, be resilient to challenges, relate to other children, share and collaborate with others.

#### What might self-regulation look like at different ages?:

- **Birth – 2 Years:** Children may suck a dummy, suck a thumb or have another comforter. They may focus for only a short time and look away when feeling agitated or need a change of scenery.
- **2 – 4 Years:** Children may ask for help when they begin to feel dysregulated. They may change their own actions to produce a different outcome to a situation. They are beginning to recognise their own feelings and those of others, so will cope with waiting a short period of time. Children at this age are using their communication skills to try and make themselves feel understood.
- **4 – 5 Years:** Children at this age may cope better with emotionally charged situations. They may have their own strategies for calming themselves such as breathing deeply or counting.

#### Difficulties in self-regulation:

- **Internalising:** If a child has difficulty in self-regulating, they may have internalising (inward) negative behaviours, such as feeling upset, withdrawn, worried, anxious or panicking. These feelings can sometimes go unnoticed for longer periods.
- **Externalising:** They may also demonstrate externalising (outward) negative behaviours, such as hitting, kicking, screaming, spitting or having a tantrum. These are more obvious to notice, but can sometimes be more tricky to manage.

#### How can we support self-regulation?:

- Create an environment where children feel safe and valued while still having clear boundaries. Leading by example is really important too. A stressed adult will find it more difficult to be calm in front of a child. Equally, children can be very aware of the mood of an adult and react accordingly.
- **Birth – 2 Years:** Be patient, soothing and understanding. Communicating sensitively with your baby, providing them with all they need to be safe and thrive will help support their confidence and self-esteem. Having that bond of trust will be important as they rely on you to support self-regulation as they grow. Each experience of co-regulation helps to build the neural pathways that regulate emotion
- **2 – 4 Years:** Offer support, reassurance and patience by getting down to the level of the child and communicating face to face with a calm tone of voice. As your toddler begins to make decisions and choices as well as communicate requests, they need to feel heard with clear responses but also with clear boundaries. Using words and actions to demonstrate and shape behaviour expectations is also key. Reassure when your child is upset, offering comfort and a cuddle so they are calm enough to communicate with you. It also includes the adult modelling calming strategies and naming and talking about feelings and ways to manage.
- **4 – 5 Years:** By now children should have great language skills; this will allow them to express themselves and manage their own thoughts, ideas and feelings. If a child is angry, name that feeling so they understand it. Empathise with them so they know that it is okay to feel this way. Talk about what is happening in their body so they can recognise the feeling again. "Goodness, you are feeling angry today. That must be a uncomfortable feeling. I wonder what happened to make you feel angry? How does that feel in your body? What can we do to make you feel a bit calmer?" Now support with strategies to calm, like having a cuddle,

Please remember self-regulation is a life-long learning pathway that even adults sometimes struggle with. Children can fluctuate in their capacity to self-regulate just as adults can. It is not a fixed state, so be patient and calm – model the behaviour you wish to see in your child. Some children will find it easy to self-regulate, for others, they will need the support of co-regulation for longer. Every child learns and develops at their own pace, so follow the lead of your child. Please contact the office if you have any questions.



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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: Rachael**

Her main role is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. She also supports children in learning about the importance of good mental health and provides ways to do this. 9<sup>th</sup> – 15<sup>th</sup> June is Men's Health Week, so here are some ways for men to support their mental health.

#### Signs of depression in men:

- Irritability and anger
- Becoming more reserved and talking less
- Avoiding social activities and hobbies they once enjoyed
- Changes in eating habits
- Decreased sex drive
- Changes in sleep patterns

#### Signs of anxiety in men:

- Racing heartbeat
- Shortness of breath
- Difficulty sleeping
- Social anxiety

#### Factors that worsen mental health:

- Social isolation
- Lack of physical activity
- Overeating junk food, particularly processed, high-sugar foods
- Major life stressors, such as job loss, divorce, financial issues, illness, the death of a loved one, a move or a new job.

#### Ways to improve mental health:

##### Build social connections.

We are all social beings. It is important to have a good social support group, whether that's your family or your friends. Look for people who are positive, have an open mind and are supportive.

##### Engage in a hobby.

Having a hobby you enjoy can also support your mental well-being. So, whether you love walking, woodworking, cooking, sports, working out, swimming, gardening, traveling, reading or watching movies, make time for the activities you enjoy.

##### Get regular exercise.

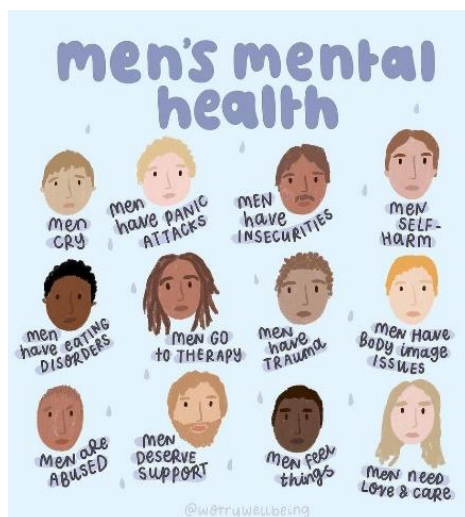
Multiple research studies show that getting 20 minutes of physical activity three times per week reduces the risk of depression and anxiety. This includes any form of exercise that increases your heart rate, such as walking, running, hiking, swimming, cycling or high-intensity interval training (HIIT).

##### Nourish your body.

Eat fresh, whole foods as much as possible. This includes lean protein, healthy fats, vegetables, fruit and whole grains. Limit alcohol, sugar, processed food and refined carbohydrates.

##### Consider counselling.

Counselling is a great place to talk about your feelings. A counsellor can give you tips for managing stress and different situations in your life.



## MEN'S HEALTH WEEK

MEN'S HEALTH FORUM

The CAN DO Challenge...

#ConnectMonday  
#ActiveTuesday  
#NoticeWednesday  
#DiscoverThursday  
#OfferFriday

Try a different way to wellbeing each day of the week.  
Better mental health? We CAN DO it.



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### Home Learning Ideas

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

Talk about road safety when out and about. Encourage your child to use crossings and look out for the 'green man' who tells us it is safe to walk.

Take part in 30 Days Wild and connect with nature in your garden or local park. Use your senses to look at trees, listen to birds, smell flowers, taste fruits or touch natural textures.

Talk about what makes your child unique. Why are you proud of them? Why are they proud of themselves?

Try making our seasonal recipe of the month and let us know how it tastes!

Don't forget to send us a photo of your home learning via Family.



### Summer Term 2025 Dates for your diary...

**Term Time Only children return on Monday 2<sup>nd</sup> June**

**Father's Day Family Fun Session – 10.06.25 (10-11am) & 12.06.25 (2-3pm)**

**Mini Meadows & Ark Farm – Tuesday 17<sup>th</sup> June**

**Be Proud of Who You Are Week – w/c 23<sup>rd</sup> June**

**Rainbow Celebration Day – Wednesday 25<sup>th</sup> June**

**Sport's Day – Thursday 3<sup>rd</sup> July; Caldecott Park; 10am & 2pm**

**Stay & Play – Saturday 5<sup>th</sup> July; 10am-12pm**

**Pre-School Graduation – Tuesday 8<sup>th</sup> July (details to follow)**

**Pre-School Farewell Party – Thursday 17<sup>th</sup> July; 1:30-3:00pm**

**Term Time Only Children - Term ends Friday 18<sup>th</sup> July**

**Bank Holiday Closure – Monday 25<sup>th</sup> August**

**Term Time Only children return on Monday 8<sup>th</sup> September when funding begins again.**

### Leaving to start school?

If you are leaving to start school in September, **please remember you need to give one month's notice.** Children who only access funded hours, this ends on Friday 18<sup>th</sup> July.

Please inform us if you wish your child to attend during the holidays, as spaces are limited. This will then be charged at our standard rate.



**CANCER RESEARCH UK**

Just a reminder that there is still time to donate to our Nursery Team who are taking part in the Wolf Run in June in aid of Cancer Research UK. Please follow the link to show your support:

[https://fundraise.cancerresearchuk.org/team/sophies-team-140631068?fbclid=IwZXh0bgNhZW0CMTEAAR1SPku-hyT318QI172rjoTDqCDjbK6-bYO5Ippq7pfhrnE9aHKLv4qniY\\_aem\\_7q9to6Mj1FFa3peYJ5WSaA](https://fundraise.cancerresearchuk.org/team/sophies-team-140631068?fbclid=IwZXh0bgNhZW0CMTEAAR1SPku-hyT318QI172rjoTDqCDjbK6-bYO5Ippq7pfhrnE9aHKLv4qniY_aem_7q9to6Mj1FFa3peYJ5WSaA)



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Each June the Wildlife Trust encourages us to do something 'wild' every day and to connect with nature. Attached to this newsletter are ideas for you to try at home so you and your child can take part in #30dayswild.

Send us some pictures via Family of what you get up to!

### 'Be Proud Of Who You Are' Week!

23<sup>rd</sup> – 27<sup>th</sup> June

Now in its sixth year; this is a chance for us all to celebrate the diversity within our nursery, to teach our children the importance of acceptance of others and to celebrate the things that make us, and our families, unique and special.

Our week will focus on feeling proud of who we are, celebrating differences and similarities with each other and feeling confident about ourselves. These are all messages that we share regularly at nursery through our values, but we are bringing them together (with some rainbows along the way!) to celebrate the occasion.

#### Monday

##### **We are proud of our friends**

We will take part in collaborative rainbow artwork with friends.

#### Tuesday

##### **We are proud of our community**

We will show our community we care, through acts of kindness.

#### Wednesday

##### **We are proud of ourselves**

We will come dressed in our most colourful clothes and take part in a day of rainbow celebrations!

#### Thursday

##### **We are proud of our families**

We will talk about what makes our family special. Feel free to bring in something to represent this.

#### Friday

##### **We are proud of our culture**

We will enjoy snacks from around the world. We welcome ideas from parents of what to serve. We cannot accept and serve any food prepared at home, but if you wish to donate some shop-bought food (with an ingredients list on) feel free to do so, or just share ideas and we can do the shopping.



### Father's Day Family Fun!

You, or another significant family male, are invited to celebrate your day with us at either one of our two events:

**Tuesday 10<sup>th</sup> June - 10:00-11:00am**

**Thursday 12<sup>th</sup> June 2:00-3:00pm**

As well as having some refreshments, you will be able to take part in arts and crafts activities with your child, finished off with some singing and stories.

If you wish to join us for the celebrations, please book your space via your room staff on **Family**.

If your child does not usually attend either of the sessions and you wish to come along and celebrate, then you are welcome to do so by contacting the office.

Details shown below...

(01788 542337 or [info@caldecotedaynursery.co.uk](mailto:info@caldecotedaynursery.co.uk))

Booking is essential as spaces are limited!



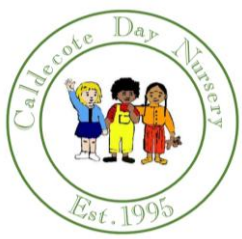
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This month's seasonal recipe to try at home...

### Sunshine Lollies



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

#### Ingredients:

- 5 large carrots
- juice of 3 large oranges, zest of 1 orange
- 1 satsuma, peeled then chopped (optional)



#### Method:

1. Finely grate the carrots and place in the middle of a clean tea towel.
2. Gather up the towel, and squeeze the carrot juice into a jug, discarding the pulp.
3. Add the orange juice and top up with a little cold water if needed to make up 360ml liquid.
4. Stir in the orange zest and satsuma pieces, if using.
5. Pour into lolly moulds and freeze overnight.

### Mini Meadows & Ark Farm – Tuesday 17<sup>th</sup> June

We are delighted to share that Pre-School will be visiting the animals at **Mini Meadows Farm** on Tuesday 17<sup>th</sup> June, between 9am and 3pm. And on the same day we have **Ark Farm** visiting the nursery, who will be bringing a selection of animals for the Babies and Toddlers to encounter.

Full details were sent in a separate communication via Family. The deadline to return forms is no later than **Monday 9<sup>th</sup> June.**



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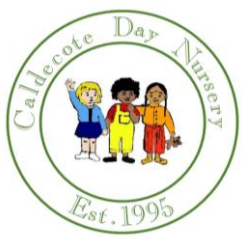


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## Our May Learning...



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