



# Caldecote Day Nursery



## Newsletter July 2025

This month's Learning Focus: **Children's Interests, Sport's Day, Summer**

This month's Value: **Teamwork**

### Safeguarding

With the temperatures set to rise again in the coming weeks, here is some advice from Public Health England on how to stay cool this summer.



## Beat the Heat

### Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

### Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

### Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

### Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)

PHS publications gateway number 3210271

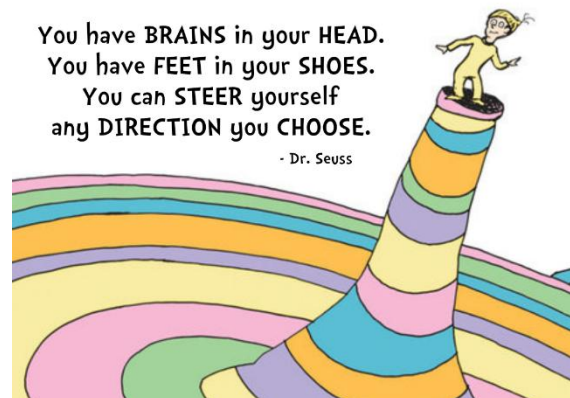
## Class of 2025

Goodbye and good luck to all our children leaving for 'Big School'. You have been fabulous here and you will be fabulous at school too. Don't forget to pop in and visit us in your new uniform! We will miss you all!

## OH! THE PLACES YOU'LL GO!

You have BRAINS in your HEAD.  
You have FEET in your SHOES.  
You can STEER yourself  
any DIRECTION you CHOOSE.

- Dr. Seuss



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### Family Focus: Fussy Eaters

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: Fussy Eaters**

#### What is a fussy eater?:

- In children, this refers to a child who may not like the shape, smell, taste, colour, heat or texture of certain foods.
- They may also have a preference for one particular food.
- The term 'fussy eater' can also be used alongside the term 'picky eater'.
- However, these terms can sometimes be unhelpful as they can undermine difficulties faced by some children, which may also include medical issues such as swallowing problems as well as emotional / mental health issues related to food.

#### Eating is a sensory experience:

- When we eat we use our senses and this sensory information is processed in different ways.
- **Vision:** Our eyes see the food and the process begins. We look at the colour, shape, heat of the food (is it steaming / sizzling?)
- **Olfactory:** We smell the food.
- **Tactile:** Our hands touch the food.
- **Gustatory:** We taste the food.

#### Why might a child be a fussy eater?:

- The child may wish to show control and independence.
- The child may not want food following an illness.
- The child might be seeking attention.
- The child might be worried or anxious.
- The child may wish to be assertive.
- The child may have had a traumatic experience with food, such as being sick or choking.
- The child may be unwell or recovering from an illness and not feel well enough to eat.
- The child may be easily distracted.
- Neophobia is a fear of new foods and is a common stage of development for children aged between 2 and 7.
- Interoception is the inability to read body signals, so a child may not know when they are hungry or know when they have eaten enough.



#### How to support a child who does not eat well?

- It is best to consider food intake over a week, ensure that your child is eating from the main four food groups (fruit and vegetables; potatoes, rice, pasta and other carbohydrates; dairy and dairy alternatives; meat, fish, eggs and other proteins) and if they are active and not losing weight, then they may be eating enough.
- Keep offering foods that a child has previously refused. It can take between 17-20 times before they may try the new food and tastes can change as they grow.
- Keep offering a variety of foods and give small portions so it is not overwhelming.
- Provide food choices so the child has autonomy over what they are eating.
- Let smaller children finger feed / feed themselves – they may eat more this way.
- Sit and eat with the child so they can see you eating the same things. They may copy and this will help to encourage them.
- Do not force a child to eat – just take the food away without saying anything.
- Praise every time the child eats something.
- Try not to give snacks between meals, so the child feels hungry and ready to eat.
- Do not use food as a reward or bargaining tool – for example, "You can have a pudding if you try your main."
- Make meal times enjoyable – chat, have fun and keep it relaxed. It should not be stressful for you or the child.
- Reduce distractions and turn off electronic devices.
- Keep a food diary so you can see what and how much they have eaten in a week. Also note where they ate and who with...
- Take part in some fun food based activities such as baking, collages using food magazines, growing food or helping to prep a meal.

Please remember that a child refusing a food or refusing to eat will not be a lifelong issue. We need to give the child time and space to explore the foods at their own pace, even if it is worrying or frustrating for the adults. A child should not have to worry about each mealtime as these should be enjoyable family times. Contact your health professional if you notice that this is impacting a child's weight or if they become weak or irritable. Please contact the office if you have any questions.



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### Leadership Focus

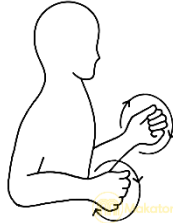
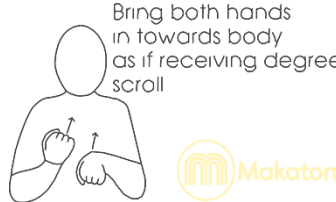


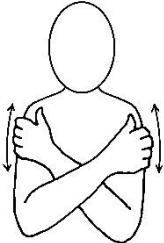
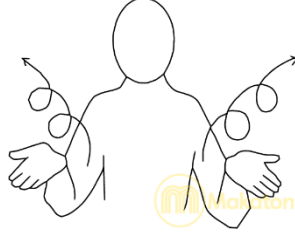
At nursery, we have several staff who take a leadership role. To raise their profile with parents and celebrate the good work that they do, each month we are going to highlight a different role and provide you with some information.

**This month it is our Makaton Champions: Lauren & Tiffany (Mat Leave)**

At Caldecote, Tiffany (Pre-School) and Lauren (Babies) are our Makaton Champions. They are trained to use Makaton and support other staff to use it on a daily basis with all the children in nursery.

What is Makaton? Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. It supports the development of essential communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression.

Each week we have a 'sign of the week' which is linked to learning that is taking place in nursery. These are the signs we will be using in the coming weeks, for you to also try at home.

 <b>w/c 30<sup>th</sup> June - run</b>	 <b>w/c 7<sup>th</sup> July - graduate</b>
 <b>w/c 14<sup>th</sup> July - goodbye</b>	 <b>w/c 21<sup>st</sup> July - hot</b>
 <b>w/c 28<sup>th</sup> July - hug</b>	 <b>w/c 4<sup>th</sup> August - Play</b>



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### Home Learning Ideas

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

Talk about sport and keeping healthy by exercising. Ask your child about ways they can move their body – jumping, running, walking, hopping etc. Have a go together.

Think about the change in season and the warmer weather. Ask your child if they know how to stay safe in the sun?

If you are on holiday, talk about all the new sights, sounds and smells. Collect something natural like a pebble or shell as a keepsake for your trip.

Enjoy lots of waterplay in the garden. Use a large storage box or washing up bowl with some simple bowls and spoons to learn about filling and emptying. Add some bubbles and some toys that need a wash and let your child help with the cleaning!

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...

**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 (by invitation)**

**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.**

**Our full term dates calendar is available on our website:**

**<https://www.caldecotedaynursery.co.uk/parents>**

**Information about events will also be uploaded to the calendar on Famly.**

### 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.

### Pre-School Leavers Party

If your child is leaving to start school and does not usually attend on a Thursday, they are welcome to attend the party. Please drop them off at 1:30pm and collect at 3:00pm when the party ends.



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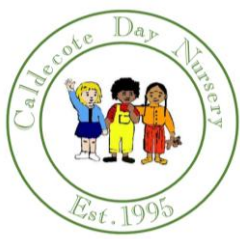


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## 29<sup>th</sup> Caldecote Games Thursday 3<sup>rd</sup> July 2025

Please come along and join our Sports Day Events  
in Caldecott Park; just next to the tennis courts.

**10am & 2pm for all rooms.**

Please ensure your child has suitable clothing and footwear  
for the occasion, has a sun hat and is wearing sun cream.

If your child does not usually attend on this day, please feel  
free to bring them along to join in at one or both of the  
sessions, while you stay to watch the action.

If the event cannot go ahead due to extreme weather, we  
will inform you via the Family app.



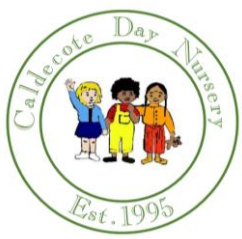
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This month's seasonal recipe to try at home...

### Mango Smoothies – makes 1 litre



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

#### Ingredients:

- medium mango
- 1 banana
- 500ml orange juice
- 4 ice cubes



#### Method:

1. Cut the mango down either side of the flat stone, then peel and cut the flesh into chunks.
2. Peel and chop the banana.
3. Put all the ingredients into a food processor or blender, then process until smooth and thick.
4. Keep in the fridge and use the day you make it.

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



Thank you so much for helping make our week such an enormous success! We learned about what makes us special, unique, and how we are different but also the same as our friends!

We showed we were part of the community, celebrated our families and also our cultural backgrounds!



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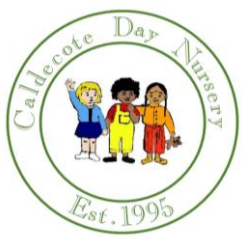


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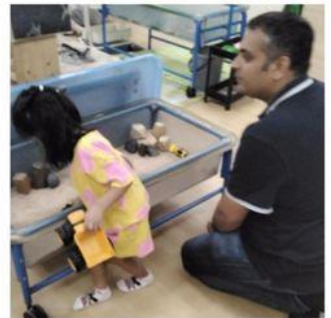


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### Father's Day Family Fun!



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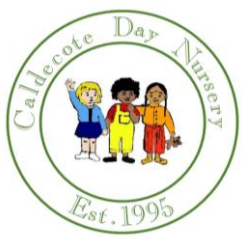


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## Our June Learning...



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