



# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

### Safeguarding: NSPCC Pantosaurus Week – 14<sup>th</sup> – 18<sup>th</sup> October

We will be having an 'NSPCC's PANTS' week from Monday 16<sup>th</sup> – Friday 20<sup>th</sup> October as part of our Safeguarding learning within nursery.

The children will get to know 'Pantosaurus' who can help them to keep safe.

During the week, we will be having discussions mainly with our Pre-School children and will aim to teach the important safety skills without giving explicit information or telling scary stories. We will be teaching our children how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a Green Cross Code for staying safe from sexual abuse. PANTS stands for:

- **Privates are private.**
- **Always remember your body belongs to you.**
- **No means no.**
- **Talk about secrets that upset you.**
- **Speak up, someone can help.**

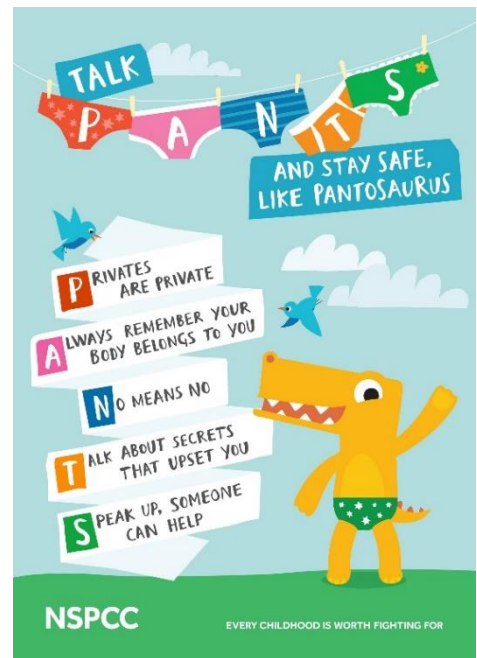
The sessions will introduce a range of ideas, all delivered in a way that's fully age-appropriate, empowering children without using any frightening words. These include:

- good and bad touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming parts of the body (Pre-School children will learn to use the words penis and vagina)

If you would like to know more about the NSPCC's campaign and learn how you can help keep your children safe in partnership with nursery, more information can be found on our website or at [nspcc.org.uk/pants](https://nspcc.org.uk/pants)

If you have any questions or concerns, please don't hesitate to get in touch.

Further information and links can be found on our website at: [www.caldecotedaynursery.co.uk/parents/safeguarding](https://www.caldecotedaynursery.co.uk/parents/safeguarding)



### CONCEPT PHOTOGRAPHY



We are delighted to welcome **CONCEPT PHOTOGRAPHY** to nursery on **Tuesday 22<sup>nd</sup> October** to take individual and sibling photographs **from 9am-2:30pm** with a festive theme! These photographs will then be available for you to purchase. These professional photographs always make lovely gifts for family and friends at Christmas. 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 welcome.



Lancaster Road, Rugby, CV21 2QN



01788 542337



[www.caldecotedaynursery.co.uk](https://www.caldecotedaynursery.co.uk)



# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

### Family Focus: Children's Mental Health

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: Children's Mental Health**

#### What is a mentally healthy child?

- A child who is mentally healthy, has a feeling of self-worth and self-control. They may be able to identify and manage their own emotions. They will develop trusting friendships and form good emotional attachments to others. They will be able to think clearly, have a sense of right and wrong and also have a sense of identity. This is developed through a positive and consistent family life as well as a wider nurturing environment.

#### What mental health issues can children be affected by?

- Generalised anxiety disorder (GAD); separation anxiety; depression; eating disorders; self-harm; conduct disorder; post-traumatic stress disorder (PTSD), attachment disorders; development disorders (speech, bladder, social); habit disorders (poor sleeping, soiling) or fatigue.

#### What are the risk factors for mental health?

- The risk factors increase the probability of a child developing a mental health problem. The greater the number of risk factors, the greater the possibility of health problems developing. Certain children are more vulnerable than others and this in part can be due to their own characteristics. The risk factors include: genetic influence, academic failure, low self-esteem, specific learning difficulties, difficult temperament, communication difficulties, physical illness, specific developmental delay, family breakdown, physical, emotional or sexual abuse, inconsistent discipline, death or loss, open parental conflict, hostile relationships, criminality, alcoholism, parental mental illness or parental personality disorder.

#### How can we improve the mental health of our children?

- There are lots of things that can improve mental health: eating a good balanced diet, being physically healthy, having friends and enjoying shared activities, regular exercise, being able to play indoors and outdoors, feeling cared for, being part of a consistent family (whatever that might look like), having opportunities to develop skills.

#### Who can support if you are worried about the mental health of your child?

- You can seek support from staff at nursery who will be able to offer suggestions and signpost you to organisations that may also be able to help. You can also contact your Health Visitor or GP for support.

#### How do we support mental health at nursery?

- We support children to develop their confidence, self-esteem and ability to cope with change. Learning activities teach them to be able to adapt and through the British Values which are embedded in everything we do, we teach children how to be a positive role model in the nursery community.
- We encourage mindfulness through breathing and yoga exercises, helping children to feel calm. This helps them to be less anxious, can improve concentration and attention. It improves emotional resilience and decision making too.

#### How can parents support mental health?

- By having a warm and open relationship with their child, where they can help them to solve problems and encouraging them practically. By offering support, affection and praise to boost their confidence. By spending time with them, uninterrupted, to play and engage in activities that are led by the interests of the child.

If you have any concerns about the mental health of child, please talk to us at nursery as we will be able to offer you support.



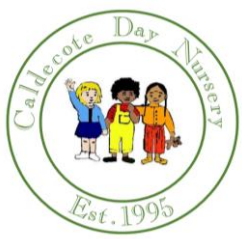
Lancaster Road, Rugby, CV21 2QN



01788 542337



[www.caldecotedaynursery.co.uk](http://www.caldecotedaynursery.co.uk)



# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

### 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 DSL Team: Pamela, Laura & Lilly**

#### What is Safeguarding all about?

Our prime responsibility is the welfare and well-being of each child in our care. As such we believe we have a duty to the children, parents and staff to act quickly and responsibly in any instance that may come to our attention. This includes sharing information with any relevant agencies such as local authority services for children's social care, health professionals or the police. All staff will work with other agencies in the best interest of the child, including as part of a multi-agency team, where needed.

#### What do DSL's do?

We all have a responsibility to keep children safe but our DSL Team (Designated Safeguarding Leads) have additional responsibilities in ensuring the safety and well-being of children and young people involved in nursery.

The team are the point of contact for anyone in the setting who is concerned about a child. They are also responsible for leading on:

- safeguarding policies and procedures
- training and development
- receiving concerns about a child
- reporting, storing and retaining child protection records following our policies and procedures.



#### What happens if a concern is raised?

If a staff member raises a concern about a child or a child makes a disclosure, a green form is completed to log the event. Staff are trained annually in safeguarding practices and procedures and know how to speak to children in a way that will reassure them while being able to note down any facts about a disclosure. This is then taken to one of the DSL Team to investigate further.

#### What happens next?

A DSL will read the information and discuss it with the staff member. Depending on the issue and the severity of the concern raised will depend on what happens next. Someone from the DSL Team may contact you to discuss the concern. It may be felt that some support is required and they will signpost you to an organisation that can help, like the **Family Information Service**.

Perhaps if the concern has been raised before and is ongoing, an **Early Help Pathway** may be advised to be able to bring together various organisations that can help. It may be necessary that a **Family Support Worker** should be contacted or if the DSL feels that there is an immediate risk to the child, then they will contact **The Front Door**, who are the organisation that coordinate **Early Help** and **Children's Social Care**. In some rare, but extreme cases, the **Police** will be contacted if there is immediate risk or if the law has been broken. All concerns are listened to and acted upon.



Pamela Sheppard  
Safeguarding Lead



Laura Whitehead  
Safeguarding Team



Lilly Wagstaff  
Safeguarding Team



Lancaster Road, Rugby, CV21 2QN



01788 542337



[www.caldecotedaynursery.co.uk](http://www.caldecotedaynursery.co.uk)





# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

### Home Learning Ideas

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

Watch how your children play...do they have repetitive behaviours, such as posting items, rolling things or lining things up? Follow their interests and provide them with household items to extend this interest.

Take a walk and look at the changing season. Talk about the trees and the leaves, how they look and even how they feel.

Use natural materials to make a collection or treasure basket. Let younger children explore the materials and sort them into categories with older children, leaves, sticks, pinecones. Sort them by colour and count them.

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**

### Autumn Term 2024 Dates for your diary...

**Harvest donations collected – w/c 30.09.24 & 07.10.24**

**Nursery's 29<sup>th</sup> Birthday Celebrations – 01.10.24**

**Grandparents Family Fun Session – 02.10.24 (10-11am) & 03.10.24 (2-3pm)**

**NSPCC Pantosaurus Week – w/c 14.10.24**

**Concept Photography – 22.10.24**

**Term Time Only Children - Term ends Friday 25<sup>th</sup> October**

**Term Time Only Children - Term begins Monday 4<sup>th</sup> November**

**World Nursery Rhyme Week – w/c 11.11.24**

**Stay & Play – 30.11.24; 10am-12pm**

**Christmas Jumper Day – 13.12.24**

**Christmas Parties – 13.12.24 (times to follow)**

**Pre-School Christmas Sing a long – 17.12.24 (10am) & 19.12.24 (2pm)**

**Term Time Only Children - Term ends Friday 20<sup>th</sup> December**

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

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

## HARVEST APPEAL

### HELP LOCAL PEOPLE FACING HARDSHIP

Rugby Foodbank

We are seeing an ever-increasing need – but a reduction in vital donations. By donating this Harvest, you can support local people facing hardship.

- **Donate food** – in store (see our website for a location near you), or as part of your online grocery shop
- **Donate money** – via our online giving platform
- **Share our appeal** – with friends, family and colleagues.

For more information, please visit [www.rugby.foodbank.org.uk](http://www.rugby.foodbank.org.uk)

### TOP FIVE ITEMS NEEDED THIS HARVEST

Tinned vegetables  
Tinned meat  
Tinned custard  
Hot Choc drink  
Sweet biscuits



## Harvest Appeal

This year we will be collecting donations for Rugby Food Bank. We will be collecting from **Monday 30<sup>th</sup> September** until **Friday 11<sup>th</sup> October**.

### The top five items needed this Harvest are:

Tinned vegetables  
Tinned meat  
Tinned custard  
Hot chocolate  
Sweet biscuits

The foodbank have an up to date list of donation items on their website, so please click the link and check what else they might require.

<https://rugby.foodbank.org.uk/give-help/donate-food/>



**Lancaster Road, Rugby, CV21 2QN**



**01788 542337**



**[www.caldecotedaynursery.co.uk](http://www.caldecotedaynursery.co.uk)**



# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

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

### Diwali Chapatis



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

#### Ingredients:

- 140g wholemeal flour
- 140g plain flour, plus extra for dusting
- 1 tsp salt
- 2 tbsp olive oil, plus extra for greasing
- 180ml hot water or as needed



#### Method:

1. In a large bowl, stir together the flours and salt. Use a wooden spoon to stir in the olive oil and enough water to make a soft dough that is elastic but not sticky.
2. Knead the dough on a lightly floured surface for 5-10 mins until it is smooth.
3. Divide into 10 pieces, or less if you want bigger breads. Roll each piece into a ball. Let rest for a few mins.
4. Heat a frying pan over medium heat until hot, and grease lightly.
5. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough until very thin like a tortilla.
6. When the pan starts smoking, put a chapati on it. Cook until the underside has brown spots, about 30 seconds, then flip and cook on the other side.
7. Put on a plate and keep warm while you cook the rest of the chapatis.
8. Serve with your favourite curry and rice!

#### 50 Things to do before you are five!

Warwickshire launched this wonderful app with ideas of things to do with your children before the age of five. Once the app has launched, you can select the Warwickshire region and as well as providing links to activities to do at home, it will also give you information about books to share linked to the activity, key words and phrases to use, local events and much more! To download the app visit your app store or use the link below:

<https://warwickshire.50thingstodo.org/app/os#!50thingstodobefore5/welcome>

Share your adventures through ParentZone! We look forward to seeing what you get up to...



**Lancaster Road, Rugby, CV21 2QN**

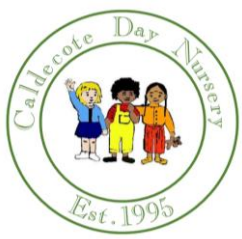


**01788 542337**



**www.caldecotedaynursery.co.uk**





# Caldecote Day Nursery



## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

### Grandparents Day Family Fun!

You are invited to celebrate your day with us at  
either one of our two events:

Wednesday 2<sup>nd</sup> October: 10:00am-11:00am

or

Thursday 3<sup>rd</sup> October: 2:00pm-3:00pm

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

Please contact the office (01788 542337 or  
[info@caldecotedaynursery.co.uk](mailto:info@caldecotedaynursery.co.uk))  
to book your space. Booking is essential!



Lancaster Road, Rugby, CV21 2QN



01788 542337



[www.caldecotedaynursery.co.uk](http://www.caldecotedaynursery.co.uk)





# Caldecote Day Nursery

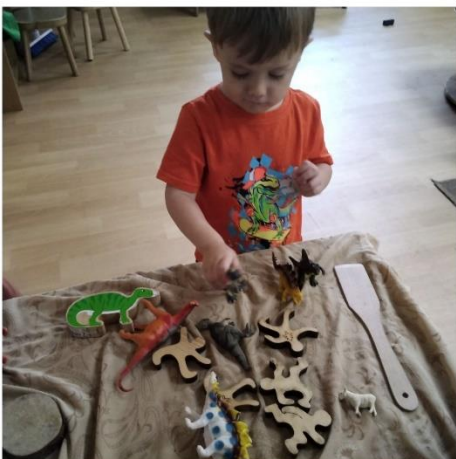


## Newsletter October 2024

This month's Learning Focus: **Children's interests, Harvest, Pantosaurus, Diwali**

This month's Value: **Respect**

## Our September Learning...



Lancaster Road, Rugby, CV21 2QN



01788 542337



[www.caldecotedaynursery.co.uk](http://www.caldecotedaynursery.co.uk)