

# Caldecote Day Nursery



## Newsletter November 2025

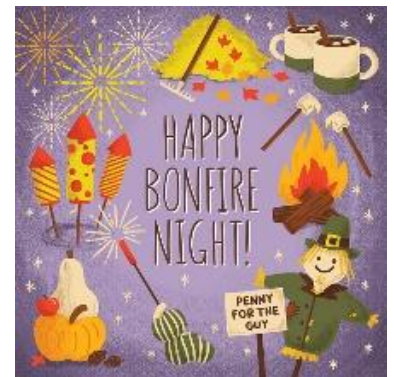
This month's Learning Focus: **Children's Interests, Bonfire Night, Nursery Rhymes, Christmas**

This month's Value: **Manners**

### Safeguarding

**Safeguarding children's wellbeing is paramount for us at nursery. Here are some important safety messages for those of you having firework displays at home this year...**

- Have a bucket of water, or an appropriate fire extinguisher, close by
- Keep children a sensible distance away from the display – ear defenders are also a good idea
- Never hold more than one sparkler at a time
- Plan your firework display to make it safe and enjoyable
- Keep fireworks in a closed box away from the display area and use them one at a time
- Read and follow the instructions on each firework, using a torch if necessary
- Light the firework at arm's length with a taper and stand well back
- Keep naked flames and burning materials away from fireworks
- Never return to a firework once it has been lit
- Don't put fireworks in pockets and never throw them
- Ensure fireworks are directed away from people watching the display
- Make sure that the fire is out and surroundings are made safe before leaving.



### Harvest Festival

Thank you so much for your kind donations. We were able to deliver **11 full shopping bags** of tins and packets to the Rugby Foodbank to help families less fortunate than ourselves.



### CONCEPT PHOTOGRAPHY

We were delighted to welcome the photographer to nursery a couple of weeks ago.

All the proofs have now been sent to us and are being handed out to families. Your children look wonderful in the photos!

Whether you are making a purchase or not, we kindly ask that all proofs are returned no later than **Wednesday 12<sup>th</sup> November** so that we can get orders placed and back again in time for Christmas.



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### Family Focus: Sensory Play

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: Sensory Play.**

#### What are the five basic senses?

- Sight: Light is processed by the eye and interpreted by the brain. The sense of sight is called vision.
- Smell: Odours are detected and the brain allows a person to perceive them. The sense of smell is called olfaction.
- Hearing: The ear converts sound waves into info the brain can understand. The sense of hearing is called audition.
- Taste: Taste buds on the tongue allow a person to experience taste. The sense of taste is called gustation.
- Touch: A network of nerve endings are responsible for sensations a person feels. This is known as the tactile sense.

#### What is the importance of Sensory Play?

- Sensory play stimulates these senses fully, through various experiences.
- A child will develop skills as they learn about the world around them and explore.
- Sensory play also supports cognitive and language skills, fine and gross motor skills, social skills, brain development.

#### Sensory Play and Babies

- Sensory play encourages a baby to interact with their surroundings.
- It encourages exploration, curiosity problem solving, language and physical skills. It is the foundation for all learning.
- Sensory experiences may include: different textures of fabrics, items in a bag to squeeze, sensory bottles with all kinds of things inside them, items that can make a sound by being tapped or shaken or items with a scent, such as playdough, oil infused water or food based play.

#### Sensory Play and Toddlers

- Sensory play encourages toddlers to develop thinking skills.
- As they become more independent, they are able to make choices, experiment, repeat and extend their learning.
- Sensory experiences may include: activities with mirrors, sponges in water play, activities where they may need to rip paper to listen to the sounds, exploring gloop or mixing potions.

#### Sensory Play and Pre-Schoolers

- At this age, greater independence is achieved.
- The thinking of a pre-school child is more connected and they are beginning to put their ideas into practice, developing concentration, focus and determination.
- Sensory experiences may include: exploring bubble wrap, doing rubbings of textures, light and shadow with torches, using magnets to investigate or simple cooking activities.

#### There are also two more senses we consider at nursery:

- Vestibular: This sense involves movement, balance and gravity. It helps us understand where our body is in space, achieve balance and move smoothly. We support this through the use of rocking toys, dancing, climbing, running in open spaces.
- Proprioception: This sense gives the body awareness so we know where the parts of our body are without having to look at them. It tells us how much force to use at any one time and it also relates to weight, pressure and body position. We support this through yoga, carrying large loose parts, exploring clay and rolling a ball.

Sensory Play can be calming and therapeutic for children. It can help ease frustrations and anxieties. Consider what you can support your child with at home, to increase their opportunities for sensory exploration.



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### Leadership Focus

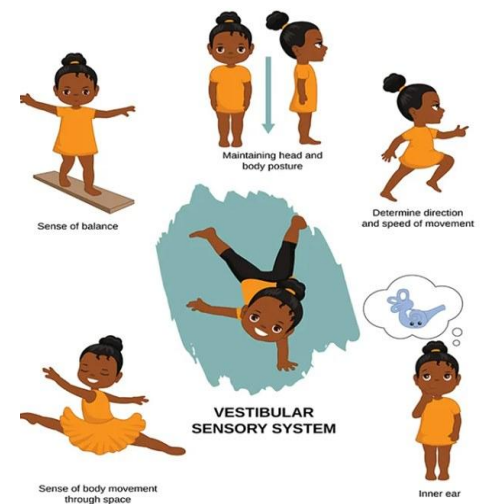
At nursery, we have several staff who take a leadership role. To raise their profile with parents and celebrate the good work that they do, each month we are going to highlight a different role and provide you with some information.

**This month it is our SENDCo Team: Alice & Poonam**

#### Vestibular Sensory System (VSS)

Have you ever felt sick on a car journey and wondered why other people don't? Do you hate the rides at Alton Towers, while other people in your family love them? This is your Vestibular sense in action. We have eight senses, the Vestibular Sense is one of the three internal senses.

**What is the Vestibular sense?** Our sense of movement and balance is known as our Vestibular sense. It is responsible for controlling our muscles, and most of our reflexes. The vestibular system is stimulated by movement up or down, backward or forwards, and around or over. When we move our head the fluid in our inner ear moves, it is this which sends information to our brain about how we are moving. We can tell if we are moving fast, up, down, around! The faster we move, the more vestibular input we will receive. The vestibular system can impact on alertness, focus, muscle tone, postural control, special awareness and eye movement.



#### What might you see if the VSS is over responsive /over sensitive:

- Dislikes heights
- Becomes dizzy easily
- Seems afraid of riding in elevators or on escalators
- Avoid having head tipped back (e.g. washing hair)
- Dislikes busy places
- Dislikes having their feet off the floor
- Avoids swings, bicycles and playgrounds
- May become sick with movement in cars, swings or playground rides
- Difficulty maintaining balance

#### How to support an over responsive VSS:

- Limiting actions or avoid activities that present as unpleasant or with unpredictable movements
- Follow a line of tape on the floor
- Gentle swaying on a peanut ball
- Provide gentle regular movement breaks
- Teach movements in small steps
- Standing on one leg to practice balancing
- Be aware when a child's feet are off the ground.
- Use visualisation and self-talk strategies
- Gentle low sliding
- Teach movements in small steps
- Use travel bands on wrists when travelling
- Embed gentle physical movement into routines.

#### What might you see if the VSS is under responsive /under sensitive:

- Difficulty sitting still, rocks.
- Constantly fidgeting
- Runs rather than walks
- Likes jumping, swinging, spinning
- Moves themselves so they are upside down
- Pursues movement to the point it interferes with daily routines
- Rocks in their chair on the floor or while standing
- Loves extreme fast-moving input e.g. swings / slides / rollercoaster

#### How to support an under responsive VSS:

- Rocking in horse, rocking chair
- Row your boat and other swinging rhymes
- Use of equipment such as a space hopper, peanut ball
- Opportunities to jump on a mini trampoline
- Running and jogging
- Star jumps, bunny hops, jumping jacks
- Commando crawls through a tunnel
- Access to swings, slides, ladders, monkey bars, see-saws
- Riding on a tricycle, bicycle
- Yoga exercises
- Crash landing on a crash mat
- Pretending to be a spinning top, with arms out to the side



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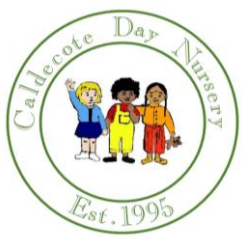


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### Home Learning Ideas

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

As the weather turns colder, talk about clothes that you might wear in the winter. Match hats to scarves and pairs of gloves.

Talk about fireworks and bonfire night. Use instruments to bang and crash like real fireworks!

Sing your favourite nursery rhymes and make up some actions to go with them. How many can you remember?

Try making our seasonal recipe of the month! Send us a photo of your efforts via Famly

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



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

**Term Time Only Children - Term ends Friday 24<sup>th</sup> October**

**Term Time Only Children - Term begins Monday 3<sup>rd</sup> November**

**World Nursery Rhyme Week – w/c 17.11.25**

**Stay & Play – 06.12.25; 10am-12pm**

**Christmas Jumper Day – 11.12.25**

**Christmas Parties – 11.12.25**

**Babies & Toddlers; 11:30-1:00pm**

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

**Pre-School Christmas Sing a long – 16.12.25 (10:30am) & 18.12.25 (2:30pm)**

**Term Time Only Children - Term ends Friday 19<sup>th</sup> December**

**Christmas Closure – Tuesday 23<sup>rd</sup> December; 6pm.**

**We re-open at 8am – Friday 2<sup>nd</sup> January 2026**

**Term Time Only Children – Term begins Monday 5<sup>th</sup> January 2025**

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.**

Congratulations to Pre-School who are 'The Room of the Month' after winning the vote for the best pumpkin! Well done to Toddlers (3) who came second and Babies (2) who were placed third. Thanks for voting!

#### Pumpkin competition 🎃

<input type="checkbox"/> Pumpkin 1	43
<input type="checkbox"/> Pumpkin 2	12
<input type="checkbox"/> Pumpkin 3	20

75 votes



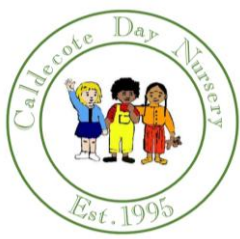
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This month's seasonal recipe to try at home...

### Rice Pudding with raisins — makes 4 adult sized portions



Try this easy recipe with your child to get them involved and interested in food!

#### Rice pudding with raisins

This recipe makes 4 adult-sized portions.

£

Price guide (at 2023 prices) = less than 63p per portion

Vegetarian



Gluten-free



Egg-free



#### INGREDIENTS

85g pudding rice  
850ml semi-skimmed milk  
35g sugar  
85g raisins

#### METHOD

1. Place the rice, milk and sugar in a saucepan and heat gently, stirring all the time, until the mixture just comes to the boil.
2. Turn the heat down and, stirring regularly, allow to simmer gently for about 20 minutes while the rice absorbs the milk.
3. Stir in the raisins and heat through.

#### Other milky puddings

- You can make milky puddings with other cereals, such as semolina, sago or tapioca. You can also add other sorts of dried fruit such as chopped apricots, dates or figs, or you can add fresh fruit.
- For people who don't drink cows' milk, you can make milk puddings from unsweetened calcium-fortified soya milk, but you will need to use about one and a half times the volume of cows' milk and the puddings will take longer to cook.
- If you have the oven on for another dish, you can make the rice pudding in the oven by placing the same ingredients in a greased heatproof dish and baking for about an hour and a half on a bottom shelf.

#### For babies

- Leave out the sugar when making desserts for babies.



7–12-month-old  
13cm plate – average size



1–4-year-old  
20cm plate – average size



5–11-year-old  
25cm plate – average size



Adult or teen, 12–18  
25cm plate – average size



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Our 'Rhyme a Day' challenge will focus on each rhyme in the following order:

- Monday 10th November: Sing A Song Of Sixpence
- Tuesday 11th November: Humpty Dumpty
- Wednesday 12th November: When I Was One
- Thursday 13th November: I Hear Thunder
- Friday 14th November: Two Little Dickie Birds

**We will be taking part in World Nursery Rhyme Week again this year. Here is the list of rhymes and the days on which we will be learning about them so you can join in at home too!**

### Sickness / Illness / Medication Reminders

With so many germs still doing the rounds, we would like to remind you of the following from our sickness and medication policies. The full versions of these policies are available on request from the office.

Should your child develop a temperature whilst at nursery you will be contacted and asked to collect your child immediately. "A normal temperature in babies and children is about 36.4C, but this can vary slightly from child to child, a fever is a high temperature of 38C or more."

Staff can administer Calpol whilst the child is awaiting collection, should permission to do so be given over the phone. In addition, children will be offered fluids to keep them hydrated, they will be kept comfortable, ensure that clothing is in appropriate and loosened if able to do so, and kept out of draughts.

Children must be free of high temperatures and be well enough to attend before returning to nursery.

Prescription medicine will only be given to the person named on the bottle for the dosage stated.

Medicines must be in their original containers with labels clearly stating who the medicine has been prescribed for.

Nursery staff will administer prescribed medicines if the first dose has been administered at home by parents, (with monitoring for 24 hours in the case of antibiotics), to ensure the child does not have an adverse reaction to it.

The nursery will not administer any non-prescription medication containing aspirin.

The nursery will not administer a dosage that exceeds the recommended dose on the instructions unless accompanied by written instructions from a relevant health professional such as a letter from a doctor or dentist.

The nursery will not administer more than one non-prescription medication for example: (calpol and ibuprofen), to a child during the course of a day, we will administer one OR the other.

The nursery will only administer non-prescription medication for a short initial period, (for example Calpol will not be administered more than 2 days in a row), dependant on the medication or the condition of the child. After this time medical attention should be sought.

If the nursery feels the child would benefit from medical attention rather than non-prescription medication, we reserve the right to refuse nursery care until the child is seen by a medical practitioner.

For any non-prescription cream for skin conditions e.g. Sudocrem, prior written permission must be obtained from the parent and the onus is on the parent to provide the cream which should be clearly labelled with the child's name.

If any child is brought to the nursery in a condition in which he / she may require medication sometime during the day, the management will decide if the child is fit to be left at the nursery.



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### Christmas activities at Caldecote

#### Christmas Post Boxes – Monday 24<sup>th</sup> November – Wednesday 10<sup>th</sup> December

The festive post boxes will be available for you to send cards to nursery friends from Monday 24<sup>th</sup> November to Wednesday 10<sup>th</sup> 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 6<sup>th</sup> December; 10am-12pm

We will be holding our Christmas 'Stay & Play' session on Saturday 6<sup>th</sup> 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 – Thursday 11<sup>th</sup> 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 16<sup>th</sup> or Thursday 18<sup>th</sup> December

Pre-School families (two adults per child) are invited to attend our Christmas Sing-a-long on Tuesday 16<sup>th</sup> December at 10:30am or Thursday 18<sup>th</sup> December at 2:30pm. 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!



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## Our October Learning...



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