

Caldecote Day Nursery



Newsletter November 2024

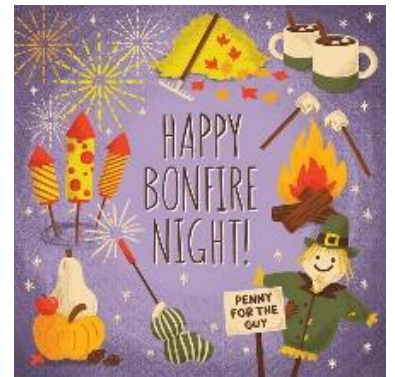
This month's Learning Focus: **Children's interests, Bonfire Night, Nursery Rhymes**

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 **188 items** of tins and packets to the Rugby Foodbank to help families less fortunate than ourselves.



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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 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 one time and it also relates to weight, pressure and body position. We support this through yoga, carrying large loose parts, exploring clay, 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

At Caldecote, Alice (Mat Leave) & Poonam are our SENDCos' (Special Educational Needs & Disabilities Coordinators). They oversee the provision for children who have a special educational or developmental need and coordinate information between home, the nursery and outside professionals to ensure each child is cared and provided for in a way that is right for them. They have knowledge of processes, procedures and paperwork, who to contact with queries and referrals, and access to different resources and tools to help measure a child's progress and to help in their continued development.

What is ADHD? - Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse. Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 3 to 7 years old, but sometimes it's diagnosed later in childhood. Sometimes ADHD was not recognised when someone was a child, and they are diagnosed later as an adult. The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience problems.

Symptoms of ADHD

| Symptom | How a child with this symptom may behave |
|---------------|--|
| Inattention | Often has a hard time paying attention, daydreams |
| | Often does not seem to listen |
| | Is easily distracted from work or play |
| | Often does not seem to care about details, makes careless mistakes |
| | Frequently does not follow through on instructions or finish tasks |
| | Is disorganized |
| | Frequently loses a lot of important things |
| | Often forgets things |
| | Frequently avoids doing things that require ongoing mental effort |
| Hyperactivity | Is in constant motion, as if "driven by a motor" |
| | Cannot stay seated |
| | Frequently squirms and fidgets |
| | Talks too much |
| | Often runs, jumps, and climbs when this is not permitted |
| | Cannot play quietly |
| Impulsivity | Frequently acts and speaks without thinking |
| | May run into the street without looking for traffic first |
| | Frequently has trouble taking turns |
| | Cannot wait for things |
| | Often calls out answers before the question is complete |
| | Frequently interrupts others |

If you think you or your child may have ADHD, speak to a GP. If you're worried about your child, it may help to speak to nursery staff, before seeing a GP, to find out if they have any concerns about your child's behaviour. When you see a GP, they may ask you:

- about your symptoms or those of your child
- when these symptoms started
- where the symptoms occur – for example, at home, in school, college or university, or at work
- whether the symptoms affect your or your child's day-to-day life – for example, if they make socialising difficult
- if there have been any recent significant events in your or your child's life, such as a death or divorce in the family
- if there's a family history of ADHD
- about any other problems or symptoms of different health conditions you or your child may have.



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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 ParentZone!

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



ParentZone

Autumn Term 2024 Dates for your diary...

Term Time Only Children - Term begins Monday 4th November

World Nursery Rhyme Week – w/c 11.11.24 (details below)

Children In Need – w/c 11.11.24 – And it was all Yellow... (details below)

Stay & Play – 30.11.24; 10am-12pm

Christmas Jumper Day – 13.12.24; £1 donation for Save The Children

Christmas Parties – 13.12.24

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

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

Pre-School Christmas Sing a long – 17.12.24 (11am) & 19.12.24 (2pm)

Term Time Only Children - Term ends Friday 20th December

Christmas Closure – Monday 23rd December; 6pm.

We re-open at 8am – Thursday 2nd January 2025

Term Time Only Children – Term begins Monday 6th January 2025

Our full term dates calendar is available on our website:

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



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

- Monday 11th November: Twinkle Twinkle
- Tuesday 12th November: Old Macdonald
- Wednesday 13th November: The Big Ship Sails
- Thursday 14th November: Incy Wincy Spider
- Friday 15th November: 5 Currant Buns

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!



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

Tomato Pastry Catherine Wheels



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

Ingredients:

- 1 sheet ready-rolled puff pastry
- 75ml (or 5 tbsp) tomato sauce or pizza sauce
- 115g grated cheddar cheese (or vegan cheese)
- Freshly ground black pepper (optional)

Method:

1. Preheat your oven to 220°C/425°F/GM 7.
2. Line a baking tray with parchment paper
3. Lay out your puff pastry and spread the tomato sauce evenly over it, making sure that you go right to the edges.
4. Sprinkle over the grated cheese and a grind of black pepper, if you wish.
5. Roll up the puff pastry from one end and do this as tightly as you can.
6. Slice the roll into roughly 1½cm thick pieces and place the slices onto the baking tray, leaving a space between each one.
7. Bake for 15 minutes, until the pastry is golden.
8. Leave to cool then enjoy eating your Catherine wheels!



Concept Photography

We were delighted to welcome the photographer to nursery last week. 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 **Monday 11th November** so that we can get orders placed and back again in time for Christmas.



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Christmas activities at Caldecote

Christmas Post Boxes – Monday 25th November – Wednesday 11th December

The festive post boxes will be available for you to send cards to nursery friends from Monday 25th November to Wednesday 11th 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 30th November; 10am-12pm

We will be holding our Christmas 'Stay & Play' session on Saturday 30th November, 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 13th 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 17th or Thursday 19th December

Pre-School families (two adults per child) are invited to attend our Christmas Sing-a-long on Tuesday 17th December at 11:00am or Thursday 19th 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!



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Congratulations to Kayleigh, Chris & Jaxon on the birth of handsome Theo!

Kayleigh left us to start maternity leave on the 26th September and Theo arrived weighing 6lb 9oz on the 9th October...a little earlier than planned! All doing well!



Between **Monday 11th and Friday 15th** November, we will be raising funds for Pudsey & Children In Need by wearing something **yellow** each day.

This could be yellow socks, a t-shirt, wrist band or hair accessory!

It could even be full-on yellow fancy dress if you like!

We will be collecting donations all week, so there will be plenty of opportunity to support this great cause and give what you can to help Children In Need.

| Christmas & New Year at Club Caldecote Monday 23rd December 2024 – Monday 3rd January 2025 | | | |
|---|--|--|---|
| | Monday 23 rd December 2024 | Thursday 2 nd January 2025 | Friday 4 th January 2025 |
| Craft | Christmas decorations  | New Year party hats  | Word Searches/Paper craft  |
| Cooking | Christmas Toastie  | Mocktails  | Hot chocolate & marshmallows  |
| Group | Christmas Movie  | New Year Party  | Charades  |
| Physical | Town visit to see decorations  | Caldecote Park (weather permitting)  | |



As the colder weather fast approaches, please ensure that your child's clothes are labelled with their name. This includes coats, scarves, hats, gloves, shoes and wellington boots.

If you lose something, it is more likely to be returned if it is named.



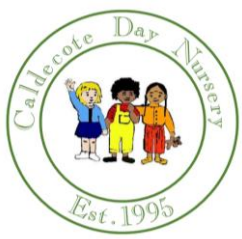
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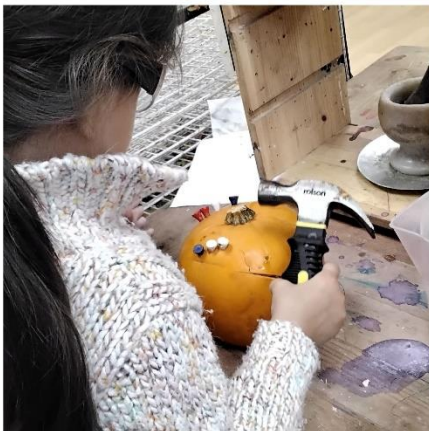


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Our October Learning...



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