



# Caldecote Day Nursery



## Newsletter February 2020

This month's Learning Focus: **Children's Mental Health, Love & Wales**

This month's Value: **Confidence**

### Safeguarding

**Safeguarding children's wellbeing is paramount for us at nursery. This month we are supporting Children's Mental Health Week. Their theme this year is 'Find Your Brave'. Here are some ideas of how you can support this at home.**

**Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.**

We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. We also offer expert training and professional qualifications.

Every day, children across the UK struggle with their mental health.

**1 in 8 children and young people have a diagnosable mental health problem and many continue to have these problems into adulthood.**

**50% of those with lifetime mental health problems first experience symptoms by the age of 14.**

**Among teenagers, rates of depression and anxiety have increased by 70% in the past 25 years.**

We are committed to helping children with their mental health. Our approach to children's mental health means we aim to intervene early to prevent life-long mental health issues.

**We provide support early** to spot mental health problems before they develop and help children cope with challenges throughout their lives.

**We use an effective therapeutic approach** which is backed by research and combines several ways of working.

**We offer a menu of different services**, including advice and support for families and school staff, to build resilience and raise awareness of mental health across the whole school community.



[www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)

**DEAR PARENTS AND CARERS,**

**3-9 FEBRUARY 2020 IS CHILDREN'S MENTAL HEALTH WEEK**

The week is run by children's mental health charity **Place2Be** to focus on the importance of children and young people's mental health. This year's theme is **FIND YOUR BRAVE**.

**WHAT'S IT ALL ABOUT?**

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **FINDING YOUR BRAVE** can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

We all have times when we need to **FIND OUR BRAVE**.

**WHAT CAN YOU DO?**

Here are a few simple ways you can encourage your child to **FIND THEIR BRAVE**.

- 1. Remind your child that bravery comes in many forms and everyone is different.** What's brave for them might not feel brave to someone else.
- 2. Chat with your child about a time when you've had to FIND YOUR BRAVE.** It might have been something big or small.
- 3. Praise your child when they FIND THEIR BRAVE.** Maybe they've kept going at learning a new skill or tried something outside of their comfort zone which boosted their confidence.
- 4. Point out examples of bravery in books and films** to your child and talk about how trying out different ways of being brave will help them feel good.
- 5. Reassure your child that not feeling brave is OK too** and that there are times when it might be more difficult to be brave.

**At children's mental health charity Place2Be we want all children to think about how they look after their minds.**

**Let your child know that if they are not sure about something, they should talk to an adult they trust.** It could be you, someone in your family, a teacher or someone else in their school.

**If you're worried about your child's mental health you can talk to your GP or someone at your child's school.**

**You can also find a list of organisations that provide support and advice on our website** [www.place2be.org.uk/contacts](http://www.place2be.org.uk/contacts)



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### Home Learning Ideas

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

Get outdoors every day and breathe in fresh air. This can have a positive impact on mental health.

Talk about what your child is good at to build their self-esteem. Praise them regularly to build their confidence.

Draw or paint a picture for someone you love and give it to them for Valentine's Day.

Talk about people in your family or community that you love.

Look for daffodils that are beginning to grow. They are the national flower of Wales.

Try making our Easy Valentine's Jam Tarts. The recipe is on this newsletter. Let us know how they taste!

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



### Spring Term 2020 Dates for your diary...

**Term Time Only Children - Term ends Friday 14<sup>th</sup> February**

**Term Time Only children return on Monday 24<sup>th</sup> February**

**Children's Mental Health Week – Monday 3<sup>rd</sup> – Friday 7<sup>th</sup> February**

**National Storytelling Week – Saturday 1<sup>st</sup> – Saturday 8<sup>th</sup> February**

**Safer Internet Day – Tuesday 11<sup>th</sup> February**

**World Book Day – Thursday 5<sup>th</sup> March (Bedtime story theme)**

**Sport Relief – Monday 9<sup>th</sup> – Friday 13<sup>th</sup> March**

**Chatter Matters Week – Monday 9<sup>th</sup> – Friday 13<sup>th</sup> March**

**Toddler Parent Meetings – Tuesday 17<sup>th</sup> March (By appointment)**

**Pre-School Parent Meetings – Wednesday 18<sup>th</sup> March (By appointment)**

**Baby Parent Meetings – Thursday 19<sup>th</sup> March (By appointment)**

**Easter Stay & Play – Saturday 28<sup>th</sup> March; 10am-12pm**

**Term Time Only Children - Term ends Friday 3<sup>rd</sup> April**

**Please note: We are open on Good Friday; 10<sup>th</sup> April**

**Easter Closure – Monday 13<sup>th</sup> April**

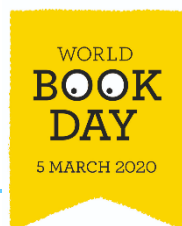
**We re-open at 8am – Tuesday 14<sup>th</sup> April**

**Term Time Only children return on Monday 20<sup>th</sup> April**

### World Book Day - Thursday 5<sup>th</sup> March

We will be celebrating World Book Day again this year and next month you will receive a book token which can be used to redeem a free special edition World Book Day book or can be used to get £1 off a book of your choice.

To celebrate, we would like staff and children to bring their **favourite bedtime story** to read and share. Please make sure the book is named so we can return it to you. Everyone is also welcome to come in their **pyjamas for the day**. There will be several story time sessions throughout the day, where we will serve warm milk and snacks too!



### Fee Increase

From April 1<sup>st</sup> 2020, there will be a small increase in fees across the nursery and Club Caldecote. We last increased our fees in September 2018. Full details will be published in a separate email in the coming weeks. If you have any concerns or questions, please see Pamela or Mariana in the office.



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### Children's Mental Health Week 3<sup>rd</sup> - 9<sup>th</sup> February

At nursery, good mental health and mindfulness is important to us. Whether this is getting outdoors in the fresh air, singing, eating a balanced and varied diet or having some quiet time to think and reflect; health, happiness and good mental health is at the heart of what we do. Our Pre-School children also enjoy a relaxation class once a week with Jemma from Calm Space.

Yoga, simple meditations and positive affirmations, help children to be calm, strong and confident. As part of Children's Mental Health Week, the Toddlers will also take part in a session with Jemma!

Jemma offers sessions for older children and adults too. Find out more at:

[www.facebook.com/jemmarelax](https://www.facebook.com/jemmarelax)



### *We have been learning about...*



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

### Easy Valentine's Jam Tarts



#### Ingredients

250g plain flour, plus extra for dusting

125g butter, chilled and diced, plus extra for the tin

1 medium egg

1 vanilla pod, seeds scraped (optional)

100g jam, fruit curd or marmalade of your choice

#### Method

1. Put the flour, butter and a pinch of salt in a bowl and rub them together with your fingertips.
2. When the mixture looks and feels like fresh breadcrumbs, stir in the egg and vanilla seeds, if using, with a cutlery knife. Add 1 tbsp cold water, then start to bring the dough together in one lump with your hands – try not to knead it too much. Add 1 more tbsp of water if it's not coming together, but try not to add more than that.
3. Wrap in cling film and chill in the fridge for 30 mins. Heat oven to 200C/180C fan/gas 6. Butter a 12-hole tart tin, then dust your work surface with flour.
4. Unwrap and roll out the chilled pastry so it's about the thickness of a £1 coin, then use a straight or fluted round cutter to cut out 12 circles, big enough to line the holes in the tin. Dollop 1-2 tsp of your chosen filling into each one and, if you like, cut out little pastry hearts (perfect for Valentine's Day) and pop them on top.
5. Bake for 15-18 mins or until golden and the filling is starting to bubble a little. Leave to cool in the tin for a few mins then carefully transfer to a wire rack to cool completely.



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### February Half Term at Club Caldecote Monday 17<sup>th</sup> – Friday 21<sup>st</sup> February



	Monday 17 <sup>th</sup>	Tuesday 18 <sup>th</sup>	Wednesday 19 <sup>th</sup>	Thursday 20 <sup>th</sup>	Friday 21 <sup>st</sup>
<b>Craft</b>	Spring Flower Planting 	Pebble Painting 	Sewing with Binka 	Hama Beads 	Watercolour Painting 
<b>Cooking</b>	Biscuit Decorating 	Omelettes 	English Muffin Pizzas 	Fruity Milkshakes 	Waffles 
<b>Group</b>	Town Visit 	Dungeons & Dragons 	Rugby Library (11:00am - Storytelling) 	Cineworld - pm 	Spanish Letters & Numbers 

### Easter Stay & Play - Saturday 28<sup>th</sup> March 2020 - 10am-12pm

*We would like to invite children, parents, siblings and grandparents to attend our Easter Stay & Play! Drop in anytime between 10am-12pm to take part in some Spring and Easter themed activities, enjoy some refreshments and chat to staff. Let your children show you around their learning space and show you what they can do! We look forward to seeing you!*



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