



Caldecote Day Nursery



Newsletter February 2021

This month's Learning Focus: **Children's Interests, Children's Mental Health & Chinese New Year** 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 'Express Yourself'. 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.

Express Yourself Week at Caldecote!

Each day we will focus on a different way to express ourselves and we will post ideas of how to do this on our Facebook page and through ParentZone.

Monday – Express your confidence

Tuesday – Express your body

Wednesday – Express your personality

Thursday – Express your feelings

Friday – Express your spirit



www.childrensmentalhealthweek.org.uk

DEAR PARENTS AND CARERS,

1-7 February 2021 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 **EXPRESS YOURSELF**

WHAT'S IT ALL ABOUT?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film, and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always 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: place2be.org.uk/help



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COVID – 19

We are continually risk assessing and following the government guidelines relating to covid-19. As we make changes to our operational plan, we will let you know.

Please remember: If your child or someone in your household has:

- a new, continuous cough,
- a high temperature,
- loss of taste or smell,

You must not attend nursery under any circumstance.

You must contact 111, get tested immediately and inform us of the outcome as a matter of urgency. If we suspect that your child has covid-19, you will be asked to collect them immediately, contact 111 and get tested.

If the outcome is negative, you and your child may return to nursery. If the outcome is positive, you will need to follow the 'Stay at Home' guidance as issued by the government.

Home Learning Ideas

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

Try our daily activities during Children's Mental Health Week.

Go on a winter walk and begin to spot spring flowers that are starting to appear.

Celebrate Chinese New Year! Listen to some Chinese music and watch a Lion or Dragon dance.

Show someone you care on Valentine's Day. Make a card, picture or even record a message to send to them.

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

Spring Term 2021 Dates for your diary...

Children's Mental Health Week – Monday 1st – Friday 5th February

Term Time Only Children - Term ends Friday 12th February

Term Time Only children return on Monday 22nd February

World Book Day – Thursday 4th March (See below)

Toddler Parent Meetings – Tuesday 16th March (By appointment)

Pre-School Parent Meetings – Wednesday 17th March (By appointment)

Baby Parent Meetings – Thursday 18th March (By appointment)

Red Nose Day – Friday 19th March

Easter Stay & Play – Saturday 27th March; 10am-12pm

Term Time Only Children - Term ends Thursday 1st April

Easter Closure – Friday 2nd April

We re-open at 8am – Tuesday 6th April

Term Time Only children return on Monday 19th April

World Book Day - Thursday 4th 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 come dressed up as a character from their favourite book.



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Tiffany (Pre-School) and **Lauren** (Toddlers) recently completed their Level One Makaton training and will be using Makaton as part of our everyday learning. 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.

Being able to communicate is one of the most important skills we need in life. Almost everything we do involves communication; everyday tasks such as learning at nursery, asking for food and drink, sorting out problems, making friends and having fun. These all rely on our ability to communicate with each other. With Makaton, signs are used, with speech, in spoken word order. This helps provide extra clues about what someone is saying. Using signs can help people who have no speech or whose speech is unclear. Using symbols can help people who have limited speech and those who cannot, or prefer not to sign.

To support this learning at nursery, they will be sharing a 'Sign of the Week' through our Facebook page each week for you to learn at home.

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

Chinese New Year - Easy Chow Mein



Ingredients

- 200g/7oz dried egg or rice noodles
- 1 large carrot
- 2 spring onions
- 50g/1¾oz green beans, peas or mangetout
- A handful of other vegetables (beansprouts, cabbage leaves, sliced peppers)
- 2 tsp vegetable or sunflower oil
- 1 garlic clove, finely chopped by an adult or crushed in a garlic press

For the chow mein sauce

- 1 tbsp soy sauce (low-salt version if possible)
- 2 tsp honey
- 1 tsp tomato ketchup
- Half a lemon, juice only

Method

1. Place the dried noodles in a heatproof bowl and add boiling water from the kettle. They will take approximately five minutes to cook. When the noodles are cooked, drain them in a sieve and rinse the noodles under cold water.
2. Peel and grate the carrot. Chop any other vegetables you want to include. Everything should be sliced thinly if possible.
3. In a small bowl mix together the soy, honey, ketchup and lemon juice. Have a taste - it should be tangy but sweet. You can add a little more of the ingredients as needed.
4. Heat a large frying pan or wok and add the oil. Add the garlic and stir fry for a few seconds, then add the grated carrots, spring onions and the beans or peas as well as any other raw veg or cooked meats you want to add.
5. Stir fry for two minutes on a high heat before adding the sauce and a splash of water.
6. Add the cooked noodles to the stir-fried ingredients along with the beansprouts if you are using them.
7. Stir the chow mein for a couple of minutes over a high heat to finish the dish.
8. Serve in a bowl - try using chopsticks!



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Our January Learning!



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