

Caldecote Day Nursery



Newsletter January 2025

This month's Learning Focus: **Children's Interests, Winter & Chinese New Year**

This month's Value: **Diversity**



Happy New Year!

We hope that you had a wonderful Christmas and a restful New Year! Thank you so much for all the generous gifts that you sent in, it really was very kind of you.

Welcome!

We would like to extend a warm welcome to our new families and staff who are joining us throughout January. We hope that you enjoy your time with us at Caldecote. We look forward to getting to know you...



2025 marks the 30th anniversary of the nursery, which is a significant milestone for us, and we hope to celebrate throughout the year with events, parties and other celebrations.

This is also going to be a year of change for us as a business. We are in the process of transitioning to become a Limited Company. While going through this process, Pamela and I have also decided to take a step back from the everyday running of the nursery. I am not getting any younger and Pamela would like to be able to spend more time with her family. We will become Company Directors and still oversee the business as a whole, are looking for a manager to step into Pamela's shoes and take on the leadership of running the nursery.

We will insist that the newly appointed manager runs the nursery with the same ethos that we do. We are a family business and hope that you feel part of the Caldecote family. That is something that we do not wish to lose. We are also hoping to find someone with fresh ideas, who is conscientious, ambitious and will continue our drive to raise standards for the children in our care and maintain the excellent reputation we have built over the last three decades. It may take time to find the right person, but we will ensure that they hold the same values as us.

We see this as an exciting opportunity to continue to shape and grow the nursery (for perhaps the next 30 years?) and look forward to what the new year will bring.



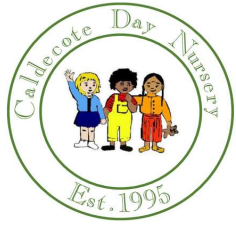
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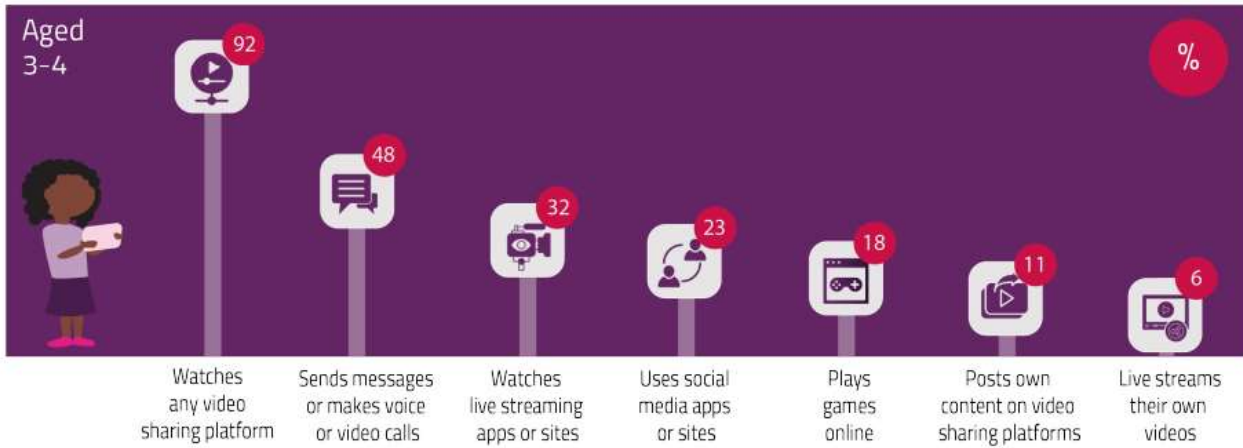
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Safeguarding

Safeguarding children's wellbeing is paramount for us at nursery. Here are some important messages about online safety in the early years.

Recent statistics from Ofcom Children and Parents: Media Use and Attitudes Survey 2023 show how active 3- and 4-year-olds are online. But how aware are you of what your child does online...?

Online activities of 3-4-year-olds



Explore Together - Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do.

Put yourself in control - Install parental controls on your home broadband. Most Internet-enabled devices also allow you to set parental controls so you can monitor what your children are looking at.

Use Passwords - Keep your devices out of reach and set passwords on all your internet-enabled devices and don't share them. Then you'll know when and where your child is accessing the internet. You can also make sure they're not making additional purchases when they're playing games or using apps.

Search Safely - Use safe search engines such as Swiggle or Kids-search. You can save time by adding these to your 'Favourites'. Safe search settings can also be activated on Google and other search engines, as well as YouTube.

Be Involved - Encourage them to use devices in a communal area like the lounge or kitchen so you can keep an eye on how they are using the internet and share in their enjoyment.

Manage Access - Set your homepage to a child-friendly site like CBeebies and create a user account for your child on the family computer or device which only allows access to sites you've chosen.

Help Them Learn Through Games - You can choose safe, fun and educational online games to play with your child and that you'll be confident about them exploring. You can find good free of charge examples from CBeebies and companies like Disney Junior, Nick Jr and Fisher Price.

Set Boundaries - It's never too early to start setting boundaries. Set some rules about how long your child can spend online.

Although our children do not use tablets or devices at nursery as part of their everyday interactions, will be learning about how to use the internet safely during this term.



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Home Learning Ideas

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

Go on a winter walk with an adult and see how things have changed since the Autumn.

Draw a pattern to design a scarf or make one, using fabric scraps or other collage materials.

Talk about some animals that live in cold places. Find out what they like to eat and how they make their homes.

On winter mornings, the ground is often covered with frost. Talk about where this has come from or investigate what happens to ice in warm places.

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 2025 Dates for your diary...

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

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

All About Me – Emailed to parents w/c 6th January

Children's Mental Health Week – Monday 3rd - Friday 7th February

Term Time Only Children - Term ends Friday 14th February

Term Time Only children return on Monday 24th February

World Book Day – Thursday 6th March (Details to follow)

Mother's Day Family Fun Session – 18.03.25 (10-11am) & 20.03.26 (2-3pm)

Red Nose Day - Friday 21st March (Details to follow)

Chatter Matters Week – Monday 24th – Friday 28th March (Details to follow)

Stay & Play – Saturday 5th April; 10am-12pm

Term Time Only Children - Term ends Friday 11th April

Easter Closure – 6pm Thursday 17th April

We re-open at 8am – Tuesday 22nd April

Term Time Only Children - Term begins Monday 28th April

Our full term dates calendar is available on our website:

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

Have your say!

This monthly newsletter is for all of our families at nursery, but we want it to benefit you. Is there anything that you feel we could include that you would find helpful? Is there anything that you would like to know that would also be useful to other families? Please email the office with any ideas. Thank you.



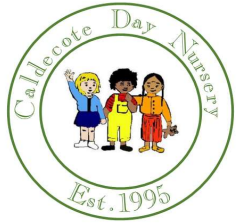
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Leadership Focus

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 Makaton Champions: Lauren & Tiffany (mat leave)

At Caldecote, Tiffany (Pre-School) and Lauren (Babies) are our Makaton Champions. They are trained to use Makaton and support other staff to use it on a daily basis with all the children in nursery.

What is Makaton? 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 school, 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, limited hearing and those who cannot, or prefer not to sign.

For those who have experienced the frustration of being unable to communicate meaningfully or effectively, Makaton really can help. Makaton takes away that frustration and enables individuals to connect with other people and the world around them. This opens up all kinds of possibilities.

 <p>Makaton at Caldecote. Here are some signs that we use every day.</p>	 <p>hello / goodbye</p>	 <p>mummy</p>	 <p>daddy</p>		
	 <p>milk</p>	 <p>eat</p>	 <p>drink</p>		
	 <p>stop</p>	 <p>good / well done</p>	 <p>please</p>	 <p>thank you</p>	 <p>help</p>
	 <p>more</p>	 <p>finished</p>	 <p>sleep</p>	 <p>nappy</p>	 <p>toilet</p>

At Caldecote, our children may learn a range of Makaton signs as part of their learning interests and this may also include songs and rhymes, but we all focus on 16 key signs that we use on a day to day basis to help the communication of our children.

If you wish to use these at home, a copy of this poster is available on our website or please ask staff for a paper copy if you wish.



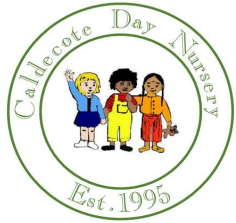
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Family Focus: Now I am two, what can I do?

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 or need more information about.

This month our focus is: Now I am two, what can I do?

What are the typical communication and language milestones for a two year old?

- Most children can speak a two or three word sentence.
- They can use some plurals and may use basic pronouns like 'you' and 'me'.
- Ask a simple 'why?' question.
- Join in with repeated phrases or words in stories.

What are the typical physical development milestones for a two year old?

- Most children should have balance when standing.
- Jump up and have both feet leave the ground.
- Climb steps, one foot at a time – alternate feet will develop later.
- Make scribbles and straight lines with a pencil or crayon.
- Use both hands to mark make – they will not necessarily show a dominance at this stage.
- Use a spoon or fork to gather food and bring it to their mouth or use hands to finger feed.
- Some will begin to learn how to dress and undress, manipulating zips and other fasteners.
- Be interested in how to use certain tools like paintbrushes, scissors, scoops.
- Most children can pull and carry, climb, kick a ball, run in a line or in circles, fill and pour containers.
- They may show an interest in using the toilet or potty, pulling pants or trousers up and down.

What are the typical personal, social and emotional development milestones for a two year old?

- Most children are not always keen to share. They can be independent one minute and then very clingy the next.
- They will begin to show awareness and might develop fears of loud noises, creepy crawlies etc.
- Some children will sleep for 11 hours at night and some will also still sleep in the day.
- They will begin to play alongside others, interact more with children and develop skills to concentrate more.
- They will also watch and copy what other children and adults do and say!

How will I know if my child is meeting these milestone?

- Around the age of 2.5, your child will be assessed on some of the areas above and parents receive a short written account of their strengths and areas for development. This is also to be shared with your Health Visitor and if any further support is required, nursery staff will put a plan together to support.

But what about the 'terrible twos'?

- Tantrums are normal at this stage and when a child is two, they are finding their feet, becoming more independent and learning they can say yes and no. They will test boundaries and also test your patience. They will begin to disobey more now, and as they do not always have the language to communicate their frustration, they may show this through angry actions instead.
- Some children may also bite or hurt at this stage. This is also part of development and is a phase that some children will go through. Always explain that biting or hitting hurts and comfort the child who has been hurt. If you ask the child to apologise to another child, so they understand or just going through the motions to please the adult? It is more powerful to say that the action has made the other child sad and we now need to help them feel happy.
- Distraction can be a great way to take the child away from a tantrum trigger or sometimes ignoring the tantrum is another strategy. As long as children are calm and safe, this will help them to self-regulate. Always aim to calm them, rather than telling them off.

Being two is a tricky age for the child and for the parent! If you are concerned that your child is not meeting these milestones or you have worries about their behaviour, please contact your Key Person or the office.



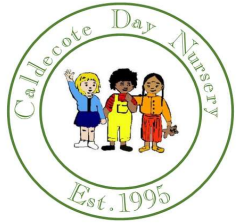
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This month's seasonal recipe to try at home...

Winter Warmer Soup



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

Ingredients:

- 500g sweet potato, peeled and cut into chunks
- 300g carrots, peeled and cut into chunks
- 3tbsp olive oil
- 2 onions, finely chopped
- 2 garlic cloves, crushed
- 1l vegetable stock
- Chopped herbs to garnish (optional)



Method

1. Heat the oven to 220C/200C fan/ gas 7
2. Put the sweet potatoes and carrots into a large roasting tin, drizzled with 2 tbsp olive oil and some seasoning.
3. Roast the vegetables in the oven for 25-30 mins or until caramelised and tender.
4. Meanwhile, put the remaining 1 tbsp olive oil in a large deep pan and fry 2 finely chopped onions over a medium-low heat for about 10 mins until softened.
5. Add 2 crushed garlic cloves and stir for 1 min before adding 1l vegetable stock.
6. Simmer for 5-10 mins until the onions are very soft, then set aside.
7. Once the roasted vegetables are done, leave to cool a little, then transfer to the saucepan and use a hand blender to process until smooth.
8. Garnish with herbs if you like, and serve!

Family Information Service (FIS)

We are a free information and signposting service for families with children and young people aged 0 – 25 and professionals working with families in Warwickshire. We cover a wide range of family related topics such as:

- childcare
- mediation and contact
- divorce and separation
- finance
- health
- bullying
- support groups
- parenting support



If you have an enquiry, contact us by:

- Telephone - 01926 742274
- Email - FIS@warwickshire.gov.uk
- Facebook - @WarwickshireFIS
- Twitter - @WarksFIS



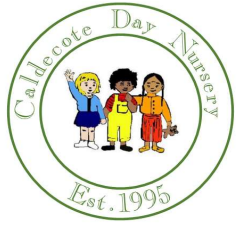
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Our December Learning...



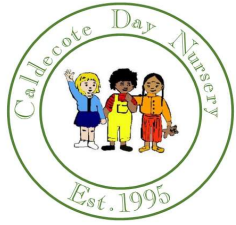
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It's a girl

Congratulations to Tiffany, Taylor & Macey on the birth of beautiful Lila!

Lila was born on the 14th December, weighing 9.1lb All doing well!



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