



Caldecote Day Nursery



Newsletter February 2025

This month's Learning Focus: **Children's Interests, Children's Mental Health, Internet Safety**

This month's Value: **Confidence**

Safeguarding

Safeguarding means **protecting people's health, wellbeing and human rights**. This also applies to mental health, which is why we include ways to support mental health in our day to day learning and also take part in important events such as Children's Mental Health Week...

From 3-9 February 2025, schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is: **Know Yourself, Grow Yourself**

It is so important that we as adults, and children also, understand what makes us tick. Our likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness.

It is through knowing ourselves and speaking with others, that we can build resilience, grow and develop.

For Children's Mental Health Week 2025, we are encouraging children to learn more about themselves, recognise big feelings and celebrate what makes them unique and special!

KNOW YOURSELF, GROW YOURSELF

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

This year's Children's Mental Health Week theme is Know Yourself, Grow Yourself.

The more we can understand about ourselves, the more prepared we are to express our emotions and take on life's ups and downs.

Being self-aware means getting to know and understand what we are good at, what we find difficult, our likes and dislikes, what makes us feel **JOY** and what may cause us **SADNESS**. It is also about understanding what makes us unique and our fears, hopes and dreams. As we build a sense of self, we grow in our ability to connect with others, as well as develop our skills and talents. It is with this basis we can form strong and healthy relationships, from early childhood right through to adulthood and are equipped to cope with the challenges that life brings our way. During Place2Be's Children's Mental Health Week 2025, please join us in some activities to help us explore our different emotions and grow ourselves. There is something for everyone, and we hope you enjoy this journey of self-discovery!

Follow the link for more information about how you can support your child with their mental health...

<https://www.childrensmentalhealthweek.org.uk/families/>

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK 3-9 FEB 2025

KNOW YOURSELF, GROW YOURSELF



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Home Learning Ideas

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

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

Talk about your feelings think about what makes you happy, sad, angry, frustrated, excited...

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

Use your senses when you are out and about. What can you hear, see, smell, touch or taste?

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...

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

(Please return these!)

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 (See below)

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>



World Book Day - Thursday 6th 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 or with a prop to represent a character from their favourite book. Feel free to bring the book along to share too!



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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 Time to Talk Champions: Lauren, Sophie, Leanne & Tiffany (Mat leave)

At Caldecote, we have a staff member based in each room who is trained in the Warwickshire Time To Talk programme. **'time to talk'**TM is Warwickshire's strategy for supporting the development of speech, language and communication skills of babies and young children in Children's Centres, Early Years and Childcare settings.

Each Champion takes the lead on developing excellent practice in the staff team. They have a screening tool to measure children's speech, language and communication skills, and respond to the needs of children and families by providing support when needed. They also ensure that information about speech and language development is available to families, and, along with the SEND team, oversee specific interventions for children who are finding it more difficult to learn to talk. They also have a role in developing the environment at nursery, so that it is 'communication-friendly'.

Each year the Time to Talk Champions promote speech and language through a focused 'Chatter Matters' week in March, where we provide activities in nursery and for families at home, to support in the development of speech and language.

Top Tips for developing speech and language at home...

Being face to face: It's never too early to start a conversation, giving full eye contact and completely tuned in to each other. This is laying really strong foundations for the baby's emotions.

Following your child's lead: This is one of the best ways to build your child's attention and listening skills. If you follow what they are looking at or touching, you are joining in with their focus. This helps them to stay focused for longer. You are also supporting their emotional development by showing them that you are interested, that you have time for them, and that they matter.

Keeping it simple: Babies learn from conversation, and they learn most when the language they hear is at their level –not too much, and not too quick!

Adding words: Everyday routines are a great time to chat. Especially at a time when you can be face to face, during a nappy change. Even a chore like doing the washing up can be a time to hear lots of words.

Repeat, repeat, repeat: We know that repetition helps children to learn. Singing rhymes and songs is a great way to keep children's interest –they often like to hear the same song over and over (and over!) again! They learn to recognise the rhythm, the actions as well as the words.

'chatter matters'TM at storytime

Celebrating children's communication with books and stories

24th – 28th March 2025

Warwickshire 'time to talk'TM @timetotalkwarks
www.timetotalkwarwickshire.com

Our amazing Champions are attending the Time to Talk Conference with Michael Rosen this month for an inspirational day, exploring how to support children with language development through the power of stories.



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Family Focus: Now I am three, look at me!

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 three, look at me!

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

- Most children can use 250 – 300 words in short phrases.
- They can listen to others and understand what is being said (receptive language)
- They can talk about stories, name common objects, tell you their name and age and express how they feel.

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

- Most children will be able to dress and undress themselves, although they may find fasteners tricky.
- They should be able to ride a tricycle or balance bike, stand on tip-toes, balance on one foot, manage stairs with minimal support, jump up and down off things.
- They will begin to show more of an interest in mark making, drawing simple shapes.
- Children may also be developing skills in building with towers and blocks, connecting things together, climbing, kicking a ball, cutting with scissors and using a cup to drink.

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

- Most children enjoy using their fingers to eat and will experiment with the texture of different foods.
- They will be developing their skills at using a spoon or fork to feed themselves.
- They will be able to play alongside others (playing with friends develops later) and will be able to help with tasks such as tidying up resources.
- This is a time when they may also become more emotional as they start to navigate big feelings.

What can I do to support my three year old as they become more independent?

- Having a good structure and routine around a child of this age can help them thrive. It allows them to anticipate what is going to happen next.
- Your child will be beginning to develop their own opinions and want to do things in a particular way. Structure and routine helps them to do this. Giving children options from a choice of two things, e.g. "Would you like an apple or a banana for a snack?" allows your child a sense of autonomy within a structure that is controlled by you.
- Three year olds often lack a sense of urgency, so allow plenty of time when expecting them to do something like putting their shoes on or using the toilet.

How can I help them develop further skills?

- Take time to talk to your child and comment and question them to further their understanding.
- Encourage them to help at home and take part in family tasks like setting the table, tidying toys or putting clothes in the washing basket.
- Give clear and simple instructions, making requests, rather than asking questions. For example, saying "Can you put the paper away please?" will require a yes / no answer. Instead say "Put the paper in the drawer please."
- Encourage turn taking and sharing with others. Learning to wait to play on equipment or take a turn with a particular toy is a skill that takes time to master.
- Develop physical skills by being outdoors, running, jumping and climbing. This will help to build muscle and develop gross motor skills. Using tools like scissors, tweezers and engaging with play dough will help to promote fine motor skills and hand strength, preparing them for holding a pencil to begin to write.

Three year olds are curious, imaginative, innovative and secure in who they are. If you are concerned that your child is not meeting these milestones or you have worries, please contact your Key Person or the office.



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

Easy Valentine's Jam Tarts



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

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.
3. 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.
4. Add 1 more tbsp of water if it's not coming together, but try not to add more than that.
5. 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.
6. 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.
7. 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.



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Two-Year Progress Check

The two-year progress check is a statutory assessment that evaluates a child's development between the ages of two and three. It is typically conducted by a health visitor, which evaluates the child's overall development to identify any potential developmental concerns early on.

If you have been given an appointment for this, please let staff in your room know as soon as possible as we will need to provide an update for the Health Visitor to discuss with you.

Spare Clothing

Please ensure your child has a bag which at least two sets of spare clothes with them at nursery which includes socks or tights. If your child is learning to use the toilet, at least four sets of 'bottom half' clothing is also recommended as children can have several mishaps each day, especially in the early stages of learning this skill.

We are running low on spare socks. If you have borrowed some, please return them. If you have any that are suitable for donation, we will happily take them off your hands!



6pm Collection

We always like to provide face to face feedback about your child's day and often have forms to be signed, but we have an increasing number of families arriving at 6pm for collection and then wanting five minutes of feedback. That is fine if there is only one person queuing, but often there are seven or eight families waiting to be seen.

While we understand that you are busy working, please also be mindful that some staff are also coming to the end of a ten hour shift and that some children will have been here for ten hours too, which makes for a long day for everyone.

Please be considerate of staff and children.

Welcome to Family

As we continue our commitment to raising standards and improving our service, we have decided to move our app from ParentZone to Family. They are the leading Early Years platform on the market and offer lots more in the way of accessibility and interactivity for parents as well as our practitioners.

We will keep you updated about the migration process to ensure a smooth transition. There will also be online support to help parents navigate the new features and learn more about the capability of the software.

In the meantime, if you have any particularly precious images on ParentZone, we suggest that you take time this month to download them.



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Our January Learning...



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