



Caldecote Day Nursery



Newsletter July 2024

This month's Learning Focus: **Children's interests, Sport's Day, Summer**

This month's Value: **Teamwork**

Safeguarding

With the temperatures set to rise again in the coming weeks, here is some advice from Public Health England on how to stay cool this summer.



Beat the Heat

Stay connected



Look after yourself, check on others especially the elderly



Listen to the weather forecast and the news



Plan ahead to avoid the heat

Keep well



Drink plenty of water, avoid alcohol and caffeinated drinks



Dress appropriately for the weather



Slow down and avoid heavy activity

Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

Watch out



Be on the lookout for signs of heat related illness



If you're too hot, cool your skin with water, slow down and rehydrate



Get help. Call NHS 111 or in an emergency 999

For more information go to www.nhs.uk/heatwave

PHS publications gateway number 201621

Leaving to start school?
If you are leaving to start school in September, **please remember you need to give one month's notice.** Children who only access funded hours, this ends on Friday 19th July.

Class of 2024

Goodbye and good luck to all our children leaving for 'Big School'. You have been fabulous here and you will be fabulous at school too. Don't forget to pop in and visit us in your new uniform! We will miss you all!

You are capable of **AMAZING** things.

You're off to Great places!
Today is your day!
Your mountain is waiting, so...
Get on your way!
- Dr Seuss -



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Family Focus: Fussy Eaters

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: Fussy Eaters**

What is a fussy eater ?:

- In children, this refers to a child who may not like the shape, smell, taste, colour, heat or texture of certain foods.
- They may also have a preference for one particular food.
- The term 'fussy eater' can also be used alongside the term 'picky eater'.
- However, these terms can sometimes be unhelpful as they can undermine difficulties faced by some children, which may also include medical issues such as swallowing problems as well as emotional / mental health issues related to food.

Eating is a sensory experience:

- When we eat we use our senses and this sensory information is processed in different ways.
- **Vision:** Our eyes see the food and the process begins. We look at the colour, shape, heat of the food (is it steaming / sizzling?)
- **Olfactory:** We smell the food.
- **Tactile:** Our hands touch the food.
- **Gustatory:** We taste the food.

Why might a child be a fussy eater?:

- The child may wish to show control and independence.
- The child may not want food following an illness.
- The child might be seeking attention.
- The child might be worried or anxious.
- The child may wish to be assertive.
- The child may have had a traumatic experience with food, such as being sick or choking.
- The child may be unwell or recovering from an illness and not feel well enough to eat.
- The child may be easily distracted.
- Neophobia is a fear of new foods and is a common stage of development for children aged between 2 and 7.
- Interoception is the inability to read body signals, so a child may not know when they are hungry or know when they have eaten enough.



How to support a child who does not eat well?

- It is best to consider food intake over a week, ensure that your child is eating from the main four food groups (fruit and vegetables; potatoes, rice, pasta and other carbohydrates; dairy and dairy alternatives; meat, fish, eggs and other proteins) and if they are active and not losing weight, then they may be eating enough.
- Keep offering foods that a child has previously refused. It can take between 17-20 times before they may try the new food and tastes can change as they grow.
- Keep offering a variety of foods and give small portions so it is not overwhelming.
- Provide food choices so the child has autonomy over what they are eating.
- Let smaller children finger feed / feed themselves – they may eat more this way.
- Sit and eat with the child so they can see you eating the same things. They may copy and this will help to encourage them.
- Do not force a child to eat – just take the food away without saying anything.
- Praise every time the child eats something.
- Try not to give snacks between meals, so the child feels hungry and ready to eat.
- Do not use food as a reward or bargaining tool – for example, "You can have a pudding if you try your main."
- Make meal times enjoyable – chat, have fun and keep it relaxed. It should not be stressful for you or the child.
- Reduce distractions and turn off electronic devices.
- Keep a food diary so you can see what and how much they have eaten in a week. Also note where they ate and who with...
- Take part in some fun food based activities such as baking, collages using food magazines, growing food or helping to prep a meal.

Please remember that a child refusing a food or refusing to eat will not be a lifelong issue. We need to give the child time and space to explore the foods at their own pace, even if it is worrying or frustrating for the adults. A child should not have to worry about each mealtime as these should be enjoyable family times. Contact your health professional if you notice that this is impacting a child's weight or if they become weak or irritable. Please contact the office if you have any questions.



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Home Learning Ideas

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

Talk about sport and keeping healthy by exercising. Ask your child about ways they can move their body – jumping, running, walking, hopping etc. Have a go together.

Think about the change in season and the warmer weather. Ask your child if they know how to stay safe in the sun?

If you are on holiday, talk about all the new sights, sounds and smells. Collect something natural like a pebble or shell as a keepsake for your trip.

Enjoy lots of waterplay in the garden. Use a large storage box or washing up bowl with some simple bowls and spoons to learn about filling and emptying. Add some bubbles and some toys that need a wash and let your child help with the cleaning!

Try making our seasonal recipe of the month and let us know how it tastes!

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



ParentZone

Congratulations to Kayleigh and Tiffany (Pre-School) who are both expecting babies in the early Autumn!



Summer Term 2024 Dates for your diary...

Pre-School Graduation – Tuesday 2nd July (by invitation only!)

Sports Day – Thursday 11th July; 10am & 2pm in Caldecott Park

Pre-School Farewell Party – Wednesday 17th July; 1:30-3:00pm

Term Time Only Children - Term ends Friday 19th July

Bank Holiday Closure – Monday 26th August

Term Time Only Children - Term begins Monday 9th September



28th Caldecote Games

Thursday 11th July 2024

Please come along and join our Sports Day Events in Caldecott Park; just next to the tennis courts.

10am & 2pm for all rooms.

Please ensure your child has suitable clothing and footwear for the occasion, has a sun hat and is wearing sun cream.

If your child does not usually attend on this day, please feel free to bring them along to join in at one of the sessions, while you stay to watch the action.

If the event cannot go ahead due to extreme weather, we will inform you via the ParentZone app.



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

Medal Cookies – makes 15



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

Ingredients:

- 140g butter
- 100g light soft brown sugar
- 3 tbsp golden syrup
- ½ tsp vanilla extract
- 350g plain flour, plus extra for dusting
- 1 tsp bicarbonate of soda
- 1 large egg

To decorate:

- 1kg pack ready-to-roll icing
- icing sugar
- food colouring paste, edible glitter and icing pens (optional)
- 15 long colourful ribbons



Method:

1. Heat oven to 200C/180C fan/gas 6. Line 2 baking trays with baking parchment.
2. Melt the butter, sugar and syrup in a small saucepan. Mix in the vanilla, remove from the heat and leave to cool for 10 mins.
3. Sieve the flour and bicarbonate of soda into a bowl. Pour in the melted butter mixture and the egg, and stir together to form a stiff-ish dough.
4. Pop the dough in the fridge for 10 mins to chill and firm up.
5. Roll the dough out on a floured surface to 5mm thick, then stamp out 15 circles using a 7.5cm round cookie cutter; you may need to re-roll the trimmings to get 15 cookies. Make a hole at the top of each circle with the end of a pencil.
6. Place on the baking trays and bake for 12 mins until golden, swapping the trays around halfway through.
7. Cool on a wire rack. Decorate the cookies using the ready to roll icing, edible glitter etc, making sure the hole is at the top of each one. *Will keep for 3 days in an airtight container.*



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Leadership Focus


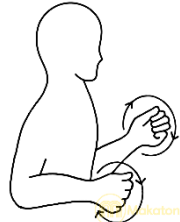
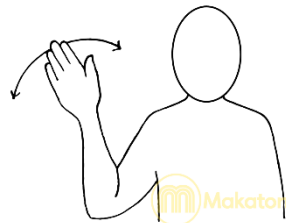
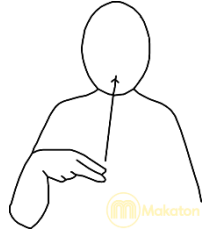

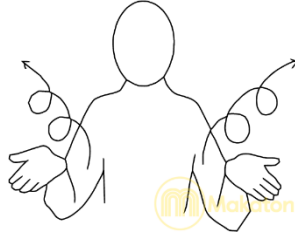
At nursery, we have several staff who take a leadership role. To raise their profile with parents and celebrate the good work that they do, each month we are going to highlight a different role and provide you with some information.

This month it is our Makaton Champions: Tiffany & Lauren

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.

Each week we have a 'sign of the week' which is linked to learning that is taking place in nursery. These are the signs we will be using in the coming weeks, for you to also try at home.

 <p>Bring both hands in towards body as if receiving degree scroll</p> <p>w/c 1st July - Graduate</p>	 <p>w/c 8th July - Run</p>
 <p>w/c 15th July - Goodbye</p>	 <p>w/c 22nd July - Eat</p>
 <p>w/c 29th July - Water</p>	 <p>w/c 5th August - Play</p>



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W.Inc.K.S Award! – Congratulations to the SEND Team and all who work in nursery as we have been awarded a W.Inc.K.S (Warwickshire Inclusion Kite-Marking Scheme) award for the third year in a row. This Silver award recognises all that the staff do to support children and their families with additional needs. The award was presented to Alice & Poonam (our SENDCO's) at a special ceremony in Warwick last month. All our staff work closely with our SEND children, so this award was a real team effort! Well done!



Ofsted; June 2024 – You will be aware that we were inspected by Ofsted in June and we are pleased to share that we achieved the grading of 'Good' in all areas. The report highlights the strengths within the nursery and also the areas that we will be developing in the coming months / years.

The full report is available to read on our website:

<https://www.caldecotedaynursery.co.uk/parents/ofsted-report/>



'Be Proud Of Who You Are' Week!

We had a great week celebrating and feeling proud of our friends, family, ourselves, our community and our culture. You can find out more about how we celebrated on our Facebook page:

<https://www.facebook.com/caldecotedaynursery>



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Our June Learning...



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