



# Caldecote Day Nursery



## Newsletter December 2024

This month's Learning Focus: **Children's interests & Christmas**

This month's Value: **Sharing**

### Safeguarding

**Safeguarding children's wellbeing is paramount for us at nursery. Here are some important safety messages for this time of year...**

**Make sure your tree is flameproof:** If you're purchasing an artificial tree, check the packaging to make sure it is fire resistant; if you're having a live tree, bear in mind that chemical sprays to prevent needle-drop may be flammable.

**Buy your live tree as late as possible and check it for freshness:** A fresh tree is green, its needles are hard to pull from the branches and when bent between your fingers, the needles don't break. The trunk should be sticky with resin, and when you tap it on the ground the tree shouldn't shed many needles.

**Position it carefully:** When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and don't block doorways.

**Check all tree lights before hanging them on your tree, even if you've just purchased them:** Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.

**Avoid lights on a metallic tree:** Never use electric lights on a metallic tree - the tree could become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.

**Turn off all lights when you go to bed or leave the house:** There's a risk they could short out and start a fire.

**Stick to flame-resistant decorations:** Use only non-combustible or flame-resistant materials to trim a tree.

**Never use lighted candles on a tree or near other evergreens:** Always use non-flammable holders and place candles where they won't be knocked over.

**Take special care to avoid decorations that are sharp or breakable:** Keep trimmings with small removable parts out of the reach of children to avoid them from swallowing or inhaling small pieces and avoid trimmings that resemble sweets or food that may tempt a young child to eat them.

**Remove wrapping paper, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened:** These items can pose suffocation and choking hazards to a small child, or can cause a fire if near flame.

**Don't burn gift wrap in the fireplace:** A flash fire may result, as wrappings can ignite suddenly and burn intensely.

### Clothing Reminders

- As the weather is getting colder, please remember to bring **warm coats, hats, gloves and scarves** for children, as they like to get outside in all weathers.
- Please also ensure that **these are named** so if they are lost, they can be returned.
- We have noticed that some children are arriving at nursery in shoes that are **too big**. While the children spend a majority of their time in socks or slippers, having well fitted shoes for outdoor times and beyond nursery is very important in the prevention of accidents. Wearing a shoe that is too big will also cause children to walk in an **unnatural and dysfunctional way** which can lead to serious foot problems.
- If you have borrowed any nursery clothes and not returned them, or you are having a clear out at home, we would appreciate donations of **socks and pants** for all ages please.



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### Family Focus: Blossoming Babies

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: Blossoming Babies.**

#### What are the environments where babies can thrive?

- The Inside Environment: which is filled with rich resources that they can explore, such as treasure baskets, soft books, noise-making instruments, mirrors, sensory resources, messy play, soft play and much more.
- The Outside Environment: which has opportunities to use the senses, explore on a larger scale, be curious about nature, feeling different textures, being able to climb and be more physical and active or be calm and reflective with nature and fresh air.
- The Emotional Environment: which is a place where babies can feel safe, are smiled at, stimulated and are spoken to softly, feel included and nurtured.

#### How can you enhance a Baby's Learning?

- Babies learn from experiences and this is usually always more important than the final result.
- They love to repeat actions and experiences. These repetitions are an important part of learning as they improve connections in the brain.
- Babies are learning about their own bodies all the time by moving, holding, squeezing, pushing and pulling.
- They have a natural need to move.
- As they begin to crawl, they will need space to be able to crawl and explore. While they are non-mobile, remember to move them to different areas of a room to experience different views and stimuli.
- Notice what your baby is interested in. Do they like to shake things, roll balls or move things from one area to another. These patterns of repetitive play and learning are called Schemas. You can provide resources and opportunities to support your child's learning and development through these.

#### How can you support learning through communication?

- Babies need to see the face of an adult as they talk and communicate to see the changing face of the adult and learn from their responses.
- Being face to face with the an adult, down at the level of the child and using a gentle, clear, calm but expressive tone can help a child to develop their communication skills.
- Talking to your baby as you push them in a pram or pushchair will help them to learn about communication and the world around them.
- Saying your child's name frequently, commenting to the baby as you do things, using a variety of facial expressions, but also leaving pauses of silence between comments can help with communication. As babies begin to babble, they will need time to process what you have said and will often reply with babble in those spaces. That is the beginnings of a conversation.
- If babies are exposed to a rich language environment, it will help their communication in the longer term.

#### How can Tummy Time support learning?

- Tummy time is important. A baby should spend some time on their tummy for a few minutes at a time, near some books or other learning resources.
- This encourages a baby to support their own head, move their arms and legs to build their upper body strength.
- As you do this, be on the floor, at their level and encourage them to look at you. This will also support crawling.

Good communication and interaction develops attachment, connection and trust. Be patient, understanding and affectionate with your baby and they will thrive! If you wish to discuss any of the above, please contact your Key Person or the office.



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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 Mental Health Team: Megan & Rachael**

Megan and Rachael are trained as Mental Health First Aiders. Their main role is to be a point of contact for an employee who is experiencing a mental health issue or emotional distress. This interaction could range from having an initial conversation through to supporting the person to get appropriate help. They also support children in learning about the importance of good mental health and provide ways to do this. Here, they are sharing ways to support your mental health during the festive period...

Christmas can affect our mental health in lots of different ways. This could be if Christmas is part of your life, or if it's happening around you. It's a time of year that often puts extra pressure on us. Here are some ways to look after yourself if it is a challenging time of year for you.

#### 1. Take a break

The festive season can be overwhelming, and feeling under pressure can effect our wellbeing.

So think about what helps you relax & make time to **do something just for you.**

And remember - **don't be afraid to say 'no' to things.** People will understand and there's no need to feel guilty.

#### 2. Try to stay active

It is tempting to stay indoors, cosy on the sofa watching a film, but remember, **regular exercise is good for us.**

You could go for a long walk, try ice skating or work in the garden. Why not try some yoga or a class at the gym?

Physical activity releases endorphins, helping us **relax & boosting our mood.**

#### 3. Eat well and drink sensibly

If you tend to over-indulge around Christmas, you're not alone.

But we need to bear in mind that **what we eat and drink can have a real impact on how we feel.**

Of course, it's ok to treat yourself, but try to be mindful and think about **balance and moderation.**

#### 4. It's ok to ask for help

Remember people care about you and **there is always someone there to listen.**

Sharing your feelings with someone else can help you unravel your thoughts, feel supported & less alone.

You could message a friend, meet with a family member, speak to your GP or connect with a charity.

If you want to talk but don't know where to turn, visit [www.headstogether.org.uk](http://www.headstogether.org.uk)

Looking after yourself at Christmas

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### Home Learning Ideas

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

Talk about winter traditions in your family. Do you give gifts? Do you eat special food? How do you celebrate?

Go on a welly walk and see the season change. Look for bare trees and evergreen trees to compare.

Think about clothes that fit the weather. What do we wear in winter?

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.**

### Autumn Term 2024 Dates for your diary...

**Christmas Jumper Day – 13.12.24; £1 donation for Save The Children**

**Christmas Parties – 13.12.24**

**Babies & Toddlers; 11:30-1:00pm**

**Pre-School; 1:30-3:00pm**

**Pre-School Christmas Sing a long – 17.12.24 (11am) & 19.12.24 (2pm)**

**Term Time Only Children - Term ends Friday 20<sup>th</sup> December**

**Christmas Closure – Monday 23<sup>rd</sup> December; 6pm.**

**We re-open at 8am – Thursday 2<sup>nd</sup> January 2025**

**Term Time Only Children – Term begins Monday 6<sup>th</sup> January 2025**

Our full term dates calendar is available on our website:

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

### Children In Need – Thank you!

A massive thank you to everyone who donated to this wonderful cause. We raised a whopping £430 for Children In Need.



### Christmas Jumper Day - £1 Donation

Don't forget that as well as our parties on Friday 13<sup>th</sup> December, we will also be wearing our Christmas jumpers and asking for a donation of £1 which goes to Save The Children. Thank you for your continued support.



**Save the Children**  
**CHRISTMAS JUMPER DAY**



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

### Rudolph's Carrot Flapjacks



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

#### Ingredients:

- 200g butter
- 100g golden syrup
- 50g soft light brown sugar
- 300g rolled oats
- 2 grated carrots
- Zest of 1 orange
- 100g chopped apricot
- 1tsp cinnamon
- 50g pumpkin seeds



#### Method:

1. Heat the oven to 160C/140C fan/gas 3.
2. Line an 18cm square baking tin with greaseproof paper.
3. Melt butter, golden syrup and sugar in a large pan.
4. Mix in rolled oats, carrots, orange zest, apricots, cinnamon and pumpkin seeds.
5. Stir everything well, then pack into the prepared tin, pushing down firmly.
6. Bake for 40-45 mins.
7. Cool in the tin before slicing into 16 squares.

**Suitable for humans as well as reindeers!**



#### 50 Things to do before you are five!

Warwickshire launched this wonderful app with ideas of things to do with your children before the age of five. Once the app has launched, you can select the Warwickshire region and as well as providing links to activities to do at home, it will also give you information about books to share linked to the activity, key words and phrases to use, local events and much more! To download the app visit your app store or use the link below:

<https://warwickshire.50thingstodo.org/app/os#!50thingstodobefore5/welcome>

Share your adventures through ParentZone! We look forward to seeing what you get up to...



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### Our November Learning...



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### Christmas activities at Caldecote

#### Christmas Post Boxes – Monday 25<sup>th</sup> November – Wednesday 11<sup>th</sup> December

The festive post boxes will be available for you to send cards to nursery friends from Monday 25<sup>th</sup> November to Wednesday 11<sup>th</sup> December. Remember to put the child's name and room on the envelope.

**A list of names will be emailed towards the middle of November.**



#### Christmas Jumper Day & Christmas Parties - Friday 13<sup>th</sup> December

As well as being Christmas Jumper Day, this is also our Christmas Party Day! The party for Babies and Toddlers takes place between 11:30am-1pm and the Pre-School party is from 1:30pm-3:00pm. If your child does not usually attend on a Friday, they may attend the party at no additional charge. Please book a place with staff so we know how many we are catering for.



#### Pre-School Christmas Sing-a-long – Tuesday 17<sup>th</sup> or Thursday 19<sup>th</sup> December

Pre-School families (two adults per child) are invited to attend our Christmas Sing-a-long on Tuesday 17<sup>th</sup> December at 11:00am or Thursday 19<sup>th</sup> December at 2:00pm. This is a relaxed and informal sing-a-long with your child and other families. Wear a Christmas jumper or festive headgear to get into the spirit! The whole session should last between 15-20 minutes. Don't forget to bring your best singing voices!



As we approach the end of the year, we just wanted to take the time to thank you all for your continued support. And a special thanks to the children who continue to amaze us with their confidence, resilience, curiosity and strong friendships. You truly are amazing!



**We would like to wish you all a very Merry Christmas and a peaceful New Year.**



Love Mariana, Pamela and all the team at Caldecote Day Nursery.



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