

## **St Catherine's Independent Nursery - Newsletter 1 - September 2020**

Nursery Trustees – Jayne Chester (nominated person), Lisa Maddock, Belinda Pearson, and Tracy Austin

Registered Charity Number:- 1152421

Ofsted Number – EY488889

Telephone: 01772 456304

Email - info@stcatherinesnursery.co.uk

Website - [www.stcatherinesnursery.co.uk](http://www.stcatherinesnursery.co.uk)

Dear Mums, Dads and Carers,

We would like to take this opportunity in "WELCOMING" all the children and their parents back to nursery after the sudden closure in March, and also the new children and their parents into the nursery.

The government funding for two to five-year old children is a maximum of 30 hours per week (15 universal hours and 15 extended hours), for thirty-eight weeks of the year. This terms entitlement is for 14 weeks, and nursery is open for 15 weeks. Those children accessing the funded hours only will have a one-week holiday, commencing Monday 26<sup>th</sup> October, and returning to nursery on Monday 2<sup>nd</sup> November. All children will finish for the Christmas holidays on Friday 18<sup>th</sup> December and return on Monday 4<sup>th</sup> January 2021.

All term dates are available to view via our parent app in the Event section.

### **COVID-19**

Our COVID-19 operating procedures and our risk assessment have both been recently updated inline with the new government guidance. However, our self-isolating period for anyone contracting COVID-19 is higher than the government's advice of 10 days, ours is 14 days. In addition, a COVID-19 addendum is available via our app which highlights changes to our policies and procedures during the pandemic.

Thank you to all of our parents who have already signed the COVID-19 Health Declaration via our parent app, please can all other parents sign as soon as possible.

### **Staff Roles**

For your information, please take note of the following staff roles below:

Nursery Manager - Helen Brockliss: Nominated Child Protection Officer

Deputy Manager - Mary Marriott: Nominated Child Protection Officer, Health and Safety Officer

Jane Handyside - Nominated Child Protection Officer, Equalities Named Coordinator (ENCO)

Louise Leonard - Parental Involvement Coordinator (PICO)

Emma Rawlinson - Special Educational Needs and Disability Coordinator (SENDCo)

### **Recycled Nursery Jumpers**

We have a number of used nursery jumpers available for only £1, ideal for a spare jumper. If you wish to buy one or two please ask a member of staff. The proceeds will be used for new nursery resources.

### **Nursery Facebook Page**

Please like our Facebook page (profile picture is Ofsted Outstanding logo) and you will be able to see all the exciting activities your children participate in at nursery.

### **Nursery Rhyme of the Week**

Reading, reciting and singing nursery rhymes are an excellent way to help children get ready to read. When a child chants a rhyme repeatedly, they develop key pre-reading skills such as the ability to hear the distinct sounds that make up words, discern sound and word patterns and broaden their vocabulary. Studies have shown that the more nursery rhymes a child knows, the easier it will be for children to learn to read. So, this week we will be introducing nursery rhyme of the week to all our new children, which will be sung at singing time, and we encourage parents to sing the nursery rhyme at home with their child.

The week commencing 14th September it will be '1,2,3,4,5, once I caught a fish alive'

The week commencing 21<sup>st</sup> September it will be, 'There were ten in the bed'

The week commencing 28<sup>th</sup> September it will be 'Five little speckled frogs'

The week commencing 5<sup>th</sup> October it will be 'Five little ducks'

Please follow the link below for the words to all the nursery rhymes of the week and much more! You can also find these links on our parent app too, under Useful links – Communication and Language Development.

<http://www.wordsforlife.org.uk/songs>

<http://www.nurseryrhymes.org/numbers.html>

### **Word of the Week**

Staff will be incorporate the 'Word of the week' into normal routines and activities throughout the day, and we ask parents to join in at home to develop their child's vocabulary.

w/c 14th September – 'independent'

w/c 21<sup>st</sup> September – 'enthusiastic'

w/c 28<sup>th</sup> September – 'concentrating'

w/c 5<sup>th</sup> October – 'estimate'

### **Sound of the Week**

To all our new parents ~ Letters and Sounds is a six-phase programme designed to help teach children to read and spell with phonics. At Nursery we will be concentrating on Phase One. The aim of this phase is to foster children's speaking and listening skills as preparation for learning to read with phonics. Parents can play a vital role in helping their children develop these skills, by encouraging their children to listen carefully and talk extensively about what they hear, see and do.

Starting from 14<sup>th</sup> September we will have a 'Sound of the Week', for instance the sound of the week for the week commencing 14<sup>th</sup> September is 's', we would normally ask parents to bring in something from home beginning with each sound of the week, but due to COVID-19 we cannot allow children to bring in any items from home. Therefore, we ask parents to help their child to find items in their home beginning with the letter 's' next week. Please see below for subsequent weeks thereafter.

w/c 14th September – 's'

w/c 21<sup>st</sup> September – 'a' for instance 'apple' not 'ape'

w/c 28<sup>th</sup> September – 't'

w/c 5<sup>th</sup> October – 'i' for instance 'igloo' not 'ice'

### **Main Focus for Learning and Development - PSED**

This half term we will be focussing on Personal, Social and Emotional area of Learning and Development (PSED), which will involve settling new children into nursery, developing strong child/key person relationships, learning routines and boundaries, and encouraging friendships.

PSED is recognised as one of the building blocks of success in life. It supports children's development by helping them to interact effectively and develop

positive attitudes to themselves and others. However, this does not happen in isolation and relies on influential adults such as parents and carers providing them with positive feedback and modelling appropriate behaviour.

In the Early Years Foundation Stage (EYFS), PSED is broken down into three aspects:

□ Self-confidence and self-awareness □ Managing feelings and behaviour □ Making relationships

### **Self-confidence and self-awareness**

This aspect is about how children come to develop confidence in who they are and what they can do and in expressing their own ideas. We know that although many children have several people who care deeply about them all children need to have at least one person who is 'on their side' for them to really thrive. This helps the child feel valued and special and gives them a sense of self-worth. This in turn leads to them being confident with others and knowing when they need support from other people.

### **Managing Feelings and Behaviour**

This aspect is about how children can understand their own feelings and other people's feelings, and how they learn to manage their feelings without letting them spill out at every small annoyance they meet. It also links to how they learn and can follow simple rules which operate in different places such as home and a setting or a play area. Children need the support of adults to help them to understand these complex and often challenging areas.

### **Making relationships**

This aspect is about how young children learn to get along with other children and with adults; how they can see something from somebody else's point of view and take that into account when they play and work with other children. It is also significant in developing friendships. To be able to do these things children need role models – adults who show them how to be with others; how to be kind and to understand why people behave in certain ways – such as saying sorry for hurting another person's feelings. This area of development and learning is one which many adults continue to struggle with since it is far-ranging and complex. Helping children develop personally, socially and emotionally is often challenging but the benefits of this are life-long.

For more information on the EYFS please follow the links below. The links can also be found on our Parent app under Useful Links:

<http://www.foundationyears.org.uk/parents/>

<https://www.gov.uk/early-years-foundation-stage>

In addition, we have lots of ideas for supporting children's PSED at home on our parent app, under Useful Documents.

### **Family Photographs**

As we are concentrating on the "Personal, Social and Emotional" area of development, which will incorporate settling the children into the nursery routine. We will be discussing "our family, and the members of our family." We would therefore very much appreciate it if parents could send "Family" photographs via email to their child's keyperson (please see over for staff email addresses), don't worry if you don't have one of everyone together, individual photographs of members of the family are quite acceptable.

### **Used Children's Magazines**

If you have any unwanted children's magazines at home, please bring them into nursery for our book room. Thank you.

### **Suggestion Box**

A parents Suggestion Box is located near the fish tank, please feel free to jot down any ideas you have to improve any aspect of nursery and post it into the box provided! We are in the process of reviewing our setting development plan, so any suggestions will be highly valued, and much appreciated!

### **Email addresses**

Main Nursery email address ~ [info@stcatherinesnursery.co.uk](mailto:info@stcatherinesnursery.co.uk)

You can contact your child's individual Keyperson via their email address regarding; their unique learning journey, suggested next steps in their learning and development, your child's current interests at home and special moments at home or anything else you feel is important to share.

Keyperson email addresses ~

Mrs Marriott ~ [mrsmmarriott@outlook.com](mailto:mrsmmarriott@outlook.com)

Mrs Handyside ~ [mrsjhandyside@outlook.com](mailto:mrsjhandyside@outlook.com)

Mrs Leonard ~ [mrslleonard@outlook.com](mailto:mrslleonard@outlook.com)

Mrs Worsley ~ [mrsworsley@outlook.com](mailto:mrsworsley@outlook.com)

Mrs Weir ~ [mrsjeweir@outlook.com](mailto:mrsjeweir@outlook.com)

Mrs Critchley ~ [mrsklcritchley@outlook.com](mailto:mrsklcritchley@outlook.com)

Miss Rowlands ~ [missrowlands@outlook.com](mailto:missrowlands@outlook.com)

Mrs Rawlinson ~ [mirsemmarawlinson@outlook.com](mailto:mirsemmarawlinson@outlook.com)

### **Children's absences**

It is an OFSTED requirement that parent's must inform nursery of when their child will be absent from nursery. Please contact nursery before your child's session starts to report absences, you can either phone nursery, email or through our parent app. Children who do not attend nursery on a regular basis will unfortunately lose their nursery place due to new OFSTED regulations, so it is vital that your child attends nursery.

### **Change 4 Life Campaign**

Would you or your family like to be healthier and happier? Would you like loads of ideas, recipes and games to help you do this? Then join Change4Life to help you achieve your goals! To register your family please follow this link -

<http://www.nhs.uk/change4life/Pages/change-for-life.aspx>

### **Healthy packed lunches for early years**

A healthy lunch every day will give your child the energy and nutrients they need to grow, develop and learn. A practical guide for parents and carers with some ideas of what to include to ensure that your children's packed lunch is healthy, balanced and nutritious is available to view via our parent app under useful documents – Healthy Eating.

### **Nursery Policies and Procedures**

Parents please make yourself familiar with our policies and procedures which you are able to view from our website and through our Parent app. In particular, our **safeguarding, late collection and non-collection of a child, lost child policies and procedures, and Complaints and Compliments**. If you do not have access to the internet, please request to view these policies at nursery or ask to be provided with copies. If you have any queries or would like to contribute your ideas regarding our policies and procedures, please feel free to speak to a member of staff.

The policy of the month is 'Healthy Packed Lunch', please find attached a copy of this policy if you have received this newsletter via email or view the policy through our nursery app.

### **Sepsis awareness month**

September is Sepsis awareness month and to make our parents aware of the signs, there is link through our parent app, under Useful Links and it has an NHS icon. Or please follow the link below:

<https://www.nhs.uk/conditions/sepsis/>

Your Sincerely

Helen Brockliss

Nursery Manager

## 55b. Healthy Packed Lunch

EYFS: 3.47 – 3.49

### Statement of intent:

To make sure that children who bring a lunch from home to eat in nursery have food which is just as healthy and nutritious as food served in nursery and promotes our Smile for Life Award.

The Nursery will provide facilities for children bringing in packed lunches and ensure that free, fresh drinking water and milk is available.

- The nursery will work with the children to provide attractive and appropriate eating arrangements.
- The nursery will work with parents to ensure that packed lunches are as close as possible to the guidance below.
- The nursery will allow children eating packed lunch or nursery meals to sit together.
- Children must only eat their own food and not other children's.

### Guidance:

#### Suggestions for food to include in a healthy packed lunch:

- At least one portion of fruit or vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, beans, soya or hummus,) every day (usually as part of a sandwich, roll or salad).
- Oily fish, such as pilchards, salmon or tuna occasionally.
- A starchy food such as bread, Pitta or wraps. Dairy food such as milk, cheese, yoghurt, fromage frais or custard. (This does not include Dairylea lunchables or similar products).
- Cereal bars rather than cakes and biscuits (cereal bars should not contain nuts)
- Pretzels, seeds, fruit, crackers and cheese, and vegetable or bread sticks with a dip.

#### Suggestions for food to include less often in a healthy packed lunch (once a week)

- Snacks such as crisps.
- Chocolate coated biscuits or wafers.
- Cakes
- Meat and pastry products such as sausage rolls or pies

### **Suggestions for food to not include in a healthy packed lunch.**

Confectionery such as chocolate bars. Sweets are not allowed at lunch or any other time.

Nut or nut products (although they can be very healthy) because of the danger to other children with allergies. Peas are also not allowed for the same reason.

Fizzy drinks as these are mostly very unhealthy.

### **Special diets**

St Catherine's Independent Nursery also recognises that some children may have verified medical conditions requiring special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. If any of the foods suggested on the not to include list need to be a part of your child's daily diet, please inform your child's keyperson.

### **Storage**

Packed lunches will be kept on the trolley for children to collect at lunchtime.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
07/09/2020	H Brockliss	07/09/2021