

## St Catherine's Independent Nursery – Newsletter 3 - November 2020

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Dear Parents and Carers,

We want to make Christmas as normal as possible for the nursery children this year, so we will be having a nursery nativity and a Christmas party for all of the children.

We will be having our **Nursery Nativity** on **Wednesday 9<sup>th</sup> December** at 1.15pm, any child that doesn't usually attend nursery on a Wednesday afternoon can be dropped off at nursery at 1.15pm and picked up at 2.30pm. The nativity will be filmed and uploaded onto a private YouTube channel so that only those that have access to it can view it.

In addition, we will be having a **Christmas party** at nursery for all children to attend on **Wednesday 16<sup>th</sup> December** starting at 1.30pm and finishing at 3.30pm. Each child will have an opportunity to speak to Father Christmas via zoom, and he will have already dropped off some special presents too. 😊

### **Band Aid**

Huge thank you to all of our parents for teaching their children the song 'Do they know it's Christmas?', all of the children (and the staff) were fantastic! I will send you the link to the YouTube video via our parent app as soon as it goes live!

### **Christmas Food Hampers**

We are organising small Christmas Food Hampers for those less fortunate, and we ask parents to kindly donate any unwanted food items. If you know of anyone in the local community that is struggling financially and would appreciate a Christmas Food Hamper then please inform a member of staff. Food donations will be taken up until Friday 27th November so that they can be distributed before Christmas.

### **Sound of the Week**

w/c 9<sup>th</sup> November – 'e'

w/c 16<sup>th</sup> November – 'h'

w/c 23<sup>rd</sup> November – 'r'

w/c 30<sup>th</sup> November – ‘m’

### **Word of the Week**

w/c 9<sup>th</sup> November – ‘curious’

w/c 16<sup>th</sup> November – ‘focus’

w/c 23<sup>rd</sup> November – ‘fascinated’

w/c 30<sup>th</sup> November – ‘interest’

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

Throughout November and December, the nursery children will be practicing their nativity songs. **Please find a Nativity song sheet on our Parent app under useful documents, to help your child learn the songs at home.** We will resume Nursery Rhyme of the week in January.

### **Nursery Policies and Procedures**

Parents please make yourself familiar with our new 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, **Online Safety** please view the policy through our nursery app.

### **Online Safety**

Today most children tend to know more about computers than their parents. So it is important for adults to be aware of the dangers to even small children online, and what we can all do, at home and at nursery, to keep them safe. Please take a look on our app under Useful Links – Children’s Health and Well-being Keeping children safe online, Parenting Guides – Small Screens and Little People and our own handy guide on Useful Documents – Parenting Guides – Guide to Online Safety. In addition, you can access free Online Safety training via our app under, ‘Useful Links’ and scroll down to ‘Adult Learning’

## **Personal, Social and Emotional Development (PSED)**

We are concentrating on PSED this term, to help your child with their PSED at home there is a parent's guide available on our Parent App under Useful Documents. In addition, the document entitled 'EYFS areas of Learning' covers all of the areas of the EYFS and explains how you can help your child at home in all aspects of their learning and development.

## **Supporting Children's Mental Health**

With disruption in everyone's lives due to coronavirus (COVID-19) it's important that we all pay attention to our mental health and wellbeing and the mental health of children and young people.

Research suggests that the pandemic will affect everyone's mental wellbeing, particularly vulnerable groups such as children (Holmes et al, 2020<sup>1</sup>).

Children and young people may feel worried or anxious about different things. Beyond the virus itself there is the interruption of the normal nursery/school routine, suddenly spending most of their time indoors and no longer regularly seeing family and friends.

They may also experience someone close to them, such as a family member, carer, friend or teacher, becoming seriously ill or passing away. This can cause feelings of sadness, loss and grief.

I have put together advice for parents and carers about how to help children who may be struggling with depression or anxiety during the coronavirus (COVID-19) pandemic. Information includes signs of depression and anxiety and what parents and carers can do to help a child or young person who may be struggling.

The information can be accessed via our parent app under 'Useful Documents' and 'Useful Links' and scroll down to 'COVID-19'. New information recently added to 'Useful Links – COVID-19' includes; the NSPCC's 'How to support children that are worried about COVID-19' and government guidance on 'Supporting children and young people's mental health and wellbeing'.

Yours sincerely

Helen Brockliss

Nursery Manager