

St Catherine's Independent Nursery - Newsletter 6 – February 2021

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

Dear Parents and Carers,

For those parents who are accessing the **FREE** funding only nursery places may we politely remind you that the funding is only available for 38 weeks of the year. Therefore, during the week commencing 15th February children accessing free places only will not be in nursery. We look forward to your return on Monday 22nd February, enjoy your weeks holiday. The nursery is open for business as usual for all other children.

Spare clothes

Please could parents ensure that their child has plenty of spare clothes at nursery, particularly socks. Please bring back any nursery spare clothes 😊

Parent app – Home learning Tab

Our new 'Home Learning' tab is live and has an abundance of activities available for parents to support children's learning and development across the whole of the EYFS curriculum.

Staff email addresses

Main Nursery email address ~ 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 ~ mrsmmariott@outlook.com

Mrs Handyside ~ mrsjhandyside@outlook.com

Mrs Leonard ~ mrsleonard@outlook.com

Mrs Worsley ~ mrsworsley@outlook.com

Mrs Weir ~ mrsjeweir@outlook.com

Mrs Critchley ~ mrsklcritchley@outlook.com

Miss Rowlands ~ missrowlands@outlook.com

Special Educational Needs Co-ordinator (SENCO) email address ~

Mrs Rawlinson ~ mrsemmarawlinson@outlook.com

Children's Mental Health week 1st Feb – 7th Feb

The Week was set up by the children's mental health charity **Place2Be** to shine a spotlight on the importance of children and young people's mental health.

This year's theme is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

As parents and carers, you play an important role in your child's mental health. Check out their free resources via our parent app. Click the 'More' tab and scroll down to 'Useful Links' and then scroll down to 'Mental Health and Well-being' and 'Place2be' is at the very bottom.

Time to Talk Day – Thursday 4th Feb

A small conversation about mental health has the power to make a big difference.

The more conversations we have, the more myths can be bust and barriers broken down, helping to end the isolation, shame and worthlessness that too many people with mental health problems are made to feel.

Time to Talk Day is the day that the nation can get talking about mental health and together we can end mental health stigma.

To sign up for Time to Talk Day updates and inspiration and to help you get the conversation started, please go to our Parent app and click the 'More' tab and scroll down to 'Useful Links' and then scroll down to 'Mental Health and Well-being' and scroll down again to, 'Time to Talk Day'.

Parent app – 'Mental Health and Wellbeing' Link

I have recently added various new 'Useful Links' to provide parents and carers with a wide range of organisations, activities, and top tips to help and support you and your children's mental health and wellbeing.

Including:

Yoga - 'Cosmic Kids Yoga' (the children really enjoy these sessions at nursery!) and a '30-day Yoga Journey' for adults.

Happier Lancashire -The Happier Lancashire movement aims to boost happiness and increase awareness of the Five Ways to Wellbeing. The Five Ways are evidence-based actions, developed by the New Economics Foundation that can make a positive difference to our wellbeing if carried out on a regular basis.

NHS – Get Your Mind Plan - Your Mind Plan is part of the Every Mind Matters mental health platform from Public Health England. By answering five simple questions you'll receive an action plan to improve your wellbeing and look after your mental health.

Emotion Coaching – Resources for parents and carers on understanding children's emotions and how to support children in managing their emotions.

SSS Top Tips for parents – 10 Top Tips on child mental health and wellbeing.

Barnados – Children's Mental Health – Barnados support children and young people with their mental health and wellbeing

Parent app – new 'Useful Link' added – Activematters.

Activematters have developed a set of new at-home guidance leaflets to help parents get their children active and give them good habits to promote health that last a lifetime. Please go to, 'Useful Links' and scroll down to 'Physical Development'

Parent app – new 'Useful Link' added – NHS 'Toothbrushing advice and tips'

NHS Toothbrushing advice and tips useful link has everything you need to know about caring for your children's teeth including a video clip correctly demonstrating teeth brushing. Please go to, 'Useful Links' and scroll down to 'Children's Health and Wellbeing'

Nursery Rhyme of the week

w/c 1st February - 'Ten Fat Sausages'

w/c 8th February - 'There were ten in the bed'

w/c 22nd February - 'Five little speckled frogs'

w/c 1st March - 'The Grand Ole Duke of York'

Word of the Week

w/c 1st February – ‘pretending’

w/c 8th February – ‘enthusiastic’

w/c 22nd February – ‘concentrating’

w/c 1st March – ‘estimate’

Sound of the Week

w/c 1st February it will be the letter ‘b’.

w/c 8th February the letter ‘j’.

w/c 22nd February the letter ‘v’.

w/c 1st March the letter ‘y’.

Main Focus for Learning and Development

This half term we will be focusing on Mathematics, Numbers and Shape, Space and Measures. Please take a look on our Parent app, under ‘Home Learning’ – ‘Mathematics’ which has an abundance of simple maths activities for you to do with your child at home, to help them develop their maths skills.

In addition, there is a ‘Family Maths Toolkit’ which has top tips for parents and families on how to help children improve their everyday maths and enjoy everyday maths activities together. If you struggle with maths yourself there is a free online tool the ‘National Numeracy challenge’ to improve your maths level.

Nursery Policies and Procedures

Please make yourself familiar with our policies and procedures which you can 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 view the policy through our parent app.

Veg Power Campaign

80% of our children are not eating enough veg and **Veg Power** is on a mission to change this.

Veg Power is an initiative launched by the Food Federation with the help of experts and advisors lead by Hugh Fearnley-Whittingstall, Jamie Oliver, Dr Rangan Chatterjee and advertising legend Sir John Hegarty. They intend to use the power of communications to **inspire children to eat more veg, and to support parents trying to get more veg into their children's diet.**

We know a good diet in childhood can protect our children from ill health in later life. A healthy diet with enough vegetables can also help their physical and academic development, giving them a happier and healthier childhood.

Veg Power have already produced a Truly Epic book of Veg Power! The book contains fun activities for children, veg facts, tips and child friendly veg-centered recipes ranging from snacks and sides to breakfasts and even desserts, from over 50 expert contributors.

Check out 'Veg Power' on our parent app, under 'Useful Links' and scroll down to, 'Healthy Eating' for more information on the initiative and recipe book, and for information on how you can support it.

YouTube Nursery Recordings

We have lots of lovely recordings of the children doing various activities for parents to view on nurseries private YouTube channel, but we are not able to upload any of them as not all parents have decided whether to consent or not. Please can those parents complete the consent form. Please click 'Consent Forms' at the bottom of the home page, and then click 'Nursery YouTube Channel'. I thank you in advance.

Yours sincerely

Mrs Helen Brockliss
Nursery Manager