

St Catherine's Independent Nursery - Newsletter 3 – November 2021

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Dear Parents and Carers,

Christmas Nativity

The rehearsals for our Nativity will begin very soon!

All the children will have a part, and all the children will have a costume and what happens on the day happens!

We will be having our **Nursery Nativity** on **Wednesday 1st 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 be picked up at 2.30pm. Unfortunately, parents won't be able to come and watch the nativity, but it will be filmed and uploaded onto a private YouTube channel so that only those that have access to it can view it.

Christmas Party

We will be having a **Christmas party** at nursery for all children to attend on **Friday 3rd December** starting at 1.15pm and finishing at 4pm. The children (and staff 😊) will be entertained by Taz, and each child will have an opportunity to speak to Father Christmas and receive a special present too. Party clothes are essential! For children that come all day on a Friday, please can parents bring in their party clothes which the nursery staff will change them into. 😊

Raffle Prizes

We are collecting Raffle prizes, for our Christmas raffle.

We would very much appreciate any gifts that you could donate, that would be suitable for either a child or an adult. E.G. Selection boxes, wine, gift boxes, toys etc... The raffle will take place on Friday 3rd December.

Sponsored Treasure Trail

We are holding our annual "Sponsored Treasure Trail" to raise money for the children's Christmas Party, which includes, organising the entertainer 'Taz', the party food, a special visit from Father Christmas, and the gifts that he brings! A "Sponsor Sheet / Treasure Trail Sheet" will be placed in your child's tray. Simply collect names on your sponsor sheet, then complete the "Treasure Trail" by

either collecting the objects or drawing a picture and return it to the nursery where the children will receive a certificate of completion. Who is going to be the first to collect all the items and receive their certificate?

Please return the "Treasure Trail" along with any sponsor money collected no later than Friday 19th November. Happy Hunting!

For those parents who don't manage to collect sponsor money a fee of £7.50 is required for your child to attend the Christmas party.

Sound of the Week

w/c 1st November - 'c' 'k' 'ck' sound for example 'clock', 'sock', 'lock', 'cat', 'king' not 'knight', 'chair', 'cherry'

w/c 8th November – 'e'

w/c 15th November – 'h'

w/c 22nd November – 'r'

w/c 29th November – 'm'

Word of the Week

w/c 1st November – 'senses'

w/c 8th November – 'curious'

w/c 15th November – 'focus'

w/c 22nd November – 'fascinated'

w/c 29th 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, 'Useful information' to help your child learn the songs at home.** We will resume Nursery Rhyme of the week in January.

Nursery Policies and Procedures

Our nursery policies and procedures are under review. 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.

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, and on the 'Home Learning' section of the app you will also find PSED activities. 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, 2020¹).

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 'Mental Health and Wellbeing – Advice and Tips'

New Parents Questionnaire

We would like to give all of our new parents the opportunity to complete a questionnaire to help us improve our service. Please find our 'New Parents questionnaire on our Parent Connect App and complete by Friday 19th November, it would be very much appreciated. 😊

Vitamin supplements for Children

The government recommends all children aged 6 months to 5 years are given vitamin supplements containing vitamins A, C and D every day.

Vitamin D

[Vitamin D](#) is only found in a few foods, such as oily fish and eggs. It's also added to some foods, such as fat spreads and breakfast cereals. But it's difficult to get enough vitamin D from food alone.

The main source of vitamin D is summer sunlight on our skin. But it's important to keep your child's skin safe in the sun.

Young children should still have vitamin drops, even if they get out in the sun.

The Department of Health and Social Care recommends:

- Children aged 1 to 4 years old should be given a daily supplement containing 10 micrograms of vitamin D.

Vitamin A

[Vitamin A](#) is important for children, and some may not be getting enough. It's needed for a healthy immune system, can help their vision in dim light, and keeps skin healthy.

Good sources of vitamin A include:

- dairy products
- fortified fat spreads
- carrots, sweet potatoes, swede and mangoes
- dark green vegetables, such as spinach, cabbage and broccoli

Vitamin C

[Vitamin C](#) is important for your child's general health and immune system. It can also help their body absorb iron.

Good sources of vitamin C include:

- oranges
- kiwi fruit
- strawberries
- broccoli
- tomatoes
- peppers

A balanced diet for children

It's important for children to eat a wide variety of foods to make sure they're getting all the energy and nutrients they need to grow and develop properly.

Nursery Jumpers

I do apologise to those parents still waiting for a nursery jumper for their child, the holdup is due to the emerald-green jumper being discontinued. Due to this I have made the decision to have the new logo on this next order.

Unfortunately, there will be a price increase and once that has been confirmed I will let you know.

Yours sincerely

Helen Brockliss
Nursery Manager