

St Catherine's Independent Nursery - Newsletter 6 – February 2022

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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 14th February children accessing free places only will not be in nursery. We look forward to your return on Monday 21st February, enjoy your weeks holiday. The nursery is open for business as usual for all other children.

Covid Outbreak update

We have had no new confirmed cases of Covid for over 10 days now, which is good news! Please can all parents continue to inform nursery of confirmed cases of covid as I must report child and staff cases to Lancashire County Council and Ofsted.

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 😊

Please ensure that children's clothes are all labelled with your child's name.

Nursery Jumpers and Polo Shirts

I have finally found a supplier for our nursery uniform, as soon as they arrive, I will let you all know via Parent app.

Uniform prices are as follows:

White polo shirt with logo - £12 each

Nursery jumper with logo - £16 each

Nursery uniform is optional, and children can continue to wear their nursery jumpers with our old logo.

Parent app – Home learning Tab

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

Main Focus for Learning and Development - PSED

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

Children's PSED is crucial for children to lead healthy and happy lives and is fundamental to their cognitive development. Underpinning their personal development are the important attachments that shape their social world. Strong, warm and supportive relationships with adults enable children to learn how to understand their own feelings and those of others. Children should be supported to manage emotions, develop a positive sense of self, set themselves simple goals, have confidence in their own abilities, to persist and wait for what they want and direct attention as necessary. Through adult modelling and guidance, they will learn how to look after their bodies, including healthy eating, and manage personal needs independently. Through supported interaction with other children, they learn how to make good friendships, co-operate, and resolve conflicts peaceably. These attributes will provide a secure platform from which children can achieve at school and in later life

We have lots of ideas for supporting children's PSED at home on our Parent Connect app, just click 'Home Learning' on the home page.

Children's Mental Health week 7th Feb – 13th 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 **Growing Together**.

We will be encouraging children to consider how they have grown, and how they can help others to grow.

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 'Content' tab and scroll down to 'Useful Links' and then scroll down to 'Mental Health and Well-being' and click, 'Children's Mental Health Week 7-13 Feb 2022'

Time to Talk Day – Thursday 3rd 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 'Content' 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

There are a wide range of 'Useful Links' on our Parent app which provide parents and carers with various 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.

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

Parent app – ‘Useful Link’– 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 – ‘Useful Link’ – 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 Oral Health’. There you also find ‘Fun healthy teeth video guides’ which includes, the tooth brushing song by Hey Duggee, BBC CBeebies My First Trip to the Dentist video, and lots of other helpful and useful information.

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.

Nursery Rhyme of the week

w/c 31st January - ‘Five Little Monkeys’

w/c 7th February - ‘There were ten in the bed’

w/c 21st February - ‘Five little speckled frogs’

w/c 28th February - 'The Grand Ole Duke of York'

Word of the Week

w/c 31st January – 'attention'

w/c 7th February – 'enthusiastic'

w/c 21st February – 'concentrating'

w/c 28th February – 'estimate'

Sound of the Week

w/c 31st January - 'L'.

w/c 7th February - 'j'.

w/c 21st February - 'v'.

w/c 28th February the letter 'y'.

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 'Well-being in the Nursery', please view the policy through our parent app.

Yours sincerely

Mrs Helen Brockliss
Nursery Manager