



Little Nursery Newsletter May 2021



Term dates

Monday 31st May - Friday 4th June - May half term

Monday 12th July - Teacher Training Day

Wednesday 21st July - Teacher Training Day

Thursday 22nd July - SUMMER HOLIDAYS



Parent Governor

Becoming a governor offers you the opportunity to make a real contribution to the life and work of our Nursery. Governors play a key role in the leadership of the Nursery, and work together with staff to make sure that our Nursery provides a challenging and supportive environment for its children.

We have 2 vacancies for:

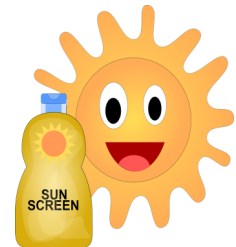
- Parent Governor — If you have a child attending the Nursery.**

If you are interested please ask at the Reception Office.



Sun cream

As the weather is getting warmer, please can you send your child to nursery wearing sun cream and with a named sunhat.



Voluntary Donations

Children are welcome to feed a £1 weekly voluntary contribution to Peppa to help raise money for nursery funds for special activities and to buy new resources for the children to enjoy.

We are hoping to buy a caterpillar kit, so the children can observe the changes as they turn into butterflies. We ask parents to support us to do this by putting a donation into Peppa.

Peppa will join us in Nursery at the beginning of sessions and will be located in the corridor just outside the room, so please come and say hello.



If your child is absent

Please remember to contact the Centre on the day your child is going to be absent, you can either:



Telephone **02476 383708**

Text **07511 213751**

(please ensure you put your child's full name and the reason for their absence in the text)

They should be at home until you feel they are well enough to come back to school. In the case of sickness and diarrhoea please make sure your child is symptom free for at least 48 hours before returning to Nursery.



Please could you make sure all your phone numbers are up to date if not please let the office know of any changes.

REMINDER

If your child is having to self-isolate can you phone 02476 383708 or if they have taken a COVID test, please can you email the results to **parents1041@welearn365.com**



No Juice Cups or Toys



Please do not send your child to Nursery with a juice cup. We do not have the capacity to store them. Children are provided with water and milk.

Please do not send toys into Nursery as children can become upset if they misplace them or another child wants to play with them.
Thank you



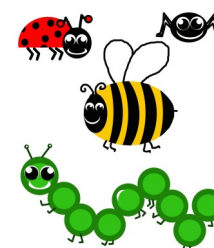
Teaching and Learning

We have been talking about emotions, talking about what makes us happy, sad or angry. We have been singing our song 'If your happy and you know it'.



We are continuing to care for our vegetables and sunflowers as they grow.

The children have been looking for minibeasts in the garden, using the magnifying glasses to help them.



In Little Nursery the children looked closely at some flowers, talking about stems, leaves and petals. They then did their own observational drawings of the flowers.

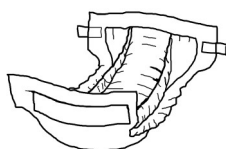
Trainers

When children are playing outside in the Little Nursery garden, staff have observed that trainers seem to be the best footwear for children to wear, as they are able to climb, move and run more confidently.



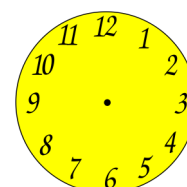
Bags

In their bags could you please put nappies, wipes, (pants if toilet trained) and a spare change of clothes.
Thank you.



Polite Reminder

Please collect your child from Nursery promptly as we have to clean between sessions and we have meetings.
Thank you



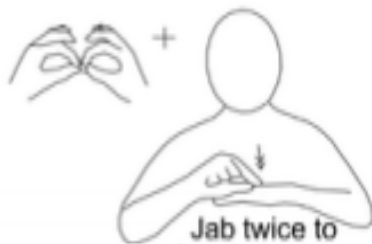
Makaton signs of the Month - May

We will be helping children to communicate through Makaton signs and spoken language.

We are proud to say we are a
Makaton accredited School



Bee



Jab twice to mime
being stung

Spider



Butterfly



Flutter hands and move them
slightly upwards

Beetle



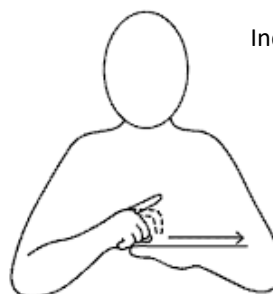
Fingers mime
beetle scuttling

Ladybird



Wriggling fingers
show movement

Caterpillar



Index finger bends repeatedly as
hand crawls up forearm

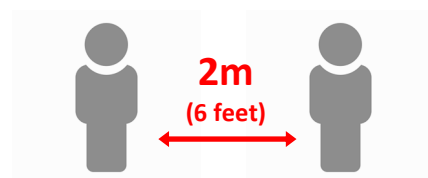
Face coverings and Social distancing

Face coverings are recommended to be worn outside the building when dropping off and collecting children (unless you are exempt).



Parents/carers in Little Nursery are requested to wear face coverings inside the building (unless you are exempt).

Please adhere to the 2 metre social distancing rule



Thank you for your understanding to ensure we keep everyone safe.



Well being corner

Strategies to boost you mental health

Caring for your mental health is vital. But, as a parent, you're also limited on time and energy — resources that have only shrunk since the pandemic started. With a bit of intention, you can absolutely tend to your mental health with little to no childcare, and 1,000 other tasks you need to complete.

Here are some mental health-boosting strategies.

Care for your basic needs

These basics include eating regularly, eating nutrient-rich foods, and moving your body. To actually make this happen, carry a snack and water bottle with you wherever you're going and eating when you feed your children. You can also participate in fun physical activities with your family, such as taking nature walks, playing an active game, and doing a yoga video.

Prioritise bedtime

Parents can treat their children's bedtime routines with great respect but then neglect their own. Lack of sleep sinks our mood and can increase stress for everyone in the household.

Creating a bedtime routine can be simple:

Adjust the blue light emitted from all screens, as "blue light tells your brain it is time to be awake,"

Stop using devices about 30 minutes before bedtime.

Engage in a relaxing activity or two, such as drinking chamomile tea and listening to a 10-minute guided meditation.

Set boundaries around energy zappers

What tends to drain your emotional, physical, and mental energy on a daily basis? For example, you might limit news checking to 15 minutes each day and get to bed by 10 p.m.

You might put your phone in a drawer when you're with your children. You might swap your afternoon coffee with a huge glass of water. These small changes can make a big impact.

Take mental health breaks

You must try and find ways to take breaks. One of these ways is to use screen time strategically.

Catch up with a friend, journal your feelings, listen to a funny podcast, make progress on a creative project, or do a high-intensity workout.

Practice bite-sized behaviours

- step outside to enjoy some fresh air
- sit in the car to catch your breath
- take a hot bath
- process your feelings with your partner
- watch a funny or inspiring show
- every morning play some calm music, it can have a calming effect on the whole family.

Focus on activities that fill you up

Do this when you're by yourself *and* with your children. This might mean reading your favourite books or reading to your child. It might mean teaching them to bake brownies while singing songs..

Be gentle with yourself

Self-compassion can be a boon to mental health, especially when you're struggling and stressed out. On difficult days, acknowledge that you're having a hard time and lower your expectations. Remind yourself that you're doing the best you can. Remember that you're a human being who deserves to feel and be well — just like anyone else. So, just like you fill up your petrol tank, check your oil, and add air to your tires for a long car trip, "you want to make sure you're fuelled up mentally and physically.

<https://www.healthline.com/health/parenting/ways-parents-can-care-for-their-mental-health#Be-gentle-with-yourself>

Advice & Support

Family Support Drop In for advice for all families in Warwickshire

For families, children and young people 0-19 years old, or 0-25 years with additional needs

Duty Line 01926 412412

9am – 4pm Monday – Friday



Family Information Service (FIS)

We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- childcare health and wellbeing



Phone: 01926 742274

Website: <https://www.warwickshire.gov.uk/children-families>

Warwickshire Health Visiting
TEXT Chat Service

ADVICE & SUPPORT
for parents of
pre-school children
in Warwickshire

TEXT: 07520 615293
9am - 5pm, Monday to Friday

We support messaging from UK mobile numbers only,
which will be charged at your normal rate.

THIS IS NOT AN EMERGENCY SERVICE
For urgent medical attention please contact your GP or call 111 or 999

CHAT Health

A texting advice service for parents and carers of the pre-school child.

If you have any questions about your pre-school child, or your own health and well-being you can use our texting service 07520 615293 anytime. A health visitor will aim to text you back within 2 hours in normal working hours (Monday to Friday 9am to 5pm, excluding Bank Holidays).

Please note we support messaging from UK numbers only, which will be charged at your normal rate.