

Big 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. If your child is staying all day, please could you send a labelled bottle of sun cream to nursery with them and staff will re-apply this for your child after their lunch.



Parker Poundasaurus

We would like to say a big thank you for all the voluntary donations we have received.



We are hoping to use some of your donations to buy a caterpillar kit to support learning and development. The children can observe the changes as they turn into butterflies.

If you would like to give a voluntary contribution of £1 per week, children are welcome to



feed Parker Poundasaurus to help raise money for nursery funds for special activities like 'Growing Day' and to buy new resources for the children to enjoy. Parker Poundasaurus will join us in Nursery at the beginning of sessions and will be located outside Nursery, so please come and say hello.



Teaching and Learning

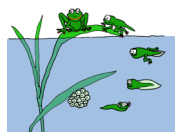


Connecting with nature has been a key focus at Nursery to support with the recent Mental Health Awareness Week. We are very fortunate to have our wonderful Nursery Garden and Forest School on site, so this has helped us to explore and make discoveries about minibeasts, birds, flowers and plants. We hope you continue to support this learning at home using the 'Makaton Minibeast' home learning packs that were provided. Nature vocabulary can be developed through modelling key vocabulary and supporting your child to learn Makaton to name the minibeasts.

The children in Nursery have particularly enjoyed being involved in the planting and growing process. They have recently planted beans, potatoes, lettuce & cress seeds and are eagerly awaiting for them to grow, so they can observe how they change. The children are learning about what plants need to grow and enjoy using their watering cans to water the plants.



The Mud Kitchen area has recently been developed in our Nursery Garden and the children are enjoying combining natural materials. They are showing an awareness of print in the environment by using pictorial menus to select the foods to make.



Our frog spawn has now changed into tadpoles and they are growing larger each day. The children were excited to discover that some of the tadpoles are starting to develop the first signs of their legs emerging. We eagerly anticipate them changing into frogs.

The children also enjoyed the Sponsored Disco event and experimenting with different ways of moving their bodies to the different genres of music.



Getting ready for school in Warwickshire

Enjoy books, rhymes and songs

- Sing nursery rhymes together
- Read books with your child
- Join virtual story time and song time sessions run by Children & Family Centres:
www.warwickshire.gov.uk/childrenandfamilycentres

Listen and follow simple instructions

- Use simple instructions and then add another: go and get your shoes; go and get your shoes and put them in the box
- Play hiding games in the garden: hide objects and give clues (it's up high, it's behind, it's under the...)

Dress and undress

- Encourage your child to dress and undress themselves
- Encourage your child to put their shoes on
- Teach your child to hang their coat up
- Teach your child to tidy their clothes
- Add fun by timing them

(Information provided by Warwickshire County Council – Ready to Learn Ready for Life)

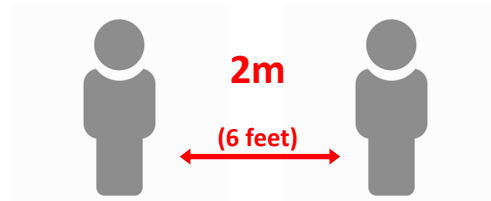


Face coverings and Social distancing

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



Please adhere to the 2 metre social distancing rule



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



If your child is absent

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

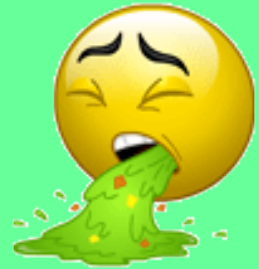


Telephone **02476 383708**

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

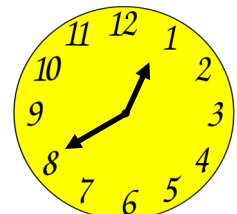
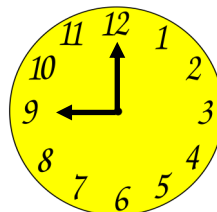
If your child is having to self-isolate can you phone 02476 383708 or if they have taken a COVID test, please can you email the results to **parents1041@welearn365.com**



Session Times

Nursery sessions begin at:

- ⇒ **9.00am for the morning session**
- ⇒ **12.40pm for the afternoon session.**



Please make sure you are on time for the start of sessions as this does have an impact on teaching time.

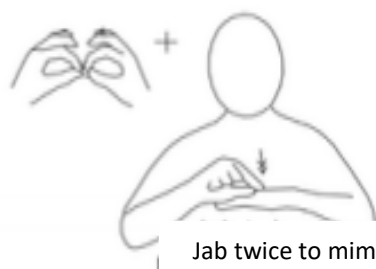
Makaton signs of the Month - May

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

We are proud to say we are a
Makaton accredited School

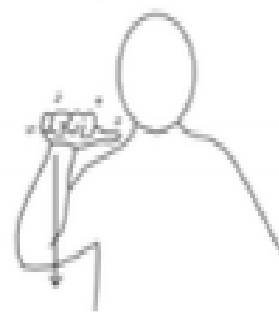


Bee



Jab twice to mime
being stung

Spider



Butterfly



Flutter hands and move them
slightly upwards

Beetle



Fingers mime

Fingers mime beetle scuttling

Ladybird



Wriggling fingers
show movement

Caterpillar



Index finger bends repeatedly
as hand crawls up forearm

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 tyres 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



South Warwickshire
NHS Foundation Trust

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.

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

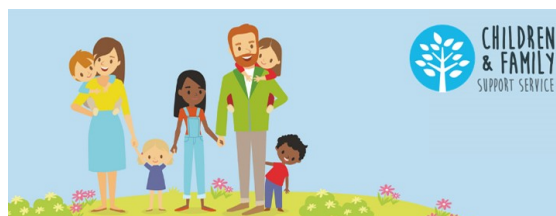
Duty Line 01926 412412
9am – 4pm Monday – Friday



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>