

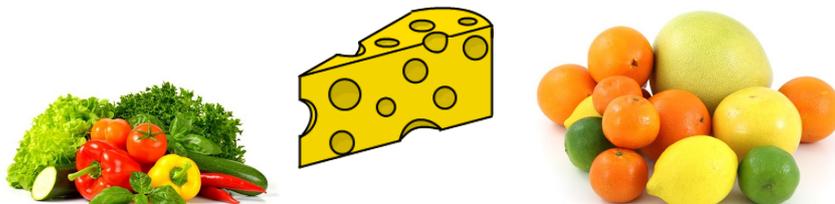
Happy New Year to everybody and thank you for all your cards and presents over the festive period, it is really appreciated.

A warm welcome to the following children who joined us recently:

Babybirds: Eloise, Ginny, Tobias & Jayden

Curriculum Planning:

The half-termly theme across the Nursery is 'Food'



Activities to support the pre school sessions:

Week beg.	Weekly focus	Phonic sounds Revised and letter formation taught	Suggestions for activities to carry out at home
09/01/23	Fish & Meat	s, a	Look in your fridge, can you sort the food into groups eg dairy, meat, vegetables etc? Explain your reasoning.
16/01/23	Fruit	t, i	Buy a selection of different fruits. Help chop the fruit into cubes to make a fruit salad. Which was your favourite fruit to eat? Can you name them all?
23/01/23	Vegetables	p, n	Halve a potato, pepper and carrot. Use the different vegetables to dip in paint. Press the vegetable hard on the paper to make a print picture. Can you make a repeated pattern?
30/01/23	Cereal crops	c, k, e	Dribble some glue on paper then sprinkle on different coloured pulses eg lentils, split peas etc. Can you name any?
06/02/23	Food from around the world	h, r	Look at and feel uncooked noodles and/or rice. Help cook them and predict what changes may occur. When the rice/noodles have cooled handle them and compare the raw and cooked product. Were your predictions right?

How to help support younger children at home:

Doves	Starlings	Kingfishers
<ul style="list-style-type: none"> Make a sensory farm on a tray using different cereal eg ready brek, weetabix, rice krispies for each animal's 'field'. Add any toy animals you have. Make fruit scones together. Can they mix the ingredients? Use rolling pins to flatten the dough and press down on cutters to make the scone shape. Visit a fruit and vegetable market/section in supermarket. Buy some unusual fruit/veg, name them and discuss the textures and tastes. 	<ul style="list-style-type: none"> Make dinner together to try new foods and textures. Let them help you cut, mix and stir then taste it together. Praise them trying anything new. If they are reluctant encourage them to lick it. Give your child a pictorial shopping list at the supermarket so they can find the items and add them to the trolley. Explore different kinds of cereal with their hands. Use a small jug to pour some water into the bowl and a spoon to mix. What happens to the cereal? 	<ul style="list-style-type: none"> Make a cous cous salad together. Explain the importance of washing hands and vegetables. Cut the vegetables into strips so your child can cut them into smaller pieces. Make a bracelet using either pipe cleaners, ribbon or string. Thread cereal hoops onto the bracelet in a pattern eg dark, light, dark, light or count on a specific number of hoops. Grow a cress head. Place a damp cotton wool pad/ balls into the bottom of a yoghurt pot and sprinkle some cress seeds on, pressing them into the pad with your finger. Place them in a sunny spot and watch the cress grow. Spray the cotton wool with a little water each day. Once it is about 10cm high cut it and make a sandwich using your home grown cress.

Ladybirds 20th Birthday

Wednesday 8th February

Ladybirds Nursery is 20 years old this month and we plan to celebrate with a party for the children. We have arranged for a magician to lead the event and all ages will be involved. There will be puppets, balloons, bubbles, dancing and magic tricks.

School applications—15th January deadline

Reminder if you wish to apply for a Hertfordshire primary school for September 2023 you must submit your application by Sunday.

Staffing

Welcome to Marguerite Kirkman who has joined the Kingfisher team. She has a Level 2 childcare qualification and 5 years childcare experience.

The pre school team welcomes Mandeep Kaur who has achieved a PGCE (currently studying for a NVQ level 3 in childcare to supplement this). Previously Mandeep worked extensively at a Kindergarten in India.

Welcome also to Sophie Panayi who has joined our Doves team. She has previous experience within the care industry. Star Badger has moved from Doves to join the Starling team as sadly Paris Nicholas has decided to return to her native Australia at the end of January. We wish her all the best.

Sleep

Sleep is essential for children's holistic development. Whilst sleeping, children grow and their brains develop as they process what they have learnt. They are able to learn, problem solve and have an increased memory and concentration span. It also helps with their physical health, immunity and behaviour.



For 20 years we have been facilitating sleep in young children. We have seen first hand what works and what does not work. Increasingly, we see parents of babies and toddlers asking us to wake up their children after a set time. This often results in distressed, unsettled children who struggle to re-join their group. We recommend children sleeping as long as they require in the morning or the middle of the day. For the wellbeing of your children, please do not ask us to wake your child. We attach to this newsletter detailed information that Michelle Gee has collated about how you can promote a positive sleep experience.

Libraries

We love libraries, we borrow 25 books each half term to support our topic work!

Hertfordshire Libraries want every child to have their own library card and for families to see libraries as relevant, welcoming and inspiring places to bring their baby or young child. Any child aged 0-5 who joins Hertfordshire libraries will receive one of their specially designed membership cards featuring the new My Firsts branding.

- Free to join the library and borrow books
- Use in any Hertfordshire library
- Renew books to avoid overdue charges
- Join in with Baby Rhyme Time and Storytime
- Visit [My first library card | Hertfordshire County Council](https://www.hertfordshire.gov.uk/libraries)
(www.hertfordshire.gov.uk/libraries)



Babies and Young children love books and libraries

Babies and young children love books and rhymes and reading regularly with your child has lots of amazing benefits. It supports their language development, their understanding of the world, their feelings and the feelings of others. Having fun reading and looking at books together helps build their confidence and is great for bonding together too. Families who use any Hertfordshire library will discover a wide range of engaging, diverse and quality board and picture books to choose from - perfect for sharing with babies and young children.

Celebrate those first milestones with Hertfordshire Libraries

Children aged 0-5 (birth to, and including, reception year) who join a Hertfordshire Library will also receive one of our My First Library card certificates to celebrate.

Diary Dates

Thursday 12th January	Pre school visit fish and chip shop
Tuesday 7th February	Safer internet day
Wednesday 8th February	20th birthday party
Monday 13th— Friday 17th February	Half term
Thursday 2nd March	World Book day
Friday 31st March	Term ends
Friday 7th April	Nursery closed (Good Friday)
Monday 10th April	Nursery closed (Easter Monday)

Song bag

Kingfishers and fun focus regularly enjoy pulling items out of a bag and singing songs linked to our half termly theme ie 'Food'. So you can join in with your children please find attached a leaflet with the song words.



Pre school extended walk

As part of our 'Food' topic this half term, this week we are focusing on 'fish' and 'meat'. Consequently we have arranged for the Pre school to visit 'Sea world' Fish and Chip Shop on Cell Barnes Lane on Thursday 12th January. The children will identify different types of fish, observe what happens when they are dipped in batter and fried, and will taste some chips! We hope that this sensory experience will enlarge their vocabulary as we will discuss what they can see, hear, smell, touch and taste.



Policy Review

In the last month, all staff have re-read all our policies to ensure their knowledge and skills are current. Bernadette, Julie and Michelle ensure all policies are up to date and reflect best practice. Frequently requested policies are on our website.

www.ladybirdsnursery.com

Safeguarding

Safeguarding is 'protecting and preventing harm to all children' - nothing is more important to us at Ladybirds. All staff meetings have safeguarding as a standing agenda item. All staff undertake safeguarding training every 3 years. In addition, Bernadette, Julie and Michelle regularly complete a more advanced Designated Person Safeguarding training.

For your information we attach an online safety newsletter that helps parents keep their children safe online.

Internet Safety

On February 7th we will take part in the global internet safety day to promote safe behaviour for nursery children when exploring the internet. Through songs and stories we emphasise the simple message that they must always tell an adult if something 'surprising' pops up on a device. Please see attached our E-Safety leaflet for more information.

Photographs

We hope those of you that ordered photographs before Christmas enjoyed them with your families. Emma Collins, the photographer, is running an offer of 10% off sessions if booked before the end of January. All sessions to be taken place in 2023. If you choose to take it up this is a private arrangement between yourselves and her. www.emmacollinsphotography.co.uk Code: LADYBIRDS10

Signposting families

The following pages contain information we feel may be useful.

Perinatal Public Health Launch

The NHS across Hertfordshire and West Essex recently launched a new Perinatal Pelvic Health Service.

The NHS Long Term Plan committed to improve access to postnatal physiotherapy to support women/birthing people who need it to recover from birth, and that all women will have access to multidisciplinary pelvic health clinics and pathways across England.

It is not uncommon for women to tolerate pelvic health complications because they assume pelvic floor problems are the norm in the antenatal and postnatal period (and as part of the ageing process), believing nothing can be done to help. It should not be underestimated that any of these conditions may have a considerable impact on a woman, both her physical and mental wellbeing.

Developing a relationship with a new baby has its challenges and these can be exacerbated if the woman is experiencing complications with her bladder and/or bowel as a result of the pregnancy or labour. Such potentially life-changing complications may also affect her relationship with her partner and wider family, as well as her ability to look after her child/children. Care of the bladder and bowel are implicit parts of care in pregnancy, labour and postnatally and the need to understand why this is important cannot be overstated.

The overarching responsibilities of the new service will be to:

1. Embed evidence-based practice in antenatal, intrapartum and postnatal care to prevent and mitigate pelvic floor dysfunction resulting from pregnancy and childbirth.
2. Improve the rate and identification of pelvic floor issues antenatally and postnatally.
3. Ensure timely access to treatment for common pelvic health issues antenatally and postnatally.

For more information or to be referred to the service, contact your midwife or local service at:

East and North Hertfordshire: enh-tr.pelvichealth@nhs.net

West Hertfordshire: westhers.perinatalpelvichealthservice@nhs.net

The Princess Alexandra: Paht.pelvichealth@NHS.net

Family Centres

Families Centres offer training and support for families with children under 5 years. See attachments for further details. Current highlights include:

1. Early Talk - to promote strategies and ideas to support your child's language development
2. Supporting children's emotional wellbeing - to gain tips and ideas on self care and mindfulness
3. 'About me - building emotional resilience' - helps recognize triggers and gain positive coping strategies
4. Family toolkit - offering support around behaviour and getting the best out of family life

NHS 'Learning to talk'

After the pandemic we have noticed a decline in children's speech and language development. Visit the 'Start4life' NHS programme or use the link to for useful tips to help and support early speech. You can filter the information depending on the age of your child.

https://www.nhs.uk/start4life/baby/learning-to-talk/3-to-5-years/?WT.mc_ID=PR_Organic#anchor-tabs

HENRY Healthy Family Programme

The Healthy Families programme is an early intervention supporting families with children under 5 years to adopt healthier lifestyles. It is a structured 8 week programme (including a family time session), the group programme applies a solution-focused and strengths-based approach to build parents' skills and confidence in maintaining a healthy lifestyle.

If your child is on the BMI > 91st centile we can refer eligible families to this programme. Please contact us if you are interested. Please see attached leaflet for more information.

Over the 8 weeks they will cover the following topics in a non-judgemental, relaxed environment:

1. Let's get started (what is a healthy person and goal setting)
2. Balancing acts, what we eat and time for ourselves
3. Needs and demand- parenting strategies
4. Tuning into mealtimes- healthy habits
5. Time to be active
6. Eating Healthily- lunchboxes, portions and food labels.
7. Let's focus on feelings (listening and empathy)
8. The way forward (celebrating what parents have achieved)

Looking after your mental health and wellbeing through winter

Winter can be difficult for many of us, darker nights and a drop in temperature can be hard on our mental health and the rising costs of living are causing emotional strain for many people who might be worrying about their families, their health, jobs and finances. It's normal to feel anxious and if you're worried about the effects on your mental health, you are not alone. Please see 'Winter Mental Health' and 'Together All' attachments for organisations that are delivering services to support you to look after your mental health and well-being through winter. You can self-refer to most of these services without needing to see your GP or a mental health professional.

Parent feedback

We welcome any feedback about any aspect of Ladybirds Nursery from parents. Please feel free to e mail admin@ladybirdsnursery.com.

Compliments/Suggestions/Concerns: