



Newsletter – February 2026

Nursery Trustees – Nursery Trustees – Lisa Maddock (nominated person), Tracy Austin, Joanne Ikin, Helen Brockliss and Mary Marriott.

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Dear parents and carers,

For those parents whose children have a term time only place, may we politely remind you that the funding is only available for 38 weeks of the year. (Autumn Term – 14 weeks, Spring Term - 11 weeks and the Summer Term - 13 weeks) Therefore, this term those children will have a one-week break from nursery, the weeks commencing - 16th February. We look forward to your return on Monday 23rd February, enjoy your one-week holiday. The nursery is open for business as usual for all other children.

World Book Day – Thursday 5th March

To celebrate World Book Day the children can come to nursery dressed as their favourite storybook character and bring their favourite book too!

Main Focus for Learning and Development - PSED and Mathematics

This half term we will be focusing on Personal, Social and Emotional area of Learning and Development (PSED), which will involve settling new children into nursery, 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 'Content' on the home page then 'Home Learning' and then scroll down to PSED.

This half term we will also be focusing on Mathematics. Please find some learning activities at the end of this newsletter and take a look on our Parent app, under 'Useful Links' and 'Useful Documents' – 'Mathematics' which has an abundance of simple math's activities for you to do with your child at home, to help them develop their math's skills.

Time to Talk Day

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 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.

10 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'– Physical Development - 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-centred 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 2nd February - 'Incy Wincy Spider'

w/c 9th February - 'The Grand Ole Duke of York'

w/c 23rd February – 'There were ten in the bed'.

Word of the Week

w/c 2nd February – 'attention'

w/c 9th February – 'estimate'

w/c 23rd February – 'elaborate'.

Sound of the Week

w/c 2nd February - 'a'.

w/c 9th February 't'.

w/c 23rd February 'i'.

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 'Children's well-being in the nursery', please view the policy through our parent app or on our website.

Kind regards

Helen Brockliss

Nursery Manager

