

# Aspire Day Nursery Newsletter

Date - January 2017

Manager - Christine Moxon

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## January 2017

Welcome to our January newsletter. I hope you find it useful and enjoy reading it.

## Happy New Year

Welcome to 2017 and happy new year to all our families and friends. We wish you all the best in 2017, and look forward to seeing your children grow and develop in 2017.

### IMPORTANT DATE

This month we will be celebrating Chinese New Year. On Friday 26<sup>th</sup> January the children are invited to wear traditional Chinese outfits or something red to help us celebrate.

### LANGUAGE OF THE MONTH

Our language of the month in January will be Mandarin, any help you can give with sending us common words, that we can practice with the children would be lovely, things like, hello, goodbye, lunch time, sleep time, friends, mummy, daddy, sister, brother, chair, table, garden etc.

### Pushchairs

I would like to take this opportunity to remind all parents that from January we request that you use strollers to bring your children to the nursery. We ask this because they are narrow in width when collapsed which allows more buggies in the shed and easier access for parents to be able to get their pushchair out at the end of the day. I realise that this new request may not necessarily be popular by all, however it really is in the best interest for all. We do not want to put added pressure on parents, however feel this is necessary. We would not ask if we did not believe this would help make a difference.



### Website updates

Our updated website is now live. The website now has ideas for activities at home, important policies and procedures, staff photos, information about the early years foundation stage. When you have a chance, please take a look and familiarize yourself with the information. [www.aspirenursery.co.uk](http://www.aspirenursery.co.uk) Thank you.

### Fee increase

From February the fees will be increasing, therefore this means that the payment due on the 25<sup>th</sup> January for February will need to be adjusted to the new fees as below.

### Fees and Financial Arrangements

Opening hours are 7.30am to 6.30pm sharp. Monday to Friday, 51 weeks per year.

We close for Bank Holidays and for one week from Christmas Eve until the New Year. All fees are payable on the 25<sup>th</sup> of each month in advance via standing order.

### Under 3's – February 2017 to January 2018

Number of days	Daily rate	Monthly fee
5	£71	£1508.75
4	£74	£1258
3	£74	£943.50
2	£74	£629
1	£74	£314.50

### Over 3's (and a term) – February 2017 to January 2018

Number of days	Daily rate	Monthly fee	Funded children Monthly	Amount of funded hours a week
5	£68	£1445	£1255	15
4	£68	£1156	£966	15
3	£68	£867	£677	15
2	£68	£578	£426	12
1	£68	£289	£162.34	10

Funding starts from the term after they turn 3 years old

**WE DO NOT ACCEPT CHEQUES**

The monthly fees are calculated using this formula:  
Daily Fee multiplied by 51 weeks divided by 12 months

We are closed between Christmas and New Year.

We accept ALL childcare vouchers

**Fees are due on the 25<sup>th</sup> of each month for the following month.**

## Explorers News

In explorers we are making a winter themed window, using sensory materials. We have lots of new children, so will be making new friends and settling them in by doing small group activities. If you have a family photo please can you bring this in. Our winter theme will look at wintery books from the library and singing songs to do with weather

## Discoverers News

As we have many new children starting the room, we are looking at building on their independence levels by washing hands before meal times, learning the word thank you and saying hello in Chinese. Our main theme this month will be looking at and exploring Chinese new-year with lots of arts and crafts.

## Creators News - we were a month ahead in writing this one!

We are busy going on a bear hunt this month; we are doing this for sensory exploration, literacy - learning to fill in the missing words and encouraging language. If any parents have any old brown clothes then can you please bring these in. We will be using these to help enhance our craft activities. We will be encouraging the children to learn how to put their own coats on as well this month.

## Adventurers News

In adventurers our main focus is developing the free flow within the room. As the children are now all getting older, we want them to be able to choose between inside and outside play. They will also be encouraged to keep their shoes on to help make this process easier for them. The children are also learning their jolly phonics and the actions to enhance their language skills.

## Inventors News

In Inventors this month we will look at winter. There will be themes around winter clothing, winter words, our story is frozen, and maths will be focusing on snowmen. We will be discovering about Polar Regions as well.

Our role play will be linked to Chinese restaurant and we will explore Chinese culture.

## Staffing

Towards the end of the month will be some staff room changes. Sasha in Creators is going to be going part time to allow her more time with her son; therefore she will be joining the baby team in Explorers. Amy who is currently part time in Explorers will be joining us fulltime and will be moving to Inventors. Lauren who has been in Inventors for over a year and a half would like to gain experience with a younger age group which will also help her in her level 3 qualification she has recently started. Therefore Lauren will be moving to Creators. We hope you join us in welcoming the team to their new rooms.

Under 2's: Why not create your own baby sensory basket around Chinese New Year. You could include red fabrics; chop sticks, rice in bottles to make shakers, photos of Chinese dragon and written symbols. Sensory baskets are an activity that help promote learning with everyday items, giving them time to explore, discover and investigate in their own way.

2-3 years: why not make some Chinese lanterns ready for Chinese New Year. They are great to help children explore cutting skills and learning to listen to instructions. They could decorate the paper first by colouring in patterns



3-5 years: Why not print out Chinese symbols and let the children copy and practice the patterns, they will be learning that writing can take place in various contexts helping them to explore the world around them.

Hello = 你好家庭  
Ní hao !  
Family

## Sleeping routines

Information taken from the August 2013 issue of Parents magazine

"Children usually go from two naps to one sometime between ages 1 and 2," says Harvey Karp, M.D., author of *The Happiest Baby Guide to Great Sleep*.

### Look for the Signs

There are lots of ways your child may let you know his napping schedule needs tweaking. Some toddlers may take longer to nod off or become cranky when you try to put them down during the day. Others might sleep well in the morning and then resist the afternoon nap. Or your child might wake up earlier from both naps. You might also notice that when your child misses his afternoon rest one day, he makes it to bedtime without melting down. "If you see consistent changes in your toddler's sleep pattern for about two weeks, it may be time to transition to one nap," says Kim West, a children's sleep therapist.

### Consider Your Options

Making the switch before your child is ready can lead to miserable days and a return to night-time wake-ups, since overtired kids tend to sleep worse than well-rested ones. If she takes a very long morning nap and then melts down in the afternoon, see if ending her A.M. snooze early makes her more cooperative for the second. If waking her up after 75 minutes doesn't help, keep shortening it. However, don't cut any nap to under 45 minutes; your child needs that much time to complete a sleep cycle.

### At Nursery

At nursery we tend to find that when children reach around 15 to 18 months they benefit from dropping to one sleep a day. We will advise parents on when we see these signs at nursery, as they may show different signs at home, and perhaps need slightly different routines at home and at nursery.



## Reminders

### Sickness

If your child has had pain relief medication within 8 hours of nursery it is our policy that they do not come into nursery that day.

### Collecting you child

When collecting your children from nursery please ensure you are here by 6.10pm if you would like to receive a detailed handover, after this time, basic information will be given. Please bear in mind we close at 6.30pm and this is when staff shifts end, they are keen to go home after a long day.

### Books

If you have any unwanted story books at home we are more than happy to take them off your hands, we seem to get through books quickly, plus we love a new story. Unwanted items - if you have any unwanted items at home, such as things with buttons, flashing lights, keys to be honest anything you think is random, let us know, we might be able to take it off your hands, just ask us before you throw it away, that includes small world, toys and resources to. Thank you.

### Security

If you greet a parent at the door when entering or exiting, instead of closing the door you ask 'what's the password?' the answer will be the last three digits in the gate code. Please do not let anyone in that you do not know

### 2 Year old progress check

If your child is turning two, make sure you contact us about the 2 year old progress check.

### Allergies

I would like to remind parents that we request children do not enter the nursery eating any outside food. This is due to having children with serious allergies. Please respect that we are doing it for the best interests of the children.