



# Verwood Day Nursery

## February 2019



Welcome to our February newsletter

### Snow days

We welcomed in February with a flurry of snow!



## News from The Nest

This month we welcomed Harry to the Nest and hope that he is enjoying nursery life just like his big brother!

### Celebrating Chinese New Year

All across the nursery the children celebrated the Chinese New Year of the Pig in a variety of ways.

The babies explored the colours gold and red, considered to be lucky in Chinese culture and made piggy shaped biscuits.



### Exploring sand

This month we introduced the children to sand play. The sand tray is a permanent fixture in the room allowing the children to explore it every day.

The benefits of sand play:

- Development of fine motor skills
- Eye & hand coordination – watching and doing and coordinating these actions.
- Promotes creativity and imagination
- Sensory- Development of the sense of touch. Feeling and manipulating objects and moulding the sand.
- Language development – playing with sand is a social activity requiring speaking and listening, also developing vocabulary, allowing young child the opportunity to practise and experiment with language.



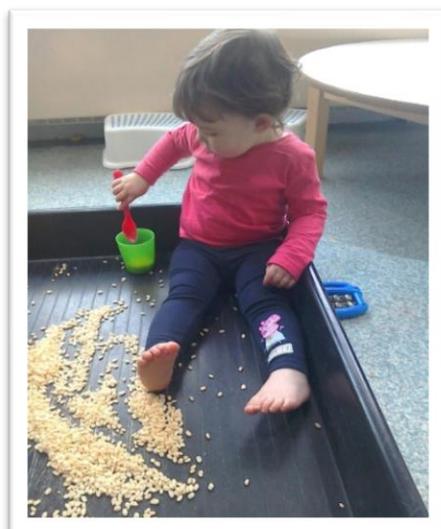
## Proprioception. What does that mean?

When children move and play, their muscles stretch and contract. Proprioception refers to the way joints and muscles send messages to the brain to help coordinate movement.

This sense also allows us to grade the strength and direction of our movements – our bodies instinctively know to apply more effort when lifting a heavy box and less effort when lifting a piece of paper. The proprioceptive system helps us coordinate the movement of our arms and legs in an efficient manner to play and move without even having to look.

A functioning proprioceptive system allows a child to write with a pencil without pushing so hard that he breaks the tip or take a drink from a cup without crushing it in his hand. A functioning proprioceptive system allows children to move, play, and explore in a smoothly coordinated and efficient way – not too gently, not too rough.

Most children develop a strong proprioceptive sense simply through engaging in everyday play activities that allow for exploration and movement. There are many activities that can help promote the development of a healthy proprioceptive system and we ensure that we provide a variety of them every day, allowing the children to practise and develop these skills.



## Current availability

In the Nest, our baby and toddler rooms we have limited places available on all days throughout the week.

Downstairs for our 2,3 and 4-year-old children, we have limited places available in the mornings, but more places available for the afternoon sessions.

With the availability of the 30 hours funding, some of you may be considering increasing your child's time with us at some point in the future and our advice is that it's never too early and we don't want anyone to miss out on a place with us.

**Don't forget our £100 referral reward. Just ask the other person making the enquiry or booking to mention your name.**



## News from Apple and Plum rooms

### Celebrations

In Apple and Plum rooms, the children celebrated Chinese New Year through exploration of Chinese artefacts, Chinese print and Chinese food! We attempted to learn the shapes of Chinese numbers and tried to paint them and explored foods such as ginger, noodles, bean sprouts, prawn crackers and Pak choy using chopsticks!



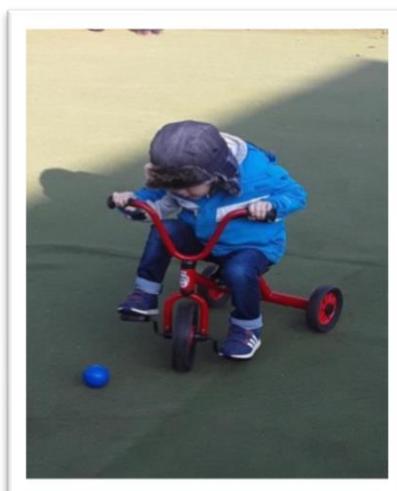
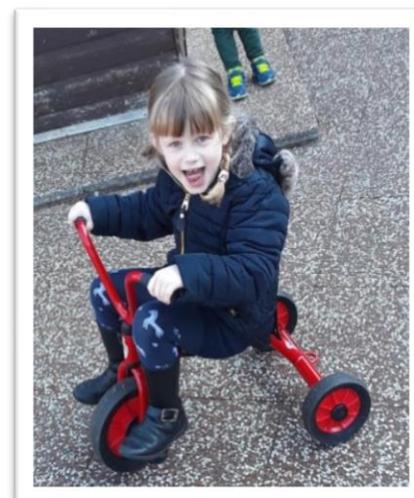
We celebrated valentine's day by making some special biscuits and have enjoyed lots of cooking opportunities this month.



## Developing gross motor skills

In order to help children practice and perfect control and coordination of large body movements we provide lots of equipment and opportunities. The play trail in the orchard encourages balance and coordination and games such as football and throwing and catching develop lots of skills.

The addition of the new cars and bikes has not only encouraged and challenged these skills but has also developed skills in turn taking and sharing!



Our recent pirate activities also encouraged lots of balancing skills as the children walked the plank!



## Two-year checks

Don't forget to let us know when you have your child's 2-year developmental check appointment through. We are required to provide you with a written summary of your child's development to share with the health visitor during the check.

We will complete this summary with you, so please just let us know and we can arrange a convenient time to chat with your child's key person.

## School readiness event

Thank you to all the parents who gave up their time to attend our school readiness event this month. The evening was for those families whose children move onto school this year, designed to give an insight into what we do to support school readiness and provide some ideas of what could be done at home too.



One thing we discussed was the importance of books, rhymes and stories and we want to stress the importance of sharing nursery rhymes with your children.

Singing the same nursery rhyme to children on a regular basis allows them to anticipate and predict what is coming next and introduce children to the meanings of a huge number of words.

Research proves that if a child knows eight nursery rhymes off by heart by the time they are 4 years old, they are usually amongst the best readers and spellers in their class by the time they are in year 3!



## Employee of the month

As well as our employee of the year award that recognises a member of staff who has consistently gone 'above and beyond' we have introduced an employee of the month award. This award acknowledges and recognises a member of staff who has planned, resourced and provided inspiring, fun and exciting activities to provoke learning and engagement.

This month's winner is Emma.

Emma has been fantastic at implementing an approach called PEIC-D (Promoting early interactive conversations - Dorset) which helps to develop interaction skills such as imitation and turn taking.



Watching Emma use the approach has been amazing and the difference is evident. Well done Emma.

## Coming up .....

**World book day – Thursday the 7<sup>th</sup> of March** the staff and children are invited to dress up and celebrate the day. Would you like to come in a share a story with us?

Look out for the Book Swap Box in the main hallway which will be available for you to bring in a book from home and swap it for a new one.

