



BRIGHT STARS NEWS

3rd December 2018

Dear Parents

What a fun November we had! We looked at the Festivals of Diwali and Firework night. And carried out lots of activities for Children in Need – staff took on challenges such as our sticky 'Jelly & Custard' bath, ice bucket challenge and the children wore pyjamas and baked and sold cakes and biscuits. A fun day was had by all and we raised near £200! We also completed our shoe box appeal and the children wrapped and delivered the boxes to be sent all over the world to children less fortunate than us! We feel learning about and getting children involved in helping others nurtures our children's natural instinct to be compassionate. Our children have loved making a contribution and we really believe "when you help a child help others, you are helping to create a better world"

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Children in Need – our bears wanted to be like Pudsey, so we made them bandanas Staff Jelly & Custard and Ice Bucket Challenges!

Shoe box appeal; the children went shopping to choose gifts, then stocked and wrapped the shoe boxes. We then delivered them to be sent all over the world

Diwali; we learned about the festival of light from Ravinder's (chef) brother who came to visit. We made Coconut Sweets, dressed in traditional clothes, had a traditional lunch and experimented with Henna and designed our own patterns. We also made Diwa's from clay.

Nursery Fees Review – 1st January 2019

This is the time of year when our nursery fees are reviewed, and we are very pleased to let you know that a decision has been made to keep our fees at the current rate until the end of March 2019. Fees will be reviewed in April 2019 to coincide with our annual salary review. You will be notified of the revised fees in our parent newsletter due out on 1st March 2019.

Our new holiday dates schedule 2018/2019 is enclosed for your information.

Invoices and Payment

Your monthly invoice will be enclosed with this newsletter. Where possible we prefer payment to be made directly by bank transfer. Our bank details are as follows and please always use your child's name as reference :-

Sort Code: 40-20-23 **Account no:** 61627759 **Account name:** Bright Stars Nursery Ltd

We would encourage parents to utilise online and telephone banking to process payments at their convenience or to call head office on 001992 676631 in order to make a debit card payment over the phone from 9am-5.30pm.

Confirmation of Fees letter to Tax Office and other Government Departments.

Please be advised that all correspondence to the tax office or other Government departments is sent directly to them following requests from parents. To avoid any confusion we always include reference numbers on such correspondence. Please ensure, therefore, that you provide copies of any letters from the Tax Office which require a response from us to be attached to your requests to us. All such requests should be sent to Linda@brightstarsnursery.ltd.uk

Dates for your diaries;

December is going to be an especially busy but short month so please take a minute to have a look at the dates below for your child's group.

Christmas dates;

- Christmas Concert – Starlings and Starfish (Monday 17th December 2018)
- Christmas Nativity – Bright Stars (Wednesday 19th December 2018)
- Christmas Parties /Santa – All Rooms (Tuesday 18th December 2018) Tea Time
- Christmas Dinner – All Rooms (Thursday 20th December 2018) Lunch Time
- Nursery Closes for Christmas Break (6pm Friday 21st December 2018)
- Nursery re-opens (7:30am Wednesday 2nd January 2019)

Christmas Performances

Starfish (2-3's) and Starlings (Babies) – Monday 17th December 2018 4:30pm (Concert)

Starfish & Starlings will be performing their Concert on Monday 19th December, the performance will start at 4:30pm and will be held downstairs in the main rooms, please arrive no earlier than 4:25pm. You will be told your child's costume requirements. Tickets cost £2.00 each and include a programme and mulled wine and mince pies after the concert.

Bright Stars (3-5's) – Wednesday 19th December 2018 5pm (Nativity Musical)

Bright Stars will be performing their Nativity musical on Monday 18th December, the performance will start at 5pm and will be held upstairs in our pre-school room, please arrive no earlier than 4:45pm. You will receive your child's costume requirements. Tickets cost £2.00 each and include a programme and mulled wine and mince pies after the performance.

As the space is so limited we will be selling only 1 ticket per child for a parent or family member to watch the performances. We will let you know if there are any additional tickets closer to the time.

If you would like an additional ticket please come to the office to put your name on the waiting list.

Please note there will be No Parking on the drive for the performances.

For the performances we will allow the usage of recording devices such as cameras or mobile phones to be used. If any parent wishes their child not to be recorded can we please have this in writing by Friday 7th December 2018.

We respectfully ask parents to please not share any photos or videos including other children on social media unless you have the other parents permission – Thank you.



Christmas Jumper Day

We will be donning our Christmas jumpers on Friday 14th December 2018 for a suggested £1.00 donation.

Room News

Starlings

This month we have been exploring different types of sensory play including; different coloured rices during Diwali, cornflour and artificial snow. We have also gone on a little trip to Enfield Town to see the decorations and lights

Room Reminders;

- Just a kind reminder to parents; if you are going to be late can you please give us a call to let us know. Also if your child is absent please give us a call or email the office ASAP – Many thanks

Tina (Starlings)

Starfish

This month Pat has been baking; fruit loafs, cakes for Children in Need and Choc chip cookies which ended up as a tray bake!! We looked at Diwali and children explored with coloured rice and dressed up. We have carried out a range of different sensory activities using Gluten free flour, rice and made our own playdough.

We have also been looking at the story of the Rainbow Fish and carried out a variety of activities such as fishing with nets, making our own 'Rainbow Fishes' using different techniques such as finger painting and sticking tissue paper pieces. We have also tried some 'magic drawing' using wax candles to draw and then painting over it with water paints.

Room Reminders;

- Please ensure your child has appropriate winter clothing; hats, scarfs, gloves, waterproof warm coat and suitable footwear to use the garden in all weathers – thank you.

Niki, Katherine, Pat & Jackie (Starfish)

Bright Stars

This month has been a very busy one for Bright Stars; we learned about the origin of the poppy and why we wear it for Remembrance Day and we also made our own poppies. For Diwali we had a special guest come and talk to us about the meaning of Diwali. Dennisha showed her amazing skills and did lovely Henna patterns for everyone and we all dressed up in traditional clothing, made coconut Ladoos and danced to traditional music to celebrate. We also enjoyed fundraising for children in need, we watched stories about children just like us who are just less fortunate and we helped to raise money for them by dressing up and baking lots of yummy cakes and held a bake sale. We had a great day. We have also took part in the shoe box appeal and road safety week.

Room Reminders

- Please send up to date family photos for our album to nikki@brightstarsnursery.ltd.uk if you haven't already
- Please check lost property for any children's belongings or clothes to take home before we close
- Please remember to carry out and return your Jolly Phonics home learning activity and return to Gizem

Book Club Information

- Please remember to bring back your child's book as they are using the books straight from our shelf in the room so these are our resources we use in the room too also we need enough books for the following weeks group
- The books rotate every other week
- Please enjoy reading time with your child and fill in all the boxes on the book review

Many thanks

Dennisha, Gizem & Paige (Bright Stars)

Outdoor Play

We are lucky enough to have garden's we can use with the children in ALL weathers.

There are many benefits to children playing outdoors in winter;

The outdoor environment is where children can come into contact with the ever changing systems of nature and the four elements. It is the dynamic world of living and non-living things; the seasonal changes and different weather conditions provide children with a sense of time and place and offer endless possibilities for investigation.



During the winter months many children have colds, coughs and runny noses. Despite this, we know it is good for children to still go outside and enjoy the outdoor play session. We believe that children with colds should not be kept inside as they will miss out on an important part of the nursery session if they are kept indoors on their own.

If a parent is really concerned about their child's health and if they feel strongly that they must not go outside, we expect that the child is probably too ill to come to nursery and therefore we kindly request that the child stays at home until they feel well enough to attend.

The outdoor environment offers more freedom and space to move, and inspires different movement from that indoors. This is vital for young children to develop their co-ordination, build muscle mass and experiment with moving their bodies. The outdoors provides opportunities for children to fully and freely experience gross motor skills like running, leaping, and jumping as well as other manipulative skills such as throwing and catching.

Health and Well-being

Much research is available that indicates that being and playing outside is vital for children's physical health and development, emotional well-being and promotes cognitive development and achievement.

When outdoors, children have the freedom to explore and to develop their physical boundaries, to take risks and to discover the real world with all their senses. This can have huge positive effects on a child's self esteem and confidence. Outside can be liberating; children have room to be active, noisy, messy and work on a large scale. Outside is dynamic; you cannot predict what might happen, and as such it provides opportunities to experience and develop emotions, what they feel like and how to deal with them.

Additionally, it is in the outdoors that children are likely to burn the most calories, which helps prevent obesity, a heart disease risk factor that has doubled in the past decade. The outside is also important because the outdoor light stimulates the pineal gland, the part of the brain that regulates the "biological clock," is vital to the immune system, and makes us feel happier.

Learning

Outside has a higher concentration of oxygen in the air (25% more than indoors even with all windows and doors open). Oxygen is vital for all cells to respire in the body, but particularly for brain function to aid the process of learning. The

outdoors has something more to offer than just physical benefits. There are benefits for cognitive and social/emotional development too.

Appreciating the Outdoors

We can't underestimate the value of the outdoors in heightening children's aesthetic development. Because the natural world is filled with beautiful sights, sounds, and textures, it is the perfect resource for the sensory development of young children.



Young children learn through their senses. Outside there are many different and wonderful things for them to see (animals, birds, and plants), to hear (the wind rustling through the leaves, a robin's song), to smell (fragrant early bluebells or the smell of rain-soaked grass), to touch (a fuzzy caterpillar or the bark of a tree), and even to taste (newly fallen snow or a raindrop on the tongue). Children who spend a lot of time acquiring their experiences through television and computers are using only two senses (hearing and sight), which can seriously affect their perceptual abilities.

Finally, what better place than the outdoors for children to be loud and messy and boisterous? Outside they can run and jump and yell, and expend some of their energy.

"When we think back to our childhoods, many of our fondest memories are of outdoor places and activities. Such memories might include climbing a favourite tree, making dens or a secret hiding place. Maybe there was the rustle when we kicked through piles of autumn leaves, the feel of the sun on the first day warm enough to go without a jacket, or the taste of a picnic eaten on a blanket spread on the grass. Children usually share the values of the important adults in their lives. When we show an appreciation for the great outdoors, the children in our lives will follow our lead"

December Planning

If your child is especially interested in something, then please inform your key person and this can be added to the main planning

Our general themes for December are:

- Christmas
- Hanukkah

For the last few years when planning our Christmas activities with children we try to make each activity really meaningful for each child and maximise their learning potential and understanding. To achieve this we put together a programme of varied activities to really extend and build on children's previous knowledge. We provide many 'real life' Christmas activities which include; making mini Christmas puddings, present wrapping, making and writing Christmas cards, collecting and looking through Christmas catalogues, eating Christmas dinner together, listening to Christmas music, watching Christmassy DVD's (as a special treat) and putting up the Christmas tree and decorations. Additionally we take children out to the local environment to see and discuss the different Christmas trees and decorations, children then draw their own representations of these and use digital cameras to take photos. Children will therefore be taking part in these activities which we feel enhances their learning and creative development - however, it also means you may not necessarily receive art work that you can immediately recognise (!) which gives plenty of opportunity for discussion and interpretation.

Some of the activities we will be carrying out with the children this month are:-

- Visiting the local environment, taking photos of the Christmas decorations with our digital cameras and drawing what we see
- Baking; Cookies, Mince Pies, Mini Xmas Puds, Gingerbread
- Making salt dough Christmas decorations
- Making paper chains
- Present wrapping
- Making Christmas cards
- Christmas songs

If any parents want to get involved, come in and do an activity or if you have any ideas please let us know.

Observations from Home

Please note you can upload your own pictures directly from your smartphone camera to contribute to your child's learning journey through parentzone. We would love to see more observations and photos from home and really work in partnership with you to tailor activities to your child's interests and support them to meet the next steps in their learning.

Photos from home are also a great way for us to start conversations with your child and allow them to build up their confidence to speak freely about their home and community and family customs and traditions. If anybody would like help or support to download the parentzone app or how to upload photos or observations the  the office.

Please send any photos, news from home or activity ideas to; nikki@brightstarsnursery.ltd.uk or see your child's key person.

We would be really grateful if any parents and families have any cultural items/artifacts they could donate to the nursery as we are trying to build up a collection of real life items from around the world.

We would especially welcome; wooden carved animals, wooden masks, cultural dress/bangles and cultural music CD's and books (especially books in other languages e.g. children's books or recipe books).

please remember us if you are going on holiday (especially abroad) and bring us back something interesting to add to our collection!!

Also if any children have got dressing up/superhero costumes they no longer wear we would really appreciate these to put in our dressing up resources.

Nikki Haylock
Senior Nursery Manager
nikki@brightstarsnursery.ltd.uk

Bonnie Couchman
Deputy Nursery Manager
bonnie@brightstarsnursery.ltd.uk

Please Review Us



Happy with our services? Please leave us a little review on daynurseries.co.uk and netmums for all of our prospective parents to view – many thanks.



Nursery

020 8342 2138

Head Office Phone Number

Linda Branch (Finance)
Helen Regan (Director of
Quality & Operations)
01992 676 631



Find us on
Facebook

Bright Stars Nursery Ltd

Nursery Safeguarding Team



The Nursery Safeguarding Team are; Nikki, Bonnie

If you have any concerns about the welfare of any child at the nursery please do not hesitate to contact any member of the Safeguarding Team in person or via telephone 020 8342 2138

Nursery SEND-CO

(Special Educational Needs & Disability Co-ordinator)

Our nursery Senco is; Nikki

If you require any further information regarding the SENCO role or are worried about any aspect of your child's development please feel free to talk to Nikki for a confidential chat.