



Grass Roots Newsletter



Hello January!

Goodbye 2024 and hello 2025!!



A New Year filled with hope for fresh starts and new beginnings. Please don't put too much pressure on yourselves to begin new years resolutions. Small healthy habits that you can build into your routine are enough. Reach out to see what is happening in the community, maybe there are some clubs you can join or groups you can attend.

Monthly Theme - Managing Finances



January can be a financially challenging month for many families, but there are several things you can do to help manage your finances and reduce stress. Here are some tips:

1. Create a Realistic Budget:

Review your December spending to see where you may have overspent. Create a budget that includes all your essential expenses (housing, utilities, groceries, transportation) and non-essential expenses (entertainment, dining out) If you overspend during the holidays, adjust your budget for the rest of the year.

2. Review Your Subscriptions:

Take a look at your subscriptions (streaming services, gym memberships, etc.) and cancel any that you're not using or that you can live without.

3. Cook at Home More Often:

Plan your meals for the week to avoid impulse purchases at the grocery store. Prepare larger meals that can be eaten throughout the week or frozen for later. Get creative with leftovers to reduce food waste and save money.

4. Cut Back on Non-Essential Expenses:

Find free or low-cost activities to do with your family, such as going to the park, visiting the library, or having a game night at home. Cook at home more often to save money on dining out. Consider buying secondhand clothing, toys, and other items to save money.

6. Seek Professional Help if Needed:

If you're struggling with debt, contact a credit charity for help, and if you're having trouble making ends meet, talk to your bank about options like overdraft protection or a loan.

By implementing these strategies, you can help your family manage your finances and reduce stress during the month of January and beyond.





Practitioner Spotlight:

Beth was our praise winner for December (joint with Caitlin). Beth is currently studying for her Level 3 Early Years Educator qualification and is based in the Paddock at St Peter's. Beth has been with us since October 2023. She has previously worked in a nursery and been a SEND support worker. Beth says "I thoroughly enjoy working with children and watching them thrive in childcare, and it is a very interesting and rewarding job"



Event Calendar:

- Open for term time only children on 6th January
- Application for Reception Places closes on 15th January
- Family SEND support session @ Grass Roots Family Centre Thursday 16th January at 10am.
- Staff Training Day - Friday 14th February

Community News:

- Check out Grass Roots Family CIC facebook page for community events
<https://www.facebook.com/profile.php?id=100086769567112>
- 50 things to do before you are 5 has events on their website
<https://calderdale.50thingstodo.org/app/os#!/welcome>

Curriculum Focus:

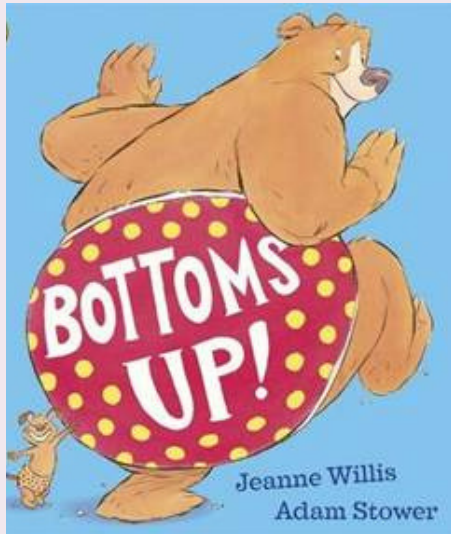
An area of focus for the term - festivals and celebrations. How they can do this easily in the home without the need for resources, focusing on all areas of the EYFS. Link to 'what to expect?; and Tiny Happy People',





Book Review:

Bottoms Up! By Jeanne Willis



I truly enjoy spending my breaks between kitchen duties with the children. One of my favourite activities is reading to them, and my top choice is the book "Bottoms Up!"

This delightful story presents a humorous argument that toddlers often ponder: why should we wear underwear when animals don't? We find ourselves in fits of laughter as we read, and the rhyming verses add an extra layer of enjoyment to the experience.

by Aggie (Kitchen Assistant at New Road)

Q&A:

Will my child get poorly from being cold outside?

Being cold outside doesn't directly cause a child to get sick. However, there are a few ways that cold weather can contribute to illness:

- **Weakened immune system:** When the body is exposed to cold weather, it constricts blood vessels to conserve heat. This can weaken the immune system, making it easier for children to catch viruses.
- **Increased indoor time:** When it's cold outside, children tend to spend more time indoors, where they are in closer proximity to others and more likely to spread germs.
- **Dry air:** Cold air is often dry, which can irritate the nasal passages and make them more susceptible to infection.



<https://www.bupa.co.uk/newsroom/ourviews/cold-weather-illness>





Recipe Corner:

Our recipe of the month is: Baked Cinnamon Doughnuts

Please find this and other recipes on our website: This month take the opportunity to treat yourself with a healthier version of doughnuts. Coating the doughnuts with a mix of cinnamon and sugar allows you to use less sugar in your recipe.

<https://www.grassrootsdaynursery.com/post/baked-cinnamon-doughnuts>



Tips and Tricks:

Keeping Warm when playing outside: Warmth comes from within so children need to have fuel, such as food or milk, to enable them to keep warm. Movement generates warmth, so jumping and moving about is a solution to feeling cold. Most heat is lost through the head, so hats are a must in the snow and cold (with ear flaps if possible). Wearing rubber or plastic gloves under mittens will help hands stay warm for longer.

Layers of clothing are important in the cold months and waterproofs and wellies will support extended play. Pull the waterproofs over the wellies to stop them filling with water.

Plan snow play for short active bursts throughout the day. This maintains the joy and anticipation but makes sure your child doesn't get too cold. They can also enjoy warming up before heading off out again. Keep cosy socks and blankets ready for your return and supplies of warm drinks for a real winter treat.

<https://calderdale.50thingstodo.org/app/os#!/before-youre-five/activities-2>

Activity #12 Brrrr





Risky Play:

Attempting to remove all risk from play for children may be damaging, if children are not allowed to take risks when playing they may grow up over-cautious or be unable to judge potentially dangerous situations. All children are different, and not all seek out risky play. Some children will not leave their 'comfort zone' and others seek the thrill of challenging themselves more. Every child will attempt the risk they feel comfortable with, and they don't always require extensive adult supervision.

Online Safety:

To keep your child safe online, here is a helpful tip for you:
Explore together
Talk to your child about what the internet is and explore it together so you can show them all the great fun and educational things they can do. Reassure them that if they see anything upsetting, they should come and talk to you.

<https://www.family.co/us/blog/screen-time-in-early-childhood>



Healthy Choices:

Benefits of a healthy balanced diet in childhood

We know that the Early Years are a critical window of opportunity for growth, learning and for health. We know, too, that good nutrition and healthy eating habits in early years are vital for optimum physical and brain development and will have an impact on health and academic achievement in later life.

Promotes healthy brain development

- Supports brain health and it plays a key role in cognitive functions such as concentration and learning.

Prevents tooth decay

- Promotes healthy tooth development and protects against tooth decay.

Supports growth and development

- Provides energy and protein required for healthy growth and development.

Provides energy

- Provides iron and vitamins essential for optimum energy levels.

Supports a healthy immune system

- Provides essential minerals to promote a healthy immune system.

Helps regular bowel movements

- Provides fibre to ensure healthy bowel movements.

Protects muscle strength

- Provides Vitamin D which is important to protect muscle strength and the prevention of rickets.

