



Grass Roots Newsletter



Welcome Back and Hello!

Welcome to our monthly newsletter!

We're excited to share the latest news and updates from Grass Roots. We hope you enjoy this new format and find it informative and engaging.

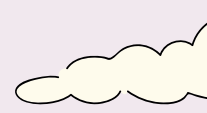

In this issue, you'll find lots of information. We encourage you to explore our newsletter and participate in the sections that interest you.

Thank you for your continued support

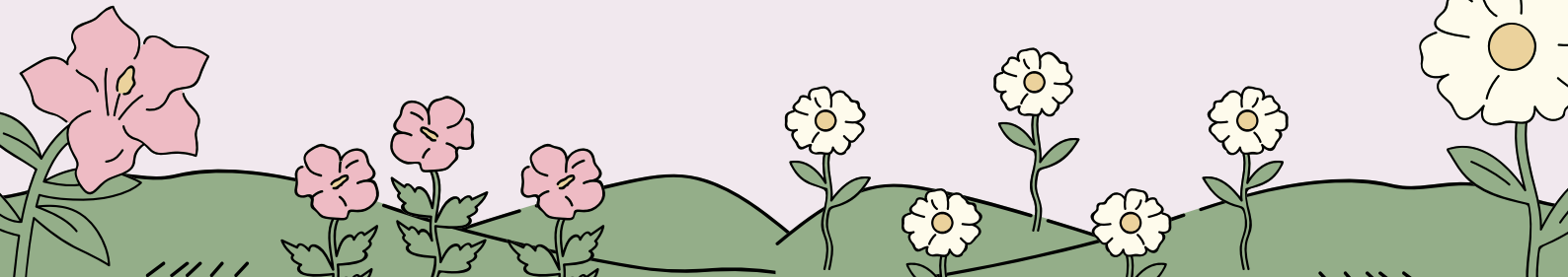


Monthly Theme: Feeling Safe and Secure

Feeling safe and secure is crucial for a child's development for several reasons:

- **Emotional Well-being:** A sense of safety and security allows children to feel loved, valued, and protected. This fosters healthy emotional development and helps prevent anxiety, depression, and other mental health issues.
 - **Healthy Relationships:** Children who feel safe and secure are more likely to trust others and form healthy relationships. This can impact their interactions with peers, teachers, and family members.
 - **Academic Success:** A safe and supportive environment is conducive to learning. Children who feel safe are more likely to be engaged, focused, and willing to take risks in their studies.
 - **Resilience:** When children feel secure, they are better equipped to cope with challenges and setbacks. This resilience can help them overcome difficulties and bounce back from adversity.
 - **Positive Outlook:** A sense of safety and security can contribute to a positive outlook on life. Children who feel loved and supported are more likely to have a hopeful and optimistic view of the future.
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In essence, a safe and secure environment provides the foundation for a child's healthy development, both emotionally and academically.



Q&A:

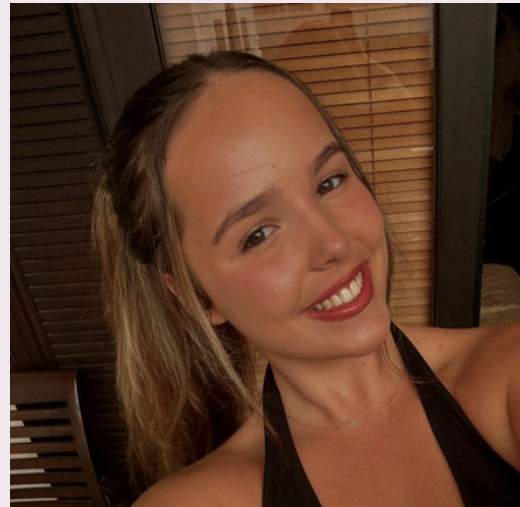
How do I apply for working family 15 and 30 hours without ID?

This is a question we have been asked numerous times recently. I am afraid you will be unable to do so. While we can't provide personalised guidance, applying for a provisional license is often the most affordable option. If you lack identification and plan to apply in January, it's crucial to start the process as soon as possible. For more information please visit the website: <https://www.gov.uk/apply-free-childcare-if-youre-working>

Practitioner Spotlight:

Ruby, our new nursery assistant, has joined our team this week. She'll be working shifts in all our rooms. Ruby is currently staying with family nearby but plans to return home to Australia next Autumn to do a nursing degree. She's already settled in well and is a big hit with both the children and our staff.

Welcome to Grass Roots, Ruby!

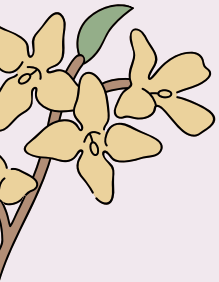


Event Calendar:

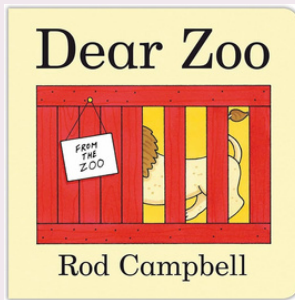
- October Half Term Friday 25th October
- Staff Training Day Monday 4th November
- SEND Support Session Thursday 19th September, 10am @ Grass Roots Family Centre

Community News:

- Check out Grass Roots Family CIC facebook page for community events
- Sowerby Bridge Rushbearing Festival is happening this weekend. For their timetable see their facebook page. Watching live events can be a magical and unforgettable moment for small children. For other 50 things to do before you five-download the app

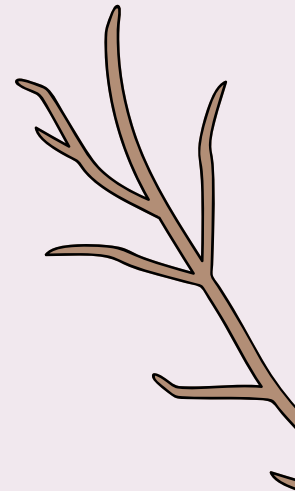


Book Review:



This book is the favourite of Amy our preschool teacher at New Road and her daughter Ola.

'We really enjoy Dear Zoo at the moment, as she's starting to recognise all the animals and matching the noises to them too' Dear Zoo is a fantastic book for young children because it combines learning with entertainment. It's a great way to introduce children to animals, vocabulary, and storytelling, all while fostering a love of reading.



Recipe Corner:

Our recipe of the month is: Peanut Butter Cake!

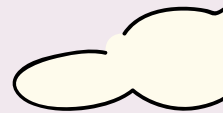
We just can't get enough of this and I personally make this at home regularly. It is a really easy cake to make and great for children to get involved with.

Please find this and other recipes on our website:

<https://www.grassrootsdaynursery.com/post/peanut-butter-cake>

Tips and Tricks:

We have had lots of new children start at nursery this week. Some have settled well and some may need some additional support. This is completely normal and to be expected. Speak to the room staff about any advice they can offer. Some of the suggestions to help children settle easier would be to bring a familiar comforter such as a blanket or teddy, keep the communication going with the room team and celebrate the small wins.



As always a huge thank you for your continued support. If you have any feedback, then please send us an email or contact us via family.

