



# Grass Roots Newsletter



## Hello December!

We have enjoyed having our parents in setting to discuss their children's progress and thank you so much for the lovely feedback we have received! We are going to have some very excited children this month. We do celebrate Christmas in setting, but do so lightly for children that may find it overwhelming.

As always, please send us your parent observations, we love to see these and they are on your child's profile to keep when they leave nursery



## Monthly Theme - Healthy Relationships



Maintaining a healthy relationship can take effort and consistency. Especially when you are parents, and it can be even harder due to expensive times such as Christmas. The stress can make us argue more and these arguments may be more serious. Here are some advice and tips to make your relationship better:

- Arguing is about resolving conflict not winning.
- Communication is important; listen, show you care, say thank you and show interest.
- Think about the things you agree on and celebrate them
- When you do argue, think about how you can talk about this problem differently next time
- Be a good role model and teach your children how to resolve conflict and manage disagreements healthier - they are sponges, they hear and see everything!
- Try your best to make sure that children know that the arguments are not their fault or responsibility
- prepare yourself before having difficult conversations, make sure you are calm and the other person is ready to talk
- Consider how much your words can hurt the other person, think before you speak.
- Be clear about what you want, don't assume the other person should know.
- Be willing to compromise and listen to other suggestions
- Read the booklet attached to the post

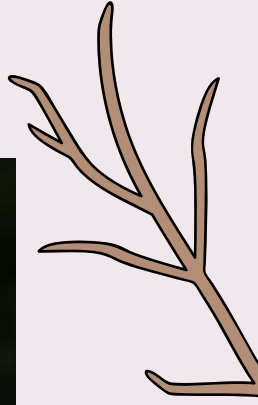




## Practitioner Spotlight:

We welcomed the lovely Traci back to Grass Roots last month. Traci worked for us previously and moved to a local school to work with SEN children. She decided that she wanted to return and now works at our New Road setting with her sister Janet and the rest of the team. Traci has extensive experience of working with SEN children in both primary and early years. She is very kind, caring and nurturing, making her a perfect addition to our setting.

Welcome back Traci! We have missed you 😊



## Event Calendar:

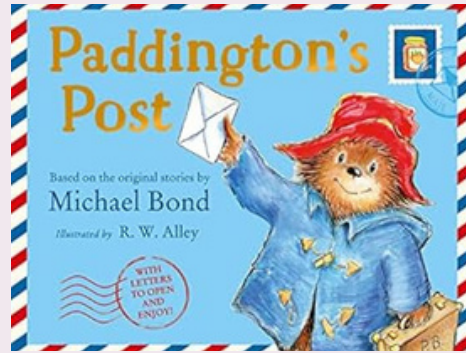
- Family SEND support session @ Grass Roots Family Centre Thursday 19th December at 10am.
- Close for term time only children 20th December and nursery closes for Christmas 24th December.
- Mon 16th Dec 2pm - 3pm The Fold Stay and Play
- Mon 16th Dec 2pm - 3pm The Orchard Stay and Play
- Weds 18th Dec 2pm - 3pm The Woodland Stay and Play
- Thurs 19th Dec 2pm - 3pm The Meadow Stay and Play
- Thurs 19th Dec 2pm - 3pm The Paddock Stay and Play

## Community News:

- Check out Grass Roots Family CIC facebook page for community events
- 6th Dec 6.30pm St Nicholas Festival @ St Peter's Church
- 7th December - tractor run [https://www.facebook.com/groups/1746057098987050/permalink/3880014748924597/?rclid=8pSw9gz0z5qf4sWk&share\\_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2Fp%2F14zJwmZvfv%2F#](https://www.facebook.com/groups/1746057098987050/permalink/3880014748924597/?rclid=8pSw9gz0z5qf4sWk&share_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2Fp%2F14zJwmZvfv%2F#)
- Live Nativity at St Pauls Church, Sat 14th Dec 11am - 4pm



## Book Review:



### Paddington's Post by Michael Bond

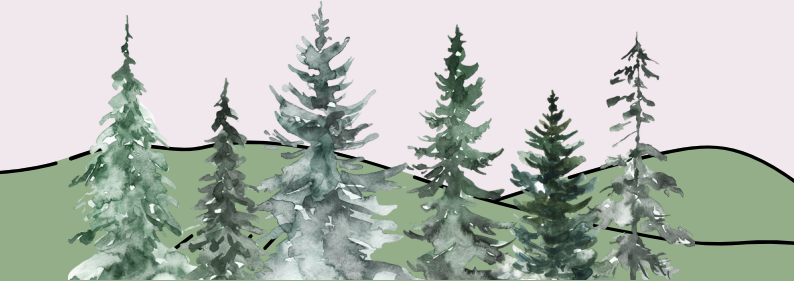
Elin has been enjoying the Paddington's Post a lot recently. This book is a wonderful story about Paddington Bear's journey to London from Peru and the letters he writes to his Aunt Lucy. Elin loves the interactive elements of the book, such as opening and reading the letters, postcards, newsletters and maps which make up the story. As big Paddington fans with lots of different books, this one is especially sweet and shows the love of family, both related and created which is an integral part of the original Paddington story. Paddington's story is one which parents and grandparents will remember from their own childhood so it is one that we feel everyone will enjoy! Fun fact one of Elin's favourite World Book Day costumes was Paddington Bear last year (which is the reason we brought this specific book to bring in!).

by Elin and Mummy

### Q&A:

How much screen time should I allow over Christmas?

With the colder weather and cosy days in, it is hard to say no to screen time when you just want to relax. Limiting time to as little as one hour per day is what the World Health Organisation recommend. Research shows that too much screen time not only affects children's learning but also their wellbeing. Children require face-to-face and in-person social contact in order to thrive, and Christmas is an ideal time to reset family routines. Instead of offering screens, why not take a family walk, go to the park, play a board game, make a den or listen to some music.





## Recipe Corner:

Our recipe of the month is: tandoori chicken!

After all of the roast dinners and buffet food over the Christmas period, a light Indian meal is a delicious change. Curries are also a great way to use up leftover meat, fish and vegetables.

Please find this and other recipes on our website:

<https://www.grassrootsdaynursery.com/post/tandoori-chicken>



## Tips and Tricks:

Remember, the most important thing about Christmas is spending time with loved ones and enjoying each other's company. By being creative and resourceful, you can have a wonderful Christmas without breaking the bank:

- DIY crafts - Make paper chains, snowflakes, or ornaments.
- Homemade Gifts, make cards and bake some cookies.
- Do secret santa in a group rather than buying for many
- Have experiences rather than material gifts
- Keep meals simple and use leftovers effectively
- Enjoy time at home watching movies and playing games
- Plan ahead and set a budget
- Embrace the Simplicity and don't compare yourself to others on social media. Children won't remember what you bought them but they will remember being happy.

# Merry Christmas Everyone!

