



# Grass Roots Newsletter



**Hello November!**

We hope you have all had an amazing Half Term! We have enjoyed our term so far and look forward to the next half term with the usual build up to Christmas and the New Year.

This term we look forward to having our families back in setting again for parent meetings, make sure you have booked your slot.


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

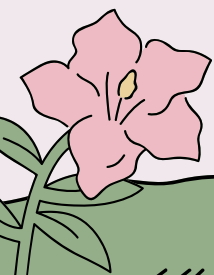


## Monthly Theme - Benefits of Outdoor Play for Small Children, Even in Inclement Weather



Despite the weather, there are numerous benefits to taking small children outside:

- **Physical Development:** Outdoor play encourages physical activity, which is essential for building strong muscles, bones, and coordination. It can also help prevent obesity and improve overall health.
  - **Sensory Stimulation:** Nature provides a wealth of sensory experiences, from the feel of grass and leaves to the sounds of birds and the smell of flowers. These experiences help children develop their senses and learn about the world around them.
  - **Vitamin D:** Exposure to sunlight helps the body produce vitamin D, which is essential for bone health and immune function. Even on cloudy days, some sunlight can penetrate the clouds.
  - **Mental Health:** Spending time in nature has been shown to reduce stress, anxiety, and depression. It can also improve mood and cognitive function.
  - **Creativity and Imagination:** Outdoor play encourages creativity and imagination. Children can use their surroundings to create games, stories, and adventures.
  - **Social Development:** Playing outdoors with other children can help them develop social skills, such as cooperation, sharing, and problem-solving.
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## Q&A:

My child is due to start school September 2025, what do I do?

You can apply for a school place from the 18th November and applications close on the 15th January 2025. For more information:

<https://new.calderdale.gov.uk/schools-and-learning/schools/admissions>

If you are not sure where you would like your child to attend, please make appointments to visit your local school and ask questions about things that are important to you. If you need any help or advice, please message the office.

## Practitioner Spotlight:

This month, we are delighted to announce that the wonderful Alicia is our 'Praise' winner. Alicia works with the preschool children at our St Peter's site and is currently pursuing a Degree in Early Years.

She has become a firm favourite among the children, and witnessing her affectionate interactions with them is truly heartwarming. Well done, Alicia!



## Community News:

- Check out Grass Roots Family CIC facebook page for community events
- Check out the 50 things to do before you are 5 website to see if there are any Bonfire Night Activities -this month our favourite is #16 Whee Bang Wizz <https://calderdale.50thingstodo.org/app/os#!/before-youre-five>
- Elland Round Table are doing a SEND friendly display (see attached leaflet)

## Event Calendar:

- Staff Training Day Monday 4th November
- Parent Meetings - W/C 18th November.
- Family SEND support session @ Grass Roots Family Centre Thursday 21st November at 10am.

## Book Review:



"Goodnight Spaceman" was one of my favourites to read to the children when I worked in the preschool room. The story revolves around two little boys who dream of joining their father in space. Throughout the book, they bid goodnight to "all things space," incorporating various space terminology, which is excellent for expanding their vocabulary. This element also makes it a wonderful bedtime story.



Jess- Duty manager

## Recipe Corner:

Our recipe of the month is: homemade pasta!

Some of the children in nursery have enjoyed making their own pasta this past week. Making pasta is a great way to get children to eat foods they might not usually eat. You could even try making a homemade sauce too.

Please find this and other recipes on our website:

<https://www.grassrootsdaynursery.com/post/homemade-pasta>

## Tips and Tricks:

Adding your own observations of your child

To create an observation of your child:

- Head to your child's profile and click on the Journey tab
- Click New and select Observation (found in the top right)
- A text box will appear- see the below screenshot for an example
- Use the Upload button to add photos and videos, or simply describe what your child is doing. If you get interrupted while you're creating the observation, a draft will save, which you can find again by clicking the (left) icon top right-hand corner.
- When you're done, click Send for review to share it with your child's setting.

