



# The Little Leaf

## EARLY DAYS' MONTHLY NEWSLETTER

# JANUARY



Happy New Year! We would like to welcome everyone back and we hope that that you had an enjoyable Christmas break.

A friendly reminder to all parents as we start the New Year to please arrive on time for pick ups. The knock on effect of parents arriving late means staff have to stay longer to keep within ratio and that can sometimes mean they are delayed in meeting their own deadlines with their families. If your child is due to be collected by someone else, please notify us in advance.



We will shortly be sharing with you all our Climate Action Plan, which will be used throughout the nursery. There is a post coming with further details on Tapestry: please do read this and the plan. We would love to have your feedback.

### Owl Adventures:



In January our topic is **Winter/Arctic Regions**. The children's imaginations are always very captured by this and it is a engaging topic for them to develop their understanding of lots of different concepts

such as hot / cold, changes over time and different ways of life. Jo will be teaching us all about penguins, prompting us to consider size and comparisons as we create a life-size emperor penguin and compare this to our own height.

Over the next few weeks, your child's **Next Steps** for this term will be updated. Please do let us know if you have any questions/feedback regarding these: we love to know what your children's interests are at home and so we can use them in our planning. We also love to see your photos and videos as the children love to share them. If you have not yet sent a family photo in for the Family Wall and you would like to do so, please do.

January sees the public launch of **Feelsville**, which is what we have been working on with Jen Foster and The Good Morning Club. By now, the children will be very familiar with Feelsville and we will continue to send information and updates. Feelsville is home to The Feels. Their names are **Proud, Happy, Sad, Angry, Worried** and **Calm**. The aim of Feelsville is for children to independently identify their emotions and the sensations that come with these before going on to knowing what they can do to support themselves in these moments. These are explained to the children in the format of 'backpacks'. For example, if they are feeling Angry, they know they need their 'backpack'.



For older children, these backpacks are digital. We use a physical backpack at present, which contains resources that support children in these moments, such as sensory stones and breathing exercise prompts. If you would like a more detailed breakdown of how these work and how you might utilise one at home, please do ping us a message on Tapestry.

Sabrina had a baby girl a few days before Christmas and will now be off on mat leave. We are delighted to welcome Charlotte to our team in Owls - we know the children are going to enjoy her company very much! Due to the changes in staffing, some children may have had a change to their key person - everyone impacted has been notified via Tapestry.

Looking ahead to February, our theme will be **People Who Help Us**. We've been incredibly lucky to have lots of visits from parents in previous years and the children talk about this for weeks afterwards: it makes such an impression on them and often inspires them more than we realise! If anyone would like to come into the nursery to talk to us about their role as a key worker or in the community, we would love to have you.

### Hedgehog Happenings:



We are looking forward to welcoming all the children back to Hedgehogs and hearing about all the fun you have had in the Christmas break. Please upload onto Tapestry any videos or pictures of what you have been up to, as the children love watching them and showing their friends.



Our theme in January will be **Winter and Polar Animals**. We will be exploring ice play with polar animals, alongside ice painting and simple science activities. The children will investigate what happens when ice is added to warm water and observe it melting. We will also enjoy a range of sensory play experiences, including cornflour gloop, shaving foam, and plain flour as snow, which the children always love. In addition, we will be building and creating our own snowman using sticky-back plastic, allowing the children to have fun choosing and sticking on their own decorations.



We would like to welcome Grace and Alex who will be joining our team in Hedgehogs. Emily will be leaving to go on mat leave later this month, we wish her well.

## at-a-glance

### January Themes

Hedgehogs  
Winter/Polar Animals

Owls  
Winter/Arctic Regions

### Cold Weather

Please remember to pack labelled gloves, hats and warm coats. Also label jumpers as children often remove these as they warm up.



### Birthdays

Henry, Sophia, Rose, Ralph, Max S, Max M-W, Charlie, Sadie and Millie

Enjoy being celebrated— have a great day!



### Thank You

We'd like to thank everyone for adhering to our sickness policies. We appreciate how hard this time of year is with all the bugs going round.



### Sharing Photos

Please ensure that if you circulate photos of your child from Tapestry that this is only done with photos not showing other children— we need to keep everyone safe!



### Hedgehogs Core Songs

5 Little Ducks  
5 Little Snowmen

### Owls Core Books

