

WELCOME TO

January 2022

NEWSLETTER



WELCOME TO OUR MONTHLY EDITION OF MONKEY NEWS

Senior Manager



Firstly, I would like to extend a warm welcome to all our new families who have recently joined the MP family we look forward to building a lasting relationship with you and your children.

Although it seems an age since our Christmas break, I would like to thank you all for the kindness you have shown to the team with the lovely gifts and cards, thank you.

Going into this new year we were full of excitement about our new pre-school rooms which are very nearly ready. These rooms will offer the children a wonderful creative learning environment across two rooms, one catering for our 3-4 age range and the other a rising 5 room which will prepare children for school transition and school readiness. We are also going to be taking the children outdoors more into our local community, the library, park etc to build the children's confidence in going on trips outside of the nursery.

During January children across the nursery have been learning about healthy eating, well-being and about health care professions. I particularly enjoyed seeing the children discussing what they believe to be healthy foods (some quite amusing answers) and where these foods come from. The children also loved the dental role play activities and the discussions about how to keep our teeth and body healthy. Additionally, our topic on emotions enabled the children to discuss how they were feeling through a range of activities based around the colour monster books. As a team part of our behaviour management strategy is to allow children the time to discuss emotions and to label emotions for the children in an effort to support self-regulation.

We also celebrated Australia Day, which was lovely to see as I have family in Australia and Burns Night in January. Looking ahead to February we will be celebrating Chinese New Year and will continue with our health and well-being theme through exercise, sports and dance and movement.

Finally, we would like to thank you all for your understanding and support regarding our Covid outbreak. We had managed to avoid this for so long, but it hit us hard this last couple of weeks. We are very thankful that no children, parents, or staff have been seriously ill with it.

Linda

Directors



Welcome to all new children and parents who join our existing Monkey Puzzle community.

We would like to take this opportunity to extend a warm welcome to Taylor, Riley, Ivy, Jesse, Blossom, William, Thomas, Eleanor, Zahra, Oliver, Charlie, and Nellie who have joined our Monkey Puzzle family this month.

We have had lots of birthdays to celebrate this month across the nursery and we would like to once again wish a happy birthday to Myles, Ivy, Dexter, Iris, William, Thomas, and Blossom.

WE WOULD KINDLY ASK ALL PARENTS TO READ AND FAMILIARISE THEMSELVES WITH OUR SICKNESS EXCLUSION AND COVID GUIDANCE INFORMATION ON PAGES 7 AND 8





Staff Birthdays

We have had a busy month for staff birthdays this month at Monkey Puzzle Colchester and we would like to once again wish a very Happy Birthday to Danni-Rose, Charlotte, Kirsty, and Gina.



DATES FOR YOUR DIARY

Theme of the Month for February - Sports and Exercise

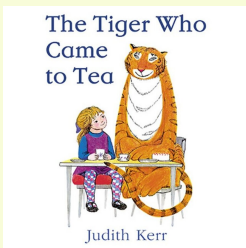
Book of the Month for February - The Tiger Who Came to Tea

1st February - Chinese New Year

4th - 20th February - Winter Olympics

14th February - Valentines Day

17th February - Random Acts of Kindness Day



***** Our new Pre-School opens *****

We are very much looking forward to the opening of our new upstairs pre-school this month.

Look out on Facebook for some photos of the new rooms in action!





STARFISH ROOM



JANUARY RECAP

This month Starfish children have had a wonderful time exploring a lot of interesting activity's and toys.

We have looked at reflecting on our Christmas holidays by talking about presents and spending time with family. With this topic we created lovely activities to do with Winter such as different types of fruit being placed into water and frozen overnight so we could explore the scents and the texture all together.



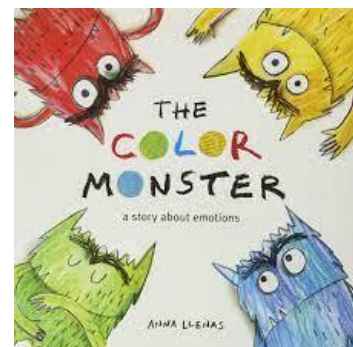
The children have also focused on healthy eating. The children had lovely activities where they could explore fruits and vegetables. We even created a little shop for the children to come into and look at the colours and textures of the various fruits and vegetables. The children were also able to clean the fruits that they picked from the shop and by doing this it helps to develop the children's fine motor skills by holding the toothbrush using the Palmer and Pincer grip.



The children have also been looking at The Colour Monster book and exploring our feelings and emotions.

With help from the practitioners the children created emotions spoons and sensory bottles to help the babies understand emotions a little better.

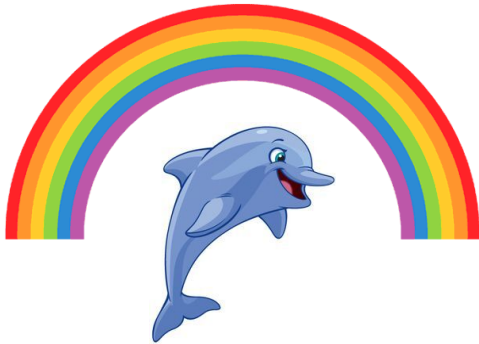
The children have also been exploring their self portraits using mirrors and then also using these mirrors to make various faces and expressions to show their emotions.





JANUARY RECAP

RAINBOW DOLPHIN ROOM



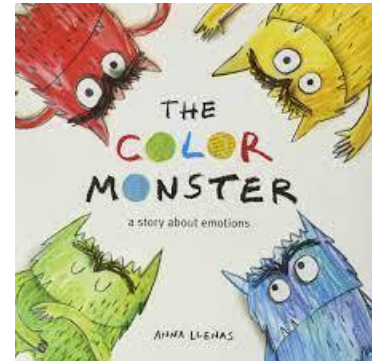
We have had a wonderful month in Rainbow Dolphins welcoming all of our lovely children back after their Christmas break, and welcoming the new children who have recently moved up from Starfish room.

To start off the new year we have had lots of lovely activities learning about healthy eating.

The children in Rainbow Dolphins have enjoyed learning about different fruits and vegetables by choosing what they would like to decorate their paper plate with. We have also been setting up lots of roleplay experiences with different foods for the children to explore and play with.

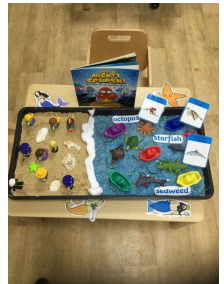
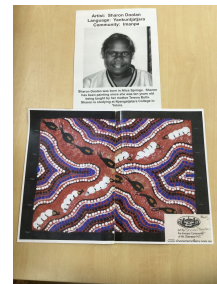


At circle times we have been talking about the different names of the fruit and vegetables and even had fun exploring them by using them to create fantastic art pictures by dipping the foods into paint and creating marks.



Our next topic we have introduced is learning about our emotions and feelings. Introducing the children to The Colour Monster book has brought on lots of activities about how we feel and one of our favourite things we have been doing is making different funny/sad faces in our new feelings area in the room. The children have been using the mirrors to practice making different faces and one of the most favourite faces to pull has been a cheeky one where the children have been sticking their tongues out!

We have been taking part in sticking and gluing activities where the children have stuck down different faces of how they feel and at circle times practicing our listening skills while the practitioners have been reading The Colour Monster.

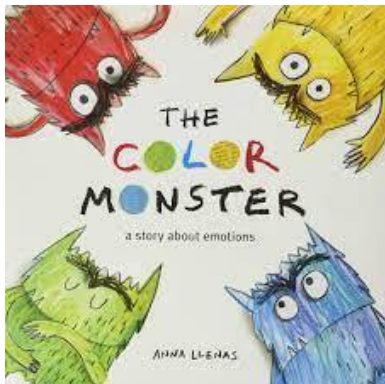
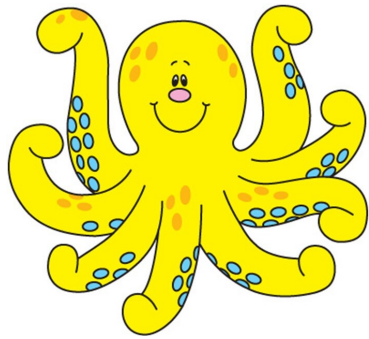


We have also celebrated Australia Day which was lots of fun for the children. We have been looking at different aspects of Australia including Australian animals, flags, and Aboriginal artwork. The children had great fun creating their own Australian flags.

We are very proud of how our Rainbow Dolphin children have settled back at nursery and we are looking forward to another fun filled month ahead of us for February.



OCTOPUS ROOM



This month in Octopus we have been busy exploring health and well-being. We started the month by looking at emotions and enjoyed reading and talking about the colour monster book. We even created our very own colour monsters and enjoyed talking about the colours and how each colour/emotion made us feel.

The children all enjoyed using their senses to explore different fruits and vegetables and especially enjoyed the tasting part. We made our very own fruit pictures and even used some of the vegetables to print with.



JANUARY RECAP

The children enjoyed taking part in different physical activities outside in the garden, from running races and pretending we were different animals to jumping on the hopscotch!

The younger children in Octopus room enjoyed exploring and talking about the importance of hand washing and brushing our teeth to keep us healthy. Using a toothbrush to remove playdough food from a big set of teeth. This also led us on to talking about the dentist and what happens when you go to the dentist.



We hope that you are all continuing to stay safe, and have missed seeing you all for the last week in January. We look forward to seeing you again for a fun filled February.



REFER A FRIEND

Refer a friend to the nursery and if they register you receive **£100 off of your next month's fees**

(T&C's apply)

IMPORTANT NOTES FOR PARENTS

FACEBOOK PRIZE DRAW

Like us on Facebook for regular updates on the nursery and a chance to win in our quarterly prize draw!

www.facebook.com/monkeypuzzlecolchester



- Please check your ParentZone updates and emails from the nursery regularly.
- Please ensure that all of your contact details and your child's emergency contact details are up to date.
- Please check the parent/carer area on the website regularly for updates.
- Please remember to provide your child with a warm coat now the weather is turning colder as we are an all weather nursery and will still be spending time in our outdoor learning areas.
- Please ensure Starfish and Rainbow Dolphin children have slippers at nursery.

DAY NURSERIES

We are proud to be rated 10/10 on daynurseries.co.uk and voted as a Top 20 Day Nursery in the East of England.

Thank you to all of the parents/carers who have reviewed our nursery!





COVID GUIDANCE

WHAT TO DO IF ...	ACTIONS REQUIRED ...	YOUR CHILD MAY RETURN WHEN ...
... your child has symptoms of COVID-19	<ul style="list-style-type: none"> Do not send your child to nursery Inform the nursery Book a PCR test immediately Self-isolate at home 	... there is a negative test result, or they have been advised that they do not need to isolate
... your child tests positive for COVID-19	<ul style="list-style-type: none"> Do not send your child to nursery Inform the nursery self-isolate for 10 days 	... your child feels better, and they have completed 10 days of self-isolation. Some symptoms such as cough and loss of taste/smell can remain even when the infection has gone
... somebody in your child's household has symptoms of COVID-19	<ul style="list-style-type: none"> Household member to book a PCR test immediately Inform the nursery Self-isolate at home Inform nursery of test result 	... your child may attend nursery as they are under the age of 18 years old as long as they are well with no symptoms of COVID-19
... somebody in your child's household has tested positive for COVID-19	<ul style="list-style-type: none"> Inform the nursery Self-isolate at home for 10 days Book a PCR test for your child 	... your child may attend nursery as they are under the age of 18 years old as long as they are well with no symptoms of COVID-19
... NHS Test & Trace have identified your child as a close contact of someone with confirmed COVID-19	<ul style="list-style-type: none"> Do not send your child to nursery if you have been advised by NHS Test & Trace to self-isolate for 10 days (e.g., if they have come into contact with someone with the Omnicrom variant) Inform the nursery Self-isolate at home for 10 days 	... your child may attend nursery as they are under the age of 18 years old, provided they have not come into contact with someone who has the Omnicrom variant.
... you have received medical advice that your child should shield or should resume shielding	<ul style="list-style-type: none"> Do not send your child to nursery Follow medical advice Inform the nursery 	... you are advised that your child no longer needs to shield
... you have received medical advice that someone in your household should shield or should resume shielding	<ul style="list-style-type: none"> Do not send your child to nursery Contact the nursery manager to discuss any concerns 	... you are advised that the individual no longer needs to shield
... your child has just returned from abroad	<ul style="list-style-type: none"> Do not send your child to nursery until they have taken a PCR test on day 2 after they have returned to the UK Inform the nursery Self-isolate at home for the defined period, this includes whilst you are waiting for their PCR test results. 	... you have completed the defined period of self-isolation; this includes whilst you are waiting for the PCR test results.
... I am unable to get a test for someone in the household who has symptoms	<ul style="list-style-type: none"> If you are not able to get a test in the first 5 days of having symptoms, your child and anyone they live with should stay at home and self-isolate for 10 days. Anyone in your support bubble must also stay at home 	... your child has completed 10 days of self-isolation



ILLNESS / INFECTION	EXCLUSION PERIOD
Chicken Pox	Minimum of 5 days from the onset of the rash and all spots must be fully scabbed over before returning to nursery.
Diarrhoea and/or Vomiting	Whilst symptomatic and for 48 hours after their last bout of sickness or diarrhoea.
Hand, Foot and Mouth	All blisters must have dried out before returning to nursery, usually this is after approximately 4-6 days.
Headlice	There is no recommended exclusion period, however, parents are requested to regularly check their children's hair for head lice and we would be grateful if nursery are informed so that other parents can be alerted to check their child's hair.
Impetigo	Until the lesions have crusted or healed.
Measles	Excluded for 4 days from the onset of the rash.
Scarlet Fever	Excluded from nursery for the first 24 hours after starting treatment.
Whooping Cough	Excluded for 2 days after starting treatment, or 21 days from the onset of symptoms if no antibiotics.
Prescribed Medication	Children must be taking any medication for a minimum of 24 hours before coming in to nursery. Medication can only be administered after the 24 hour exclusion even if your child has previously taken the same medication. All medication must be in its original packaging with the prescription label attached and clearly showing child's name.
Immunisations including Flu nasal spray	If your child has had any form of immunisations, including the Flu nasal spray, they are not permitted to attend nursery for the following 24 hours due to possible allergic reactions.
Infant Suspension - Calpol	If a child develops a fever whilst at nursery the staff will use natural methods first, such as removing clothing, to try and reduce the temperature while closely monitoring the child and contacting the parents. If a child does require emergency Calpol due to a high temperature of 38 degrees or above the parents will be contacted prior to ensure all details are correct and that they agree with the dosage being given. Parents will then be required to collect their child.