

ELEPHANT & CASTLE CHILD CARE CENTRE



February 2022 Newsletter

NOTABLE EVENTS AND HAPPENINGS

Valentines celebration, Monday 14th.

Parent Consultations taking place through out month.

● March 4th World Book Day. Slightly late due to attendance. Feel free to dress your child in their favourite book character! ●

GENERAL NEWS

February, the last month of winter. Traditionally, this is our most harsh month regarding weather. Let us hope it passes without too much disruption but a little snow fall is fun.

Covid-19 restrictions have eased once more and testing, self isolating rules change frequently. we will follow the government guidance in regard to both.

Due to the omicron variant being very transmissible and locally we are affected. I am sure we all know someone who currently has the virus. We plan to keep drop off and collection at the door. We will review at Easter time.

Debs has settled in the role of cook splendidly and the children seem to be enjoying the menu and foods being offered. You can find the weekly menu on our Facebook page on a Monday.

PLANNING

Children's Interests- Role Play, going on an adventure/journey.

The song of the month- 'When Goldilocks went to the House of the Bears'.

Book of the Month- I Love You Blue Kangaroo. Towards the end of the month, ask your child about Blue Kangaroo. This is great for developing their recall skills.

Mental Health

There's a lot of good research to support the role nature can play in protecting and supporting our mental health. Here are some top tips on how you can build you own connection with nature.

1. Find nature wherever you are. It might be a garden, park or open countryside.
2. Connect with nature using all of your sense. Taking some quite time to reflect in natural surroundings using all your senses can be a real boost.
3. Try to spend some time visiting green spaces or blue spaces. This can help you reduce your risk of mental health problems and lift your mood.
4. Bring nature to you. Sometimes it is hard to access natural places because where you live, how busy and how safe you feel. Having plants in the house is a great way to have something natural to see, touch and smell. Pots of herbs from the supermarket is a great way to start.
5. Exercise in nature. Walking or cycling in nature may help to prevent or reduce feelings of anger, tiredness and sadness.

