



# Newsletter

December 2023

Welcome to our December newsletter,

We would like to wish all our families a very merry Christmas and a happy New Year! We hope that you have all been good and that Santa is kind

Lorna

**Merry  
Christmas**



## Dates For Your Diary

Nursery closes for Christmas between 23rd December and will reopen for our all year round children on 2nd January.

### Start of Term

Wednesday 3rd January

### WC/ 15th January

0-3 Building Parents Evening

### WC/ 22nd January

3-5 Building Parents Evening

## Book Of The Month



The book of the month for December is "Something Magic In The Night" by Dyan Sheldon and Rosie Reeve..



This book is popular with all children especially our preschoolers due to its language and storyline. The story tells us about the magic of Christmas night with rhymes which encourages children with their speech and articulation.



## Speech And Language Tip Of The Month

### Ideas to encourage Listening and Attention

#### Using Songs And Rhymes

Sing simple rhymes and songs in routines regularly.

Slow the singing down and leave pauses.

Which songs and rhymes does the child appear to enjoy? Repeat these often.

Add in noises, sound makers, and lots of actions (whole body and finger actions)

Use props with younger children





# Healthy Recipe Time!

## Christmas Tree Pizza

### INGREDIENTS

- Pizza dough We used rolled out ready to use store bought pizza dough.
  - 1 Cup Mozzarella Cheese
  - 1/2 Cups Mini Pepperoni
  - 1/4 Cup Pizza sauce

### INSTRUCTIONS

- Cut out pizza dough with the tree cookie cutter.
- Place trees on a parchment lined baking sheets
- Brush with pizza sauce and then top with cheese and pepperoni. Bake for 10 minutes in a preheated 350 degree oven. Remove and enjoy!



# 0-3 Year Rooms

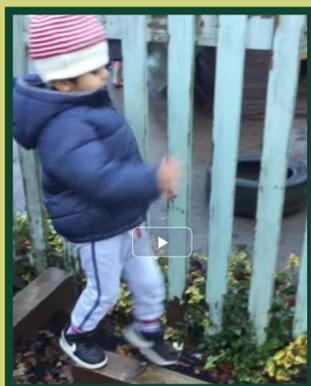
This month in Little Acorns we have been getting into the Christmas spirit.

We have been making Christmas crafts including our very own Christmas crowns. We have been listening to Christmas music throughout the last few weeks building on our excitement!

We have also recently been taking part in Spanish lessons with Eva who has for the past couple of months been teaching our toddlers and preschoolers. The children in Little Acorns have really been enjoying the Spanish lessons—especially with the Christmas theme. Feliz Navidad!

This month in Super Seedlings we have been exploring our creativity by making lots of things for Christmas including our own Christmas cards, tree decorations and Christmas themed playdough! The children also helped decorate our Christmas tree which they thoroughly enjoyed!

We have been developing our gross motor skills and balancing outside on our balance beams, and on the outside bikes.



# Preschool



In **Mighty Oaks** this month we have been focused on developing our fine motor skills. We had a wrapping paper activity, beads on a snowflake pipe cleaner and created Christmas paperchains for our party with our student learner Erin. We have also has winter wonderland themed tuff tray which has been a hit with the children. They have really enjoyed all the Christmas activities that we have done this month. We have made our own Christmas jumpers, Christmas trees and baubles!



In **Great Oaks** this month we have been practising really hard for our Christmas performance which will be uploaded to Tapestry soon. We are so excited for you to see it!



We created our own snowman out of snow dough and explored sensory play with fake snow in our tuff tray and playing with a shaving foam snowman.



The children have also created their own snowflakes and baubles which are currently decorating our room. This week we have also made reindeer food ready for Father Christmas's reindeer come Christmas eve night!

# A Message From Your Panco (Physical and Nutritional Coordinator)



We wish you a Merry Christmas and a happy New Year!  
Eat, Drink and be merry...but remember

## Have Regular Meals Instead of Huge Christmas Feasts

Nobody likes a Grinch at Christmas. When children have irregular meals, blood sugar levels fluctuate, which may result in erratic energy levels. Having smaller, regular meals throughout the day — rather than starving to “save space” for a huge Christmas feast later in the day. Eating during the festive period is all about balance. If your child’s lunch is heavy or high in sugar, balance it out with a light, healthy dinner that packs less sugar.

## Have More Fun, Not Food

Diet aside, keeping children active is also vital for a healthy lifestyle. With loved ones all together, playing games is a great way to fill Christmas gatherings with laughter and activity. Instead of sitting at the dining table or in front of the TV all day, get everyone on their feet for a game of charades, or hide presents around the house and let the kids go on a treasure hunt.

## Make Time For Connection

It’s important to remember that your kids value quality time with you above any present you can buy them. A child won’t come and say ‘I’ve had a hard day and need to talk about it’ – they will come and say ‘Will you play with me?’ But it’s the same thing.

It’s a great time of year to create a family tradition. Sprinkle some reindeer food together, You could even pick a movie to watch together on Christmas Eve. Time spent together as a family benefits everyone!





# Christmas Party



Thank you to everyone who attended our Christmas parties. The Children has lots of fun!



## Employee Of The Month

December's employee of the month is Martha. She was nominated for always offering her help in the rooms and with any admin jobs that support the staff. The children all love Martha and greet her excitedly when she helps out.



ACORN CHILDCARE CENTRE  
*From Little Acorns to Mighty Oaks*



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