

Caterpillars Class

This week in Caterpillars class we have been very busy engaging in lots of different activities, here are some of the activities we have been doing.....

We used our fingers in cornflour to practise our letter formation.

For expressive arts this week we made valentines cards and we also made flower soup using real flowers.

This week for Mathematics we added two numbers together to find the total, we weighed different quantities of dried food and guessed which was heavier or lighter.

We talked about being kind to each other during circle time, thinking about the different words that we can use to make others feel good. Our role play area this week was 'Caterpillars Surgery' we had fun looking after our friends.

After half term we will....

Have a Vets role play area, we will practise writing simple words using magnetic letters, we will read the book 'Dear Fairy Godmother' and write our own letter to the fairy.

Ladybirds Class

This week Ladybirds class we have been busy trying lots of different activities.

Our role play area was set up as 'Ladybirds Lovely Lettuce' fruit and veg market stall, we played with real vegetables and talked about their different colours and shapes.

Expressive Art and Design: We made heart shaped ice cubes and heart pictures using fluffy paint.

Literacy: We used small world figures to read 'We're Going On A Bear Hunt' and we worked on writing the letters in our names.

We practised our fine motor skills pouring and tipping dried food onto scales, we also cut up the different veg from our market stall.

After half term we will....

Set up a Dentist role play area and talk about how important it is to look after our teeth, we will be making cup cakes and we will also make our own super hero masks.



Such a busy week at 'Caterpillars Surgery'



Salt Painting



Having fun with the Parachute



Important Reminders



Thank you to everyone who dressed up and made a donation to 'The Children's Trust'

Together we raised **£52.80**

We hope everyone has a lovely and relaxing half term, don't forget Monday 21st February is an INSET day so Nursery will be closed to all children. We look forward to seeing everyone on Tuesday 22nd February at 8:30am

Thank you

Diary Dates

Thursday 10th February 2022

Crackerjacks Dress up Day

Monday 14th February – Friday 18th February 2022

HALF TERM

Monday 21st February 2022

INSET DAY

Thursday 3rd March 2022

World Book day

Monday 28th March 2022

Mothers Day Tea – TBC

Thursday 31st March 2022

Nursery closes at 12.30pm for Easter Break

Friday 1st April 2022 – Monday 18th April 2022

Easter Break

Tuesday 19th April 2022

Back to Nursery

Mon 30th – May – Fri 3rd June

Half Term

Friday 22nd July 2022

Nursery closes at 12.30pm for Summer Break

CONTACT DETAILS

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The health impacts of screen time: a fact sheet for parents

There are no 'safe' amounts of screen time, and the amount of screen use that is right will vary from family to family. We suggest you ask yourself the following questions:

1: Is screen time in your household controlled?

This means BOTH the screen use of children, teenagers AND adults in the family.

2: Does screen use interfere with what your family want to do?

This will obviously vary from family to family, but remember, for younger children, face-to-face social interaction is vital to the development of language and other skills, and screen-based interaction is not an effective substitute for this.


3: Does screen use interfere with sleep?

We recommend that screens are avoided for an hour before a planned sleep time.


4: Are you able to control snacking during screen time?

It can be very easy to lose track if meals are eaten in front of screens!

We asked children and young people for their views on screen time...

Positives about screen time 	Negatives about screen time 
Gives you knowledge	Keeps you awake
It's entertaining and enjoyable	Hurts your eyes and stresses you out
Provides you with more opportunities to reach a wider community	Loss of social connection

109 children and young people aged 11-24 years took part in this engagement exercise.

**RCPCH &Us**
The voice of children, young people and families

I want to reduce screen time in my house: what can I do?

Have a plan and stick to it: It is helpful to sit down in calm moment, as a family, and discuss the boundaries of screen use that you will be adopting, using the above questions as a guide. It is important that: everyone understands the boundaries; family members are praised and, if appropriate, rewarded for respecting these boundaries; and boundaries are consistently applied and, if necessary, consequences are put in place.

Be aware, but not intrusive or judgmental, when it comes to teenagers' use of the internet

Think about your own media use: maybe what you are doing on your phone is important, but can it wait?

Prioritise face-to-face interaction: online interaction is great, but no substitute for the real thing!

Be snack aware: If you are going to combine snacks with screen use, do so as part of an overall diet plan.

Protect sleep: No screens for an hour before planned sleep time is a sensible rule of thumb



Key resources for parents

- NSPCC [online safety information](#) and [NetAware](#) - a no-nonsense guide to social networks, apps and games, including privacy settings and age suitability advice.
- NHS [change4life](#) - healthy recipes, nutritional advice, and top tips and activities to help families stay healthy.

This fact sheet has been produced by the Royal College of Paediatrics and Child Health (RCPCH) as a guide to support parents in navigating their children's screen use. For more information please visit <https://www.rcpch.ac.uk/screen-time>. First published January 2019.