

## ☀️ Caterpillar Room Newsletter – January Edition ☀️

Dear Caterpillar Families,

**Happy New Year!**

Welcome back to nursery if you're a returning family, and a warm welcome to those joining Lanterns for the first time this week! We hope you had a lovely Christmas break. Isn't it nice to return to routine? We know how important routine is for babies' wellbeing—and it's just as important for us adults too!

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### 📌 In This Week's Newsletter

- 🐛 **Caterpillar Room Update**
  - 📅 **Dates for Stay and Play Sessions**
  - 🌳 **Why Parks Are So Important + Local Park Map**
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### 🐛 Caterpillar Room Update

We're excited to welcome our new Caterpillar families!

To support our younger babies, we've created a **new baby area** in the room—a cosy, fenced-off space with cushions and age-appropriate resources for safe, quiet play.

#### **Garden News:**

We've had an exciting delivery—**new guttering!** Babies can roll balls down the pipes or pour water and watch it travel. This activity supports **eye tracking**, which is vital for baby



development because it helps strengthen visual coordination and early problem-solving skills.

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### **Stay and Play Sessions**

Thank you for your feedback on last term's survey! Our **Stay and Play sessions** are a chance for you to:

- ✓ Play with your baby in the Caterpillar Room
- ✓ Relax and meet other families
- ✓ Chat with your child's key person
- ✓ Enjoy an hour of uninterrupted time with us

#### **Key Info:**

- If your child doesn't attend that day, you're still welcome!
- You are welcome to bring one other family member (max two per child).
- Hot drinks are welcome—but please use a cup with a sealed lid.

#### **Dates:**

 **Thursday 12th February** – 09:45–10:45am

 **Thursday 26th March** – 14:30–15:30

We'd love to see you there!

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### **Weekly Wellbeing Tip – Why Parks Are So Important**

Local parks are a fantastic (and free!) way to support your child's development and your own wellbeing. Benefits include:

- ✓ Active play for physical development
- ✓ Fresh air and nature for mental health
- ✓ Social opportunities for families
- ✓ Boosts creativity
- ✓ Safe risk-taking and problem-solving

**Read more here: Play, Learn, Grow – Why Playgrounds Are Vital**

<https://education-forum.co.uk/briefing/play-learn-grow-why-playgrounds-are-vital-to-childhood-development/>

**Find local parks in Winchester:**

<https://www.winchester.gov.uk/nature-emergency/location-of-our-play-gym-and-skate-sites>


**Why not visit a park this week and share a photo on Tapestry?**

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** Thank You for Being Part of Our Caterpillar Family!**

We're looking forward to a wonderful term together.

Warm regards,

 Hayley and the Caterpillar Team