



# Jack and Jill Weekly News



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## Christmas... from a little person's point of view:

You've probably let me eat more sugar than usual - I'm bound to have higher highs and lower lows. In the holidays I'm out of routine - I can cope better with transitions when I know exactly what's coming next so please explain our plans for the day clearly to me. The anticipation of Christmas can be overwhelming and exhausting. Help me to rest by keeping to my normal bedtimes. Travelling at Christmas is stressful for all of us. When possible, be flexible about when we travel and check the traffic before we leave. I have no idea about the value of money - if there's no way I can have that giant lego set for Christmas, then please tell me well before Christmas morning. I'll have time to get over my disappointment and I'll learn to trust your honesty. Grown-ups find preparing for Christmas stressful. I know you want it to be perfect for me so I'll have memories I can cherish forever. But I see you getting stressed, sometimes even before you do. I pick up on it and reflect it like a mirror. **Please slow down, notice me, talk to me, play with me. That's what I'll remember.** When I lose it, and I probably will at some point, please don't make me ashamed of my feelings by shouting at me. I never set out to deliberately disappoint you and I didn't try to ruin your Christmas. I'm really not that calculated. I'm just a little person whose brain deals with stress in different ways to yours. Please try to understand me, from my point of view.

And when all else fails, wrap your arms around me and hold me so we feel safe and loved.

## Nest

In the Nest this week we have been listening to lots of Christmas music and singing Christmas songs. We have explored tinsel, snowballs and lots of cotton wool. We have explored the Christmas stories which all the children were interested in. *Sleeping bunnies* has also been very popular and we've been dancing away. We wish you a Merry Christmas and a Happy New Year!

## Little Ark

This week we discovered "shark in the dark", we switched off the lights and "jumping jelly fish" we had fun looking through our telescopes. Christmas sponge painting, cork bauble painting, Christmas stencils, Christmas books, Christmas music, Christmas cards and decorations for our tree, phew we have been busy and we are all tired and truly Christmas ready! The Little Ark would like to thank you for the kind gifts and cards and we wish you all a restful and fun Christmas break. See you in the New Year!

## Ark

Ho ho ho... Merry Christmas! This week we continued our Christmas craft, we explored various materials to do this. Our creative interest continued so we painted on clingfilm and had a splashing time with water and bubbles! The children have shown an interest in the big cars and planes, we borrowed various resources from the Little Ark "wow I love these new toys". Thank you for the lovely cards and gifts. We hope you have a lovely family break!



## Dates to remember:

- **Start of Term 3** Tuesday 7<sup>th</sup> January (2<sup>nd</sup> January for Holiday Club and All Year Round children)



## Link to Jack and Jill's Bristol Standard publication:

Jack and Jill was recently chosen to feature on the Bristol Early Years website as a case study example to other nurseries for The Bristol Standard. The Bristol Standard is recognised nationally as an outstanding self-evaluation framework and the benefits and impact of its approach have been well evidenced.

You can view our case study by the following link;

<https://www.bristolearlyyears.org.uk/the-bristol-standard-case-studies/>

## Staff update:

We are pleased to welcome Mr Buster Abrams to the team. Buster has settled really well since joining us last week and is beginning to get to know all the children. He will be working in the Little Ark and Ark.