



Golden Manor Nursery Newsletter

January 2021

FESTIVALS AND CELEBRATIONS

Welcome to our monthly Newsletter. We would like to welcome everyone back after the Christmas period and hope you all enjoyed your time off with your families.

Welcome to all our new children and their parents/carers who have joined our family of learning and playing together.

In December we have been learning about Christmas, St Andrews day, Nativity and Hanukah, New Year's and Winter.

The children enjoyed lots of fun activities involving Christmas crafts, dance-alongs, photo shoots and best of all a Visit from Santa in the woods.

Upcoming Events & Important Dates:

1st January- Golden Manor Closed

Flying Start closed the 4th January 2021

Flying Start term starts Tuesday 5th January 2021

25th January we celebrate St Dwynwen's Day

25th-30th January Big Garden Birdwatch

Australia Day 26th January



Childcare Offer

Easy Funding

Parent's evenings

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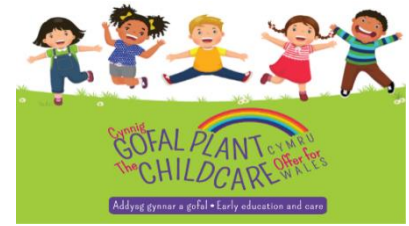
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What's Happening

Page 7: Welsh words of the Month

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We would like to wish the following children and staff a very Happy Birthday:

Fletcher , Sorrel, Maegen, Theo L, Finn, Clara

Staff:
Becky H

May all their wishes come true!

We will be holding a Teddy Bears picnic on Thursday 14th January 2021 at lunch time to celebrate.

We would like to thank all the parents for their generous gifts to all staff at Golden Manor.

Clothing.

Please can we ask that you provide the following items of clothing labelled with your child's name which can be kept at nursery at all times -A coat, welly boots, sun hat, a full set of clean clothes (in a bag labelled) and a bottle of sun cream (labelled). Many thanks.

Parent's Evenings

Please complete the slip if you would like to attend a parents evening via zoom with your child's key worker and return to your child's playroom to arrange a suitable date and time.

I would like to attend a parents evening via zoom with my Child's key worker at Golden Manor nursery

Child/Children are:

Signed By

Parent /Carer

Date _____

The Childcare Offer Important Update

For parents whose child becomes eligible for the Childcare Offer in Pembrokeshire you will now be able to apply for January 2021 and can take up a funded place once Ceredigion Childcare team have processed and approved their application following eligibility checks.

Applications will take up to 28 days to process due to the expected volume of applications. Parents are encouraged to submit an application with ALL the correct evidence. This will speed up the process.

Further information and online application form is available here - <http://orlo.uk/ysip4>

Parents Board

Closure Days at Golden Manor in January

Friday 1st January 2021

Polite Notice

Dear Parents/ Carers,
Please can you allow up to 7 working days for requests such as contracts, tax credits letters, holiday entitlement requests and other admin queries. Many thanks.



Staff News



We would like to congratulate Margaret on winning Early Years Wales Practitioner of the Year 2020. It was announced during a virtual Awards ceremony on 15th December 2020 due to Covid 19, Margaret will be awarded with her trophy early this year at the nursery following Government Guidelines. We are so lucky to have Margaret working at Golden Manor Nursery. Well done Margaret.

It is with sadness that we announce that Archie has finished at Golden Manor Nursery, he will be much missed by all the children and staff. We would like to wish him Good luck for the future.



Meet our Woodlands Practitioner Bethan

This is Bethan Brockway, Bethan has been working at Golden Manor for 5 years.

Bethan was born in 1996 at Withybush Hospital Haverfordwest. Bethan has an older brother and 2 younger sisters. She lived in Pembrokeshire until she was 6 years of age and then moved to Newcastle until she was 12 then returned back to Pembrokeshire.

Bethan attended primary and secondary school in Pembrokeshire and Newcastle. She finished secondary school in 2012. After leaving school she attended Pembrokeshire College for 3 years where she firstly

completed her LV2 and LV3 Childcare qualifications. Other qualifications Bethan has completed after attending college is her LV2 in Playwork, First Aid, Safeguarding and food hygiene. After finishing college Bethan volunteered at a local Primary school until she began working at Golden Manor. Bethan met her partner Will in 2016 and they got engaged in July 2018 and had their daughter Esme together in November 2018.

Esme has big brother called Onyx who is Will's son. In Bethan's spare time she enjoys spending time with her family making memories

| What's Happening in January 2021 - Under 2's | |
|--|---|
| Day | Activity |
| This Weeks Topic: | New Year's/ Winter |
| Friday 1st | Closed |
| This Weeks Topic: | All about me |
| Monday 4th | Creative: Make a paper plate face using different craft materials. |
| Tuesday 5 th | Personal and social: Use mirrors to see your different parts of our face and learn the names in welsh. |
| Wed 6th | Physical: Take part in a yoga session all about our bodies |
| Thursday 7th | Cooking: Make faces out of rice cakes, grapes and carrot |
| Friday 8 th | Sensory: Play with the play people in foam. |
| This Weeks Topic: | How I grow and my body |
| Monday 11th | Sensory Activity: Plant cress seeds and see how they grow. |
| Tuesday 12th | Cooking activity: Make bread in shapes of our body parts |
| Wed 13th | Physical Activity: Learn how to step over the low hurdles and crawl through the tunnel. |
| Thurs 14th | Creative Activity: Use vegetables to print pictures or people Teddy Bears Picnic |
| Friday 15th | Forest School session: Explore Forest school and hunt for play people |
| This Weeks Topic: | Our senses/Our feelings |
| Monday 18th | Creative Activity: Make a Golden rules poster |
| Tuesday 19th | Physical Activity: Explore feelings make a happy/sad face |
| Wednesday 20th | Forest School: Play in the mud kitchen |
| Thursday 21st | Sensory Activity: Explore rice/jelly/foam/rough and smooth |
| Friday 22nd | Cooking activity: Make fruity flapjacks |
| This Weeks Topic: | Birds (RSPB)/ 27 TH Australia Day/ St Dwynwen's Day (25 th) |
| Monday 25th | Creative: Make St Dwynwens cards for someone special. |
| Tuesday 26th | Forest school- Make a bird feeder and hang them up in the woods |
| Wednesday 27th | Cooking- Make a bird faced rice cake |
| Thursday 28th | Knowledge and understanding : Decorate an Australian flag |
| Friday 29th | Physical: Jump like kangaroo's |

| What's Happening in January 2021 – Over 2's | |
|---|--|
| Day | Activity |
| This Weeks Topic: New Year's/ Winter | |
| Friday 1st | Closed |
| This Weeks Topic: All about me | |
| Monday 4th | Creative Activity: Make paper plate faces using a variety of craft materials and paint |
| Tuesday 5 th | Forest School session: Make people using clay, sticks and leaves |
| Wed 6th | Sensory/science Activity: Draw faces in colored foam. |
| Thursday 7th | Physical: Participate in a yoga session with cosmic Kids |
| Friday 8 th | Cooking activity: Make individual Pizza faces |
| This Weeks Topic: How I grow | |
| Monday 11th | Sensory/science Activity: Weigh and measure ourselves and make a graph to see who is tallest etc. |
| Tuesday 12th | Cooking activity: Make shortbread using a body cutter and decorate. |
| Wed 13th | Physical Activity: Use SKIP bag to develop co-ordination and balance. |
| Thurs 14th | Forest School session: See how many people we need to go around a tree measuring the size and linking arms. TEDDY BEARS PICNIC |
| Friday 15th | Creative Activity: Draw around our body to make a life sized picture of ourselves, decorate using a variety of mark making equipment. |
| This Weeks Topic: Our senses/My feelings | |
| Monday 18th | Creative Activity: Make a poster about feelings and our golden rules |
| Tuesday 19th | Physical Activity: Use puppets to discuss our feelings. |
| Wednesday 20th | Forest School: Make mud faces of feelings in Forest school |
| Thursday 21st | Sensory/science Activity: Explore our senses by tasting different foods and touching different objects blindfolded |
| Friday 22nd | Cooking activity: Make muffin pizza faces using a variety of toppings |
| This Weeks Topic: Birds (RSPB)/ 27TH Australia Day St Dwynwen's (25th) | |
| Monday 25th | Creative: Make St Dwynwens Day cards for someone special |
| Tuesday 26th | Language and literacy: Use the story sack to read No Room for baby Roo |
| Wednesday 27th | Sensory: Use twigs, hay and leaves to create nests in the tuff tray |
| Thursday 28th | Forest school: Go on a bird watch in Forest school, tick off what birds you see. |
| Friday 29th | Cooking: Make bird nest cakes |

Fun at Home:

I look in the mirror and what do I see?

Hand out a mirror to your child. Have them looking in the mirror and pointing to the parts on their face while reciting the rhyme:



My Special Face

When I look in a mirror I see my face,
And all of its parts are in their place.
I see two little ears and one little nose,
I see two little eyes and one little mouth.
When I look in the mirror, what do I see?
A wonderful and special me! *(Give yourself a hug!)*

I'm Special Mirror Craft

Draw a mirror shape on to craft paper and cut out. Cut out an oval shape out of aluminum foil and glue on the mirror. Let children decorate their mirror.





WE LEARN
WELSH

Our Welsh Key words for January

Week of the 4th January 2021

All about Me

- Me-Mi
- Boy- bachgen
- Girl- merch
- Big- mawr
- Little- ychydig
- Brother- Brawd
- Sister- chwaer

Week of the 11th January 2021

My body how I grow

- Body- Corff
- Tall- tal
- Short- Byr
- Eyes- llygaid
- Hair- gwallt
- Arm- braich
- Leg- Coes
- Head- Pen

Week of the 18th January 2021

Our senses and our feelings

- Feelings-Gwyl
- Happy- Hapus
- Sad- Trist
- Smell-Arogli
- Taste- Blas
- Touch- cyffwrdd
- See- Gwel
- Hear- clywed

Week of the 25th January 2021

St Dwynwens Day, Bird Watch, Australia Day

- Bird- Aderyn
- Love- cariad
- Day- Dydd
- Australia - Awstralia
- Watch- Gwyllo

CYMRAG

Dysgu
Learn

The Importance of physical activity in early years.

Regular physical activity provides a range of physical and mental health benefits. The UK physical activity guidelines provide recommendations on the frequency, intensity, duration and types of physical activity at different life stages, starting right from the very early years:

Under-5s Infants (less than 1 year):

- Infants should be physically active several times every day in a variety of ways, including interactive floor-based activity, e.g. crawling.
-
- For infants not yet mobile, this includes at least 30 minutes of tummy time spread throughout the day while awake (and other movements such as reaching and grasping, pushing and pulling themselves independently, or rolling over); more is better.

Physical activity for early years (birth – 5 years)

Active children are healthy, happy,
school ready and sleep better



BUILDS
RELATIONSHIPS
& SOCIAL SKILLS



MAINTAINS
HEALTH &
WEIGHT



CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts





PLAYGROUND



JUMP



CLIMB



MESSY PLAY



THROW/CATCH



SKIP

Under-1s
at least
30 minutes
across the day



TUMMY TIME



OBJECT PLAY



DANCE



GAMES



PLAY



SWIM



WALK



SCOOT



BIKE

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

NB: Tummy time may be unfamiliar to babies at first, but can be increased gradually, starting from a minute or two at a time, as the baby becomes used to it. Babies should not sleep on their tummies.

Toddlers (1-2 years):

- Toddlers should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, including active and outdoor play, spread throughout the day; more is better.
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Pre-schoolers (3-4 years):

- Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day, including active and outdoor play. More is better; the 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.
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Finally, we hope you have enjoyed reading the Newsletter. We would like to thank you all for the help and support during a challenging year and wish you and your family a very Happy and Healthy New Year in 2021!