



Golden Manor Nursery Newsletter October 2020



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Welcome to our monthly Newsletter. We would like to welcome back all our children and families old and new this month!!

In September we have been learning about Goldilocks and three bears, Jack and the beanstalk and many more storybooks. We celebrated a range of important date's including national mental health day, Roald Dahl day and Jeans for Genes Day.

The children in the Over 2's loved listening to all the different storybooks and the Under 2's enjoyed exploring all the messy play relating to each topic, they have had so much fun this month.

Upcoming Events & Important Dates:

3rd October National German Day

4th October Grandparent's Day and World animal Day

4th-10th October World Space Week

7th October Jeans for genes day and World Smile Day

10th World Mental Health Day

16th October World Food Day

17th-23rd October National Parent's Week

31st October Halloween



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We would like to wish the following children and staff a very happy birthday:

**Ted, William G, Zachary,
Laura Z**

We will be holding a teddy bear's picnic on Wednesday 14th October 2020 at lunch time to celebrate!

Parents Evening Meeting

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 with my child's key worker at Golden Manor nursery

Child/Children are:

Signed By

Parent /Carer

Date

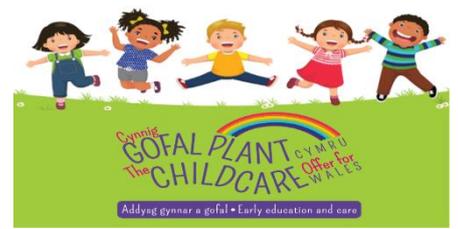
Clothing.

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)

Easy Fundraising

Golden Manor Nursery are now registered with

Easyfundraising, which means you can raise FREE donations for us every time you shop online. Over 4,000 shops and sites will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself! These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment. You can find our easyfundraising page at <https://www.easyfundraising.org.uk/causes/goldenmanornursery/?invite=TB2L7U&referral-campaign=c2s>



The Childcare Offer Important Update

For parents whose child becomes eligible for the Childcare Offer in Pembrokeshire from the Autumn term (children who turn/turned 3 between April 1st and August 31st) will now be able to apply from Monday 9th September and can take up a funded place once Ceredigion Childcare team have processed and approved their application following eligibility checks.

The application opening date has been brought forward to 9th September instead of 21st September. 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>

Covid 19 testing

From the 1st October we will only be informing parents if a child has had a test for Covid 19 who wish to be kept updated.

Please could parent's that want to know about children being tested for COVID19 in their child's bubble, Please let the office know so we are aware, many thanks.



Meet our Childcare Practitioner Rachel Mayled

Rachel was born in July 2001 in Withybush Hospital, Haverfordwest.

Rachel was brought up in Milford Haven since being born and has one older brother. She attended Hakin Infants school, followed by Hakin Junior School, and then moved onto Milford Haven Comprehensive.

After leaving secondary school she then went onto college to complete her Level 1 & 2 in Childcare and is presently half way through studying her Level 3.

Rachel joined Golden Manor in the summer of 2019 as a childcare practitioner in the Woodlands play room. Rachel lives at home with her mum,

Carol, dad, David and her dog, Chalky. Rachel loves spending time with all her family.

Rachel's hobbies include spending time with her partner, brother, niece and nephew, going out for food and going out exploring Pembrokeshire.

I absolutely love my job and wouldn't change it for the world. I love watching the children learn and grow.

Next Month we will be finding out all about Laura Zeltina our Room supervisor in the ABC room.



Fun at Home

Moon Sand

You will need 4 cups of flour and $\frac{1}{2}$ a cup of baby oil (food colouring is optional)

Mix the flour and oil together to make a crumbly moldable texture. Then enjoy using different objects around the house to explore the dough. You could use sand toys or cars/animals to make patterns in the dough.



We will be wearing it pink in October. Will you join us?

Breast Cancer Now's wear it pink day is one of the biggest fundraising events in the UK. Taking place on 23 October during Breast Cancer Awareness Month, thousands of amazing people will wear it pink in their communities, schools or work places for the UK's largest breast cancer charity, Breast Cancer Now. We will also leave a donation box in the front porch if you would like to donate towards this cause.



What's happening in September 2020 - Under 2's	
Day	Activity
This Weeks Topic: We're going on a Bear Hunt/ National German Day (3 rd)/Grandparents Day (4 Oct th)	
Thursday 1st	Social and emotional Activity: We're going on a bear hunt sensory bin.
Friday 2nd	Forest School session: Explore German Flashcards in the Mud Kitchen
This Weeks Topic: Goldilocks and the Three bears / World space week/ World Mental Health Day	
Monday 5th	Creative Activity: Finger paint mindfulness pictures
Tuesday 6th	Sensory Activity: Explore porridge oats, play people and bears
Wednesday 7th	Forest School session: Search for hidden space flashcards in the woods
Thursday 8th	Physical: Pretend to walk like a space man over obstacles – stepping stones, soft play
Friday 9th	Social and emotional Activity: Explore the texture of green cooked spaghetti
This Weeks Topic: Harvest festival/ World food day (16 th)	
Monday 12th	Physical Activity: Participate in a Garden yoga session
Tuesday 13th	Forest School session: Dig out real vegetables from soil in a tuff tray
Wednesday 14th	Teddy Bears Picnic Day – Taste foods from around the world
Thursday 15th	Sensory Activity: Explore different harvest foods in individual trays
Friday 16th	Creative Activity: Vegetable printing using paint
This Weeks Topic: Autumn	
Monday 19th	Sensory Activity: Explore the texture of brown gloop and autumn animals
Tuesday 20th	Forest School session: Crunch leaves and listen to the sound down the woods
Wednesday 21st	Creative: Make a handprint tree and choose the colours you want to use
Thursday 22nd	Physical: Take part in an Autumn dance along in the playroom
Friday 23rd	Knowledge and understanding: Explore different Autumn coloured leaves Wear Pink
This WeeksTopic: Halloween 31 st	
Monday 26th	Movement activity: Listen and Dance to Halloween music in the playroom
Tuesday 27th	Sensory Activity: Dig out a pumpkin and explore the insides
Wednesday 28th	Creative activity: Create handprint spiders
Thursday 29th	Forest School session: Trick 'or' Treat hunt – bubbles, pretend spiders, etc.
Friday 30th	Science activity: Make and explore Pumpkin Slime

What's Happening in September 2020 – Over 2's	
Day	Activity
This Weeks Topic: We're going on a Bear Hunt/ National German Day (3 rd)/Grandparents Day (4 Oct th)	
Thursday 1st	Cooking activity: Make bear shaped biscuits and decorate with icing.
Friday 2nd	Creative Activity: Make German Flags using a variety of craft materials.
This Weeks Topic: Goldilocks and the Three bears / World space week/ World Mental Health Day	
Monday 5th	Creative Activity: Design and make your own rocket out of junk modelling.
Tuesday 6th	Physical Activity: Participate in a cosmic kid's yoga session.
Wednesday 7th	Cooking activity: Make flapjacks
Thursday 8th	Forest School session: Enjoy listen to Goldilocks and three bears whilst eating porridge in the log circle
Friday 9th	Personal and social activity: Wear odd socks and participate in a mindful session colouring in pictures.
This Weeks Topic: Harvest festival/ World food day (16 th)	
Monday 12th	Forest School session: Search for different fruit and vegetables within the area whilst learning positional language.
Tuesday 13th	Welsh Activity: Learn the welsh words for different vegetables whilst singing and role playing 'Mae Tatws un y cawl'
Wednesday 14th	Teddy Bears Picnic Day: Taste foods from around the world
Thursday 15th	Cooking activity: Make bread
Friday 16th	Creative activity: Children to use different fruits and vegetables to print
This Weeks Topic: Autumn	
Monday 19th	Mathematical activity: Find matching coloured leaves and count the different colours,
Tuesday 20th	Forest School session: Make bird feeders for the birds within forest school.
Wednesday 21st	Creative activity: Children to use different leaves and crayons to do leaf rubbings
Thursday 22nd	SKIPP activity: Children to explore dancing in the leaves, jumping, hopping, whilst listening to the sounds they make.
Friday 23rd	Welsh activity: Learn the welsh colours for all different Autumn leaves Wear Pink
This WeeksTopic: Halloween 31 st	
Monday 26th	Creative activity: Make paper plate pumpkins using tissue paper.
Tuesday 27th	SKIPP activity: Develop bodily movement being different things you see at Halloween, float like a ghost jump lie a frog etc
Wednesday 28th	Science activity: Make witches brew and ghostly worms.
Thursday 29th	Sensory activity: Children to carve pumpkins and explore the different textures
Friday 30th	Forest School session: Search for different objects all about Halloween.



Our Welsh Key

words for October

Week of the 1st October

We're going on a bear hunt, Week of the 19th October

Autumn

- Autumn-Hydref
- Leaves-Dail
- Orange-Oren
- Red-Coch
- Brown-Brwn

Week of the 26th October

Halloween 31st

- Halloween-Calan Gaeaf
- Cat-Cath
- Witch-Gwrach
- Pumpkin-Pwmpen
- Bat-Ystlum

National German Day, Grandparents Day

- Bear – Arth
- Hunt – Hela
- Grass – Glaswellt
- River – Afon
- Woods – coedydd
- Cave – Ogof

- Storm – Storm
- Grandparents - Neiniau a theidiau

Week of the 5th October

Goldilocks and the Three bears / World space week/ World Mental Health Day

- Goldilocks-Elen Benfelen
- Three-Tri
- Bears-Eirth
- World-Byd
- Space-Gofod
- Week-Wythnos
- Mental health-lechyd meddwl
- Day-Dydd

Week of the 12th October

Harvest festival/ World food day (16th)

- Harvest-Cynhaeaf
- Festival-Gwyl
- World-Byd
- Food-Bwyd
- Day-Dydd

CYMRAEG

Dysgu
Learn

Play and being well

It is generally accepted that well-being is the result of a positive physical, social and mental state. Playing is central to children's physical, mental, social and emotional health and well-being. It is essential for a happy and healthy childhood.

Play involves children doing as they wish in their own time and in their own way. It has the key characteristics of fun, uncertainty, challenge, flexibility and non-productivity, as defined by the United Nations Committee on the Rights of the Child. For children, playing is one of the most immediate and important aspects of their lives – they value time, freedom and quality places to play. It is clear that playing has a positive impact on multiple important health outcomes including increased physical activity, reducing childhood obesity, improving well-being in children and helping to develop resilience. However, it is vital that playing is also recognised as worthwhile for the enjoyment it brings to children and their families in their immediate lives. Being up to date with current guidance and research helps us to ensure that our advocacy work is based on the growing body of solid evidence that supports both the long-term and immediate benefits of providing for children's play. The four UK Chief Medical Officers' physical activity guidelines recognise the importance of play for children's development. Modern life has made things comfortable for us and many of us spend a long time being inactive at home and at work – this doesn't burn off the energy we are consuming. The physical activity guidelines for children and teenagers aged 5 to 18 years recommend that:

- All children should engage in moderate to vigorous intensity physical activity (MVPA) for at least 60 minutes every day.
- Children should engage in a variety of types and intensities of physical activity every day to develop movement skills, muscular fitness, and bone strength. Activities can include hopping, skipping,

and swinging using body weight or working against resistance.

- Children should aim to minimise the amount of time spent being sedentary, and when possible should break up long periods of not moving with at least light physical activity.



Making sense of the guidelines

- Moderate intensity activities, such as cycling, make us warmer, breathe harder, and our hearts beat faster, while still being able to talk.
- Vigorous activities, such as running fast, playing tag and scooting, have similar but greater effects, and make talking much harder.
- Muscle- and bone-strengthening activities such as hopping, skipping, and swinging involve using body weight or working against resistance.
- Sedentary behaviour is activity with very low energy expenditure, primarily sitting or lying down. Sedentary activity includes screen-time (watching television, computer use, video games), sitting to read, talk, do homework, or listen to music.

Benefits of play

The added responsibility of physical and social distancing means that we find ourselves taking part in more sedentary activities. During changing and challenging times, it is important that children are supported to get up and about. This is good for both their physical and mental well-being.

Participation in regular physical activity can increase self-esteem and reduce stress and anxiety. Children begin and maintain their active

lives through playing. Physical activity through playing allows children to have a better outlook on life by building confidence, managing anxiety and depression, and increasing self-esteem and mental skills.

Playing allows for peer interactions that are important components of social and emotional well-being. In times when it is harder for children to socialise with friends, it is important to remember that playing alone has important benefits, too. When playing alone, children begin to recognise their own emotions, feelings, and thoughts, as well as how to control them. Children also learn to feel comfortable with being by themselves and learn ways to manage their boredom on their own.

Through playing children experience a range of emotions including frustration, determination, achievement, disappointment and confidence, and through practice, can learn how to manage these feelings.

Playing is the most natural and enjoyable way for children to be active, keep well and be happy. Playing can contribute to improved well-being for everyone during times of uncertainty.

It is generally accepted that well-being is the result of a positive physical, social and mental state. Playing is central to children's physical, mental, social and emotional health and well-being. It is essential for a happy and healthy childhood. Play and being well 8 | Play for Wales | Spring 2020 Playing and resilience

How playing contributes to children's physical well-being:

• Prolonged and wide-ranging physical activity develops stamina (informal sports, chase games, climbing, building). Research suggests that children can gain more physical exercise in regular informal play than in a weekly sports activity.

• Climbing develops strength, co-ordination and balance, while jumping contributes to bone density.

• When children repeat an action as part of their play they are often in the process of calibrating – learning to manage growing bodies – as well as developing agility, co-ordination and confidence.

How playing contributes to children's emotional well-being:

• Creating and encountering risky or uncertain play opportunities develops children's resilience and adaptability – and can contribute to their confidence and self-esteem.

• Fantasy play allows for imagination and creativity, but it can also be a way of children making sense of and 'working through' difficult and distressing aspects of their lives

• Socialising with their friends on their own terms gives children opportunities to build emotional resilience, to have fun and to relax.

It is well-established that children's play provides a primary behaviour for developing resilience, thereby making a significant contribution to children's well-being what we adults do to help them on the way is vitally important.

For information to support parents visit our Playful Childhoods website: www.playfulchildhoods.wales