



Golden Manor Nursery Newsletter June 2021

PEOPLE WHO HELP US

Welcome to our monthly Newsletter. We would like to welcome all new children and parents/carers who have joined our family of learning and playing together.

In May we have been learning about Jungle/zoo animals, VE Day, Farm animals and food products, Sea life and Food from around the World

We have all enjoyed participating in lots of fun activities such as painting outside, making healthy pig face snacks, exploring ice with sea life animals. Plus our trips out to the Mill pond to feed the ducks and swans.

Upcoming Events & Important Dates:

CLOSURE DATES

Flying Start will be closed from Monday 31st May- Monday 7th June 2021

June 2021 Pride Month

3rd - 10th June Safety week

5th June World Environment Day

6th June D Day

8th June World Ocean Day

10th-14th June Healthy Eating week

12th June Queens Birthday

20th June Father's Day

21st June World music Day

26th Armed Forces Day

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

**Elis, Daisy, Alys Miles & Elis Nevey,
Ada, Harry, Amalia**

Staff: Bethan

May all their wishes come true!

We will be holding a Teddy Bear's picnic on Friday 4th June 2021 at lunch time to celebrate!

Polite Notice



May Half Term

If you are receiving the childcare offer and would like your child booked in for the April half term please book in as soon as possible as places are limited

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)
 - A bottle of sun cream (labelled).
- Many thanks.

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 via zoom with my Child's key worker at Golden Manor nursery

Child/Children are:

Signed By

Parent /Carer

Date _____



Staff announcements

We would like to welcome Amy to the team. Amy is qualified in CCDL LV 3 and will be working in the Barafundle playroom.

We would like to welcome Jess to the team. Jess is qualified in her LV 3 CCDL and will be working within the Office and the Wildlife room.

We hope Jess and Amy will be very happy with us.

We would like to wish Lisa T good luck in her new job. Lisa has been a valued member of Golden Manor working within the Woodlands Playroom, we will miss you lots.

Well done to the staff that have completed their May training:

Laura G has completed The Vulnerability of babies

Phoebe A has completed Arranged marriages

Laura Z has completed her Basic first aid

Phoebe F has completed her Food hygiene level 2

We continue to develop our skills to provide the highest standard of care for your children.



Meet our ABC Child Care Practitioner

Bridie Harrison

Bridie recently started working at Golden Manor and has 2 years of experience of working with children.

Bridie was born in Cardiff and lived there to the age of 10 and then moved to Tenby when her family bought a hotel to run in 1999.

Bridie attended Greenhill School in Tenby and left with 10 GCSE's in 2004. In 2008 Bridie had her first daughter. In 2009, Bridie worked at Cerebra. A charity that raises funds for children with brain injuries. In her time at Cerebra, Bridie was able to raise donations of over £74,000 before leaving to find a career in childcare in 2012. Bridie then volunteered in Tenby Playgroup whilst learning to qualify for her Level 2 in CCLD. In the same year, she met her husband and the following year they got engaged and on what they told friends and family was their engagement party, they had actually got married!

In 2014 Bridie had moved on to work in Noah's Ark in Narberth for just over a year where she became pregnant with her second daughter and became a stay at home mum for a few years and ended up having another surprise baby boy on the way due on boxing day 2016.



In 2018, along with her husband Shaun and 3 children, Bridie and her family bought their first house and moved to Pembroke where she then worked in Martha's Kitchen for 3 years before coming to Golden Manor.

Bridie is now eagerly waiting her start date to start her Level 3 in CCLD and continue in her childcare career at Golden Manor and is so excited for her future here.

She describes working here as a step towards an exciting new chapter in her life with a brilliant team of people behind her who have been nothing short of amazingly welcoming and supportive and says it has been a pleasure to meet all the wonderful children in the ABC room which feels like a second home already.

What's Happening

We are updating our monthly "What's Happening" for the under 2's and over 2's. During the month of June the children will be learning all about the below topics. Each playroom will now be providing individual "What's Happening" with activities suitable for the age within their playrooms. Supervisors will be posting these on the Family App for you to view. We strive to always meet the children's need all offer fun learning activities for all.

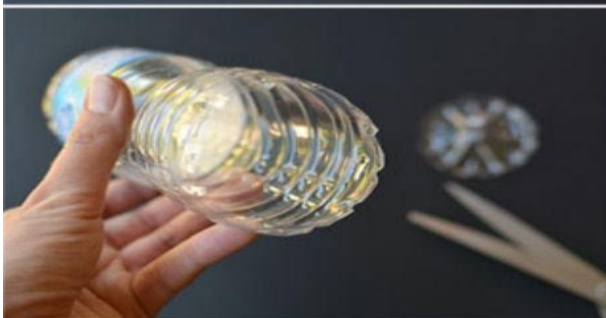
What's Happening in June 2021	
Week commencing	Weekly Topic
31 st May 2021	Pirates & Princess/ National Parents Day (1 st)
7 th Jun 2021	Lifeguards/coastguards/ mermaids/ Ocean Day (8th)
14 th Jun 2021	Dentists/design to smile /Father's Day (20 th)
21 st Jun 2021	Firefighter
28 th Jun 2021	Doctors and ambulance

Fun at Home

Bubble Snakes

For this activity you will need a small plastic bottle, elastic band, a small sock or cloth(dish cloth) washing up liquid, water, a bowl to make bubble snakes.

First cut the bottom of your bottle, then place your sock over the end secure it with the band. Place washing up liquid and a small amount of water into a bowl, dip the end in it then blow through the mouth part of your bottle to make a bubble snake. Have fun. 🐍



Our Welsh Key words for May

Week of the 31st May

Pirate and Princess Week National Parents Day (1st)

- Pirate - môr-leidr
- Princess - tywysoges
- Ship - Llong
- Flag - Baner
- Treasure - Trysor
- Castle - Castell
- Map - Map
- Parent - Rhiant
- Mum - Mam
- Dad - Dad

Week of the 7th June

Lifeguards/coastguards/ mermaids Ocean Day (8th)

- Lifeguard - achubwr bywyd
- Coastguard -Gwylwyr y Glannau
- Mermaid - Môr-forwyn
- Boat - Cychod
- Water- Dwr
- Save - Arbedwch
- Sea - Mor

Week of the 14th June

Dentists/design to smile / Father's Day (20th)

- Dentist - Deintydd
- Teeth - Dannedd
- Smile - Gwên
- Toothbrush - Brws dannedd
- Clean - Glanhewch
- Father - Tad



Week of the 21st June Firefighter

- Fireman - Dyn tân
- Fire - Tân
- Fire engine - Injan dân
- Flames - Fflamau
- Hose - Pibell
- Water - Dwr

Week of the 28th June Doctors and ambulance

- Doctor- Meddyg
- Nurse- Nyrs
- Ambulance - Ambiwllans
- Medicine - Meddygaeth
- Hospital - Ysbyty
-



**Dysgu
Learn**

May Half Term Holiday Club Planner

Golden Manor Holiday Club Programme May Half Term 2021 3-12yrs
 Please Call 01646686829 or email admin@goldenmanorchildcare.co.uk
book your child's place



N: B All the above activities are weather permitting.

Please can we ask all children to bring in their raincoat, wellington boots, suns cream and hats
All activities depend on the children's happiness/wishes and may be changed dependant on their wishes and needs at short notice.

Sessions	Monday 31st	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
Morning Session 3-12yrs	<p style="text-align: center; color: red; font-size: 24px;">Closed</p>	<p>Pirate Fun Day. Full of arts and crafts, Make your own treasure maps by staining the paper and other pirate accessories and then see if you can find the hidden treasure within Golden Manor.</p> 	<p><i>In it to win it games day</i></p> <p><i>Can you take on the different challenges and complete them in a minute.</i></p> 	<p>Forest school Session</p> <p><i>Bring your wellies and your waterproofs and lets get busy Outside making dens</i></p> 	<p>Cooking activities</p> <p><i>Make our own muffin pizzas and cakes to enjoy eating at your end of holiday club party.</i></p> 
Afternoon Session 3-12yrs 	<p style="text-align: center; color: red; font-size: 24px;">Closed</p>	<p>Lets get physical</p> <p><i>Create our own obstacle course using the SKIPP equipment and enjoy showing off your skills</i></p> 	<p>Cat walk challenge</p> <p><i>Use a variety of recyclable materials to design and make your own costume. Then take part in the Cat-walk using music and video your showcase.</i></p> 	<p>Science Morning</p> <p><i>Make your own Hoover craft using balloons, cds and drink bottle tops, race them against your friends and see who wins</i></p> 	<p>End of holiday club party afternoon</p> <p><i>Dress up as pirate's and join in party games, dancing and Party food, plus lots more fun.</i></p> 

We are now taking bookings for our holiday club rooms, please be aware spaces are limited. If you would like to book your child in please contact us via our email address or by phone. We can't wait to welcome you all back.

SUN SAFE NURSERIES SUN SAFETY FACT SHEET



SOLAR UV RADIATION THE FACTS

WARNING
UV RADIATION FROM THE SUN CAN ALSO CAUSE DAMAGE TO EYES & SUPPRESS THE IMMUNE SYSTEM

SOLAR ULTRAVIOLET RADIATION (UVR) IS A KNOWN CARCINOGEN, IT CANNOT BE SEEN OR FELT AND IS NOT RELATED TO TEMPERATURE. IT CAN PASS THROUGH CLOUD, BOUNCE OFF REFLECTIVE SURFACES & CAUSE SKIN CANCER.

But surely it won't happen to me?
Wrong. It doesn't matter whether you're young, middle-aged or old, skin cancer doesn't discriminate where age is concerned. The simple fact is that if you fail to protect your skin from UV radiation you're putting yourself at risk. If you allow your skin to become red and burn, this risk can dramatically increase. There's also no avoiding the fact that skin cancer is on the increase and it's a killer. So, before you strip off and feel the warmth of the sun on your skin this summer, whether you're on an idyllic beach abroad or you're enjoying something as simple as a picnic or a bike ride in this country, ask yourself one question: Am I being sun safe or am I dying to get a tan?



THE SOLAR UV INDEX

WARNING
WHEN UV LEVELS REACH 3 OR ABOVE THEY CAN DAMAGE THE SKIN AND LEAD TO SKIN CANCER

- The UV index is a 5 category solar UV forecast
- The higher the number the stronger the UVR and the less time it takes damage to occur
- When the UV index is at 3 and above, sun protection measures should be taken



To check the UV forecast any time for any location visit www.skerif.org

UV AND VITAMIN D - THE FACTS

"Despite the serious health risks, UV radiation, in small amounts is the most efficient way to boost our Vitamin D supply. However, just 15 to 20 minutes of unprotected sun exposure, without skin reddening or burning, per day is sufficient for most people to produce the required Vitamin D levels. Where appropriate levels can be increased by supplements or a diet containing vitamin D rich foods, e.g. fish, milk and egg yolks." Professor Andrew Wright, Consultant Dermatologist, Bradford Teaching Hospitals NHS Foundation Trust

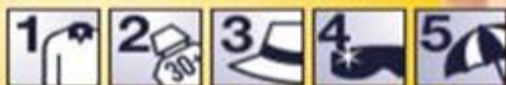
FIVE S's OF SUN SAFETY

WARNING
ALL SKIN TYPES CAN BE DAMAGED BY UV BUT THOSE WITH FAIRER SKIN NEED TO TAKE EXTRA CARE

SKCIN RECOMMEND FIVE SIMPLE STEPS TO SUN SAFETY:-
SLIP, SLOP, SLAP, SLIDE, SHADE

Remember it's not just sunbathing that puts you at risk, but being in the sun without adequate protection. If you regularly take part in outdoor hobbies or sports, or work outdoors you could be at greater risk. Make sure you use all of the 5 S's of sun safety and NEVER BURN!

1. SLIP on sun t-shirt
2. SLOP on SPF 30+ broad spectrum UVA sunscreen
3. SLAP on a broad brimmed hat
4. SLIDE on quality sunglasses
5. SHADE from the sun whenever possible



CHILDREN & BABIES

WARNING
CHILDREN CAN STILL BURN ON OVERCAST DAYS! NO CHILD SHOULD GET SUNBURNED - EVER!

ONE BLISTERING SUNBURN IN CHILDHOOD OR ADOLESCENCE MORE THAN DOUBLES A PERSON'S CHANCE OF DEVELOPING MELANOMA IN LATER LIFE. THE DAMAGE IS IRREPARABLE.

- Use a minimum SPF of 30+ (preferably SPF 50) sunscreen
- Ensure it is broad spectrum, ideally UVA rating 4 star plus
- Apply liberally, ensuring good coverage
- Don't forget shoulders, ears, nose, cheeks & feet
- Apply 20 minutes before children go outdoors
- Reapply at least every 2 hours
- Use a water resistant sunscreen on children over 3
- Reapply immediately after swimming / towelling
- Water resistant sunscreens should not be used on children under 3 years as they can overheat
- Keep toddlers and babies in the shade as much as possible, particularly when abroad
- Always keep shoulders covered!
- Use UV protective sun suits & broad brimmed or legionnaire hats for added protection
- Don't forget school - lunch breaks are taken when UV penetration is strongest

