

Riverside Childcare Ltd

Newsletter - Bluebells

Winter 2022/2023



Numeracy and Literacy

We have been...

- Developing our knowledge of weight and measurement while using a range of resources on Shrove Tuesday.
- Enhancing our knowledge of colours while participating in the 'Skittle Experiment' If you would like to try the experiment at home follow think link: <https://www.science-sparks.com/skittles-experiment/>
- Reading the story 'Going on a Bear Hunt' and participated in a Bear Hunt themed tuff tray and went on our own Bear Hunt in the garden.
- Enhancing our numeracy skills by counting worms during a frozen 'worm' experience for the Big Garden Bird watch.

We are going to...

- Learn about spring through our focus book 'The Very Hungry Caterpillar' and learn about the life cycle of caterpillars while observing the life cycle of live caterpillars.

Creativity, Enquiry and Curiosity

We have been...

- Developing our creativity skills while designing our own Christmas cards, calendars and valentines cards. We enhanced our mark making skills by practising 'writing' in our cards.
- Exploring colours and mark making while covering the Christmas baubles in paint and rolling them along the paper to decorate our Christmas tree.
- Following step by step instructions to create our own valentines biscuits.
- Developing our curiosity skills while exploring a range of frozen ice cubes. The Bluebells developed their knowledge of size and transported the ice cubes between various trays and problem solved how to build towers with the ice.
- Enhancing our senses and colour recognition while using gloop mixed with feathers and flowers. The children mixed new colours into the gloop and investigated which colours mixed.

Health and Wellbeing

We have been...

- Exploring new songs for busy bodies including stand up, sit down and Pitbull – Fireball (Mikey's song) in case any parents have requests for this one at home.
- Discussing the importance of caring for wildlife and developed our fine motor skills while threading with cheerio's to make bird feeders. We also made our own binoculars and used them outdoors to identify which birds we could find and ticked them off on our bird watch checklist.
- Enhancing our gross motor skills and confidence outdoors using the balance bikes on the road area.
- Developing our oral hygiene awareness by investigating our dental box including large toothbrushes, teeth and dentist books.

We are going to...

- Continue to enhance our knowledge of caring for living things by planting our own sunflower seeds and learning how to care for them and watch their growth.

Importance of outdoor play

"There is a growing body of research that shows that young children's access to nature and outdoor play is positively associated with improved self-esteem, physical health, development of language skills and disposition to learning" (Care Inspectorate, 2016). With this in mind, it is our aim to ensure that all children are given the opportunity to spend time outdoors on a daily basis in all weathers.



Nursery Information



23/3/23- Pre School Science Centre outing
3/4/23- 14/4/23- Schools closed- term time children off nursery
1/5/23 & 2/5/23 – Schools closed- term time children off nursery
26/5/23& 29/5/23- Schools closed- term time children off nursery
May/June 23- Parents evenings – Dates TBC
3/6/23- Pre School Graduation- further info to follow
29/6/23- Schools closed for summer- term time children off nursery

Monthly Awards for going over and above

January Awards

- * Christina
- * Stephanie
- * Emma
- * Samantha B
- * Nicola



February Awards

- * Gillian B
- * Maureen
- * Cameron

Our Committees

Charities & Events –

Robert Burns Day

On 25th January all rooms celebrated Robert Burns day with the children learning a range of rhymes/ poems and dancing in time to Scottish music.

The children participated in a range of experiences such as designing their own statues using playdough, tartan painting and tasting some yummy Scottish food.

Chinese New Year

It is the Year of the Rabbit and all rooms have been participating in a range of experiences such as investigating Chinese letters and numbers and developing early mark making skills while creating their own Chinese writing. The children have also been enhancing their fine motor movements by learning how to use chopsticks to lift and eat food and explored the Chinese symbol for Rabbit.

Shrove Tuesday

All of the rooms celebrated Shrove Tuesday by developing their gross motor skills as they practised flipping their pancakes. Some of the children followed instructions to make their own pancakes and chose which of their favourite toppings they would like before eating them for snack.

Valentine's Day

The children enhanced their creativity skills as they made their own choices to design cards for their loved ones and participated in a range of tuff tray experiences relating to valentines day which included frozen hearts, various sizes and shaped petals and a range of bottles for making 'love potions'

Garden

We have been learning the importance of caring for wildlife as the weather has continued to remain cold. We participated in the Big Garden Bird Watch and the rooms have been responsible citizens by helping to look after our wildlife and creating a range of bird feeders to hang around the garden to invite birds to the area.

Fairtrade

From 27/2/23- 10/3/23 the rooms participated in a range of Fairtrade experiences to celebrate Fairtrade Fortnight. The Snowdrops created their own art work by using paint and Fairtrade tea bags to design their own Fairtrade logo. They also investigated Fairtrade frozen flowers. The Buttercups developed their curiosity as they explored their own Fairtrade rice logo and learned to make marks using Fairtrade cotton buds. The Bluebells created their own Fairtrade farm and went 'gold mining'.

Nursery Information

Some requests

Outdoor play

As the weather is becoming a lot colder can you please ensure your child has appropriate clothing and footwear for garden play for all weather e.g. winter hat, gloves, wellies, puddle suit etc. These should be in a named bag and remain in the nursery for all days within the week.



Spare Clothes

Please can you ensure that your child has a minimum of 2 full changes of clothes in their named bag, should you believe your child may need more than 2 changes please provide these. We no longer have any 'spare' clothes which children can borrow should this be required. **If your child does not have a change of clothing we will need to contact you in order to obtain clothing.**

Children's toys/comforters

To minimise risks, children cannot bring toys from home at this time, however we will still accept comforters. If a child has a blanket, then we ask that the parent provides a duplicate which remains in nursery or that a named plastic container/named plastic bag which can be fully sealed, is provide for this to be stored in when not in use. Please ensure that any personal comforters etc. are washed on a regular basis.

Drop off / collections

If there is someone at your child's room door already speaking to a staff member; please ensure you leave adequate space to allow for any private conversations. Should you wish to speak in private, please speak to the staff member and they can bring you into the reception area or alternatively contact the nursery to speak to a member of the team directly.

Family Photos

If your child attends a 0-3 year old room, please remember to bring in a family photo or alternatively email a family photo to admin@riversidechildcare.org.uk

Cash for Kids

A huge big thank you to everyone thank everyone that participated in our annual Christmas Jumper Week. Overall we raised a total of £260 for cash for kids.



Sun Cream

We are hoping the weather will continue to improve over the coming weeks/ months. Suncream letters will be distributed to all rooms within the next week. Please ensure you read this and return the information and any items requested. Please see below a copy of our safe sun policy for your reference.



RIVERSIDE CHILDCARE LTD

Safe Sun Policy

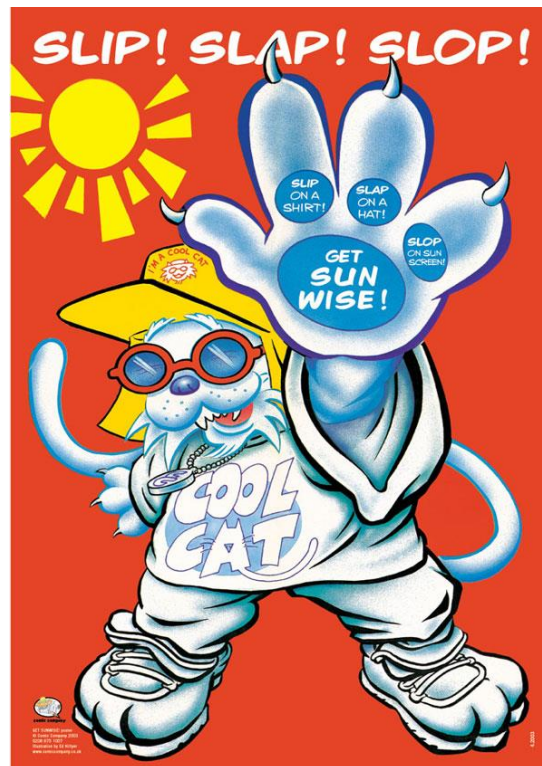
At Riverside we are aware of the dangers of overexposure to the sun and following procedures to ensure that the children and staff get maximum enjoyment outdoors during good weather, while staying protected.;

- During the hours of 11am and 3pm, activities and events will take place indoors or in shaded areas outdoors.
- Sun protection is discussed interactively with all children and children engage in activities designed to promote sun safety behaviour.
- Sunscreens will not protect us completely from sun damage on their own. However they can be useful for protecting the parts of skin we can't shade or cover. Parental permission for staff to apply sunscreen to children is sought within registration forms.
- The sunscreen used by the nursery is a Sun Protection Factor (SPF) of 50+ with a high star rating of at least 4 stars of UVA protection.
- Parents wishing to supply their own sunscreen must supply a new unopened bottle so we can monitor the expiration date from first use and must be provided by the child's start date. The sunscreen provided must ensure it has at least a 4 star UVA protection and we will not accept a SPF factor less than 30+. Every child is required to wear sun screen while at nursery.
- Staff will reapply sunscreen regularly including 'once a day' and 'water resistant' products as rubbing, sweating or washing off occurs and reapplying helps avoid missing skin parts.
- Sunscreen is applied adequately and regularly- this means two teaspoonfuls for the head, arms and neck or two tablespoonfuls if in a swimming costume. Sunscreen is stored in a cool dry place as extreme heat can ruin their protective chemicals.
- Sunscreen is checked regularly to ensure they have not expired. When a bottle is opened it is dated with the expiry date.
- Staff are encouraged to wear sunscreen to protect themselves and is available within the office. Staff should also be good role models by wearing suitable hats and clothing.
- Parents are responsible for providing a hat labelled with the child's name which can be kept at nursery or brought in each day.

Children must wear hats at all times.

Hats are great for protecting the whole face and head and a wide brimmed hat offers the best protection however a 'legionnaire' style (flaps around the ears and back) hat offers good protection.

- Children can bring in their own UV protective sunglasses. Sunglasses should have one of the following; 'CE Mark' and British Standard, UV 400 label or 100% UV protection written on the label or sticker. Also make sure that the glasses offer protection at the side of the eye e.g. wraparound styles.
- Drinks will be freely available and the children will be encouraged to drink frequently.
- Children should wear T-shirts with sleeves to prevent shoulder exposure (vests and strappy tops are discouraged and an alternative should be provided within the child's spare clothes bag). The more skin that is covered by clothing, the better protection for the child. Clothes should be loose-fitting and deeper in colour where possible. A possible exception to this rule is short periods of time spent in the paddling pool, but care will be taken to protect their skin during these periods.
- Staff receive training to spot signs and symptoms of heat exhaustion, heat stroke, heat rash and sunburn and the treatment of these.
- Parents & Carers can gain information on the importance of sun protection by visiting www.sunsmart.org.uk



RECOGNISING PROBLEMS

HEAT EXHAUSTION

This condition may develop in hot, humid weather and is caused by dehydration. Children who are unwell, particularly with diarrhoea and vomiting, and those not used to playing in the heat are most at risk.

Signs and symptoms;

- Headache and dizziness
- Nausea, sweating, pale and clammy skin
- Cramps
- Rapid, weakening pulse

Treatment;

- Take child into shade or into a cool room to lie down
- Raise and support child's legs on some pillows or cushions to improve blood supply to brain
- Help child to sit up and sip as much cool salty water (a solution of 5ml/1 teaspoon of salt per 1 litre of fluid) or juice as he/she can manage to replace lost salt from the body.

HEAT STROKE

If the body becomes severely overheated in hot surrounding , heat stroke may occur.

Signs and symptoms;

- Sudden onset headache
- Confusion and rapid deterioration in level of response
- Hot, flushed, dry skin, temperature above 40C
- A full, bounding pulse.

Treatment;

- Call a doctor
- Lay child down in a cool place and remove all outer clothing. Put a folded pillow under his/her head and talk to him/her calmly
- Sponge child down repeatedly with cold or tepid water. Leave skin damp and allow to dry in the air

HEAT RASH

Signs and symptoms;

- A prickly red rash particularly around the sweat glands on the chest and back and under arms

Treatment;

- As for heat stroke and if rash does not fade after 12 hours or if temperature is raised call a doctor and seek advice.

SUN BURN

Signs and symptoms;

- Red, itchy, tender skin. Babies and young children are particularly vulnerable.

Treatment;

- Move child to room and give cold drinks
- If blistering occurs – call doctor
- Monitor for signs of heat stroke

