

Riverside Childcare Ltd

Riverside Newsletter - Poppy Seeds

Winter 2022/2023



Numeracy and Literacy

We have been...

- Exploring the letters in our name through experiences such as using the magnifying glasses to look for our letters in the tuff tray and matching our pictures with our names.
- Enhancing our language skills while learning our new focus song 'This Little Light of Mine'.
- Using positive descriptive words during welcome time to describe us e.g. Kind Karen, Positive Peter.
- Showing a strong interest in dinosaurs as we explore the dino land tuff tray using our numeracy skills to count the dinosaurs in rote from 0-10 and showing an understanding of value.

We are going to...

- Continue to enhance our numeracy skills as we explore the spring numbered chicks and counting bunnies.
- Enhance our language skills as we learn new songs including 'Spring Chicken' and 'Caterpillar Song'

Creativity, Enquiry and Curiosity

We have been...

- Finding new ways to create art such as 'Fluffy Paint' and making colourful Paper Mache art. We also used ice as an alternative method to paint.
- Enhancing our senses through touch, smell and taste as we explored the sea creature tuff tray.
- Experimenting with colours as we used cotton wool discs with pipettes to mix colours together and identify which new colours were created.
- Developing our creativity and imagination as we used a cardboard snowman cut out to create our own snowman and added on features such as carrots, button eyes, material etc.

We are going to...

- Participate in a range of experiences relating to Easter and will look at alternative methods of painting by using plastic eggs to roll in the paint.
- Learn how to care for living things by planting our own bulbs in the garden and nurturing their growth.

Health and Wellbeing

We have been...

- Enhancing our gross motor skills during busy bodies as we learn new dances such as 'The Dinosaur Stomp' and 'Going on a Bruno Hunt'.
- Learning all about hamsters and how to care for them in preparation for welcoming our new Poppy Seed pet hamster Bruno. We worked as a team to make a pretend hamster cage with all the necessities after having discussions about what they need to survive. We also worked together to create our rules for how to keep him safe and happy.
- Discussing the importance of reducing, reusing and recycling while learning what can go in each bin within our room.

We are going to...

- Learn about the life cycle of a butterfly as we watch our live caterpillars go through each stage of their cycle to become butterflies before releasing them into the world.

Changes to Routine

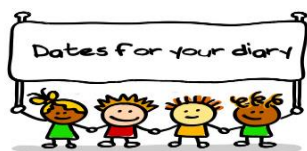
We have been making adjustments to our rooms routine and while the children are sleeping, the children that are awake have the opportunity to spend time outdoors or join with the Poppy children.

We have introduced 'Chill Time' in the afternoon where the children can cool down and relax taking part in experiences such as yoga, imaginary storytelling, listening to enchanted forest music and body cool down exercises.

"I need routines that help me mark the passing of time and give me comfort. I need a balance of different times in my day to play, relax and rest and have nourishment" (Education Scotland, 2020)



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

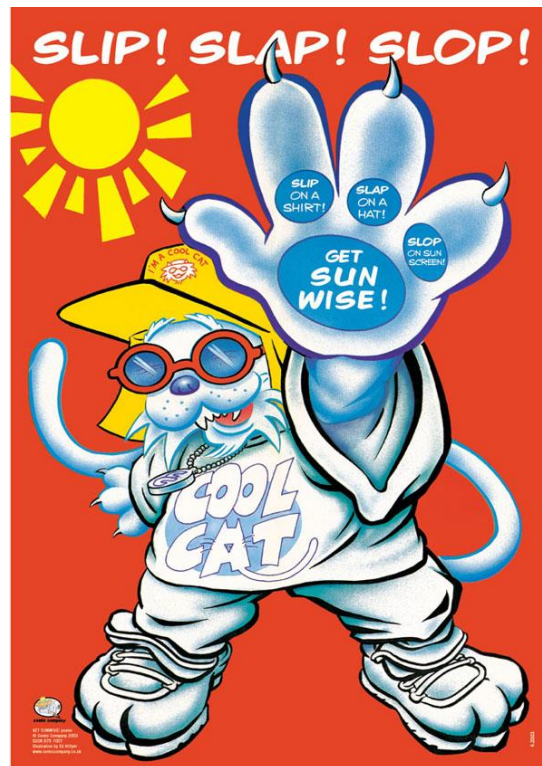
At Riverside we are aware of the dangers of overexposure to the sun and following procedures to ensure that the children and staff get maximum enjoyment outdoors during good weather, while staying protected.;

- 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

