

Riverside Childcare Ltd

Newsletter - Bluebells

Winter 24/25 Learning Experiences



Health & Wellbeing

We have been...

- Participating in cosmic yoga discovering different ways to move and stretch our body and discussing the importance of how we can stay active and healthy. To participate in cosmic yoga at home please follow the link [Cosmic Kids Yoga - YouTube](#)
- Learning about the importance of caring for living things by participating in the RSPB Big Garden Bird Watch. We worked as a team to make bird feeders and then placed them in the garden and created binoculars to observe the birds around us.
- Spending time outdoors in all weathers participating in a range of experiences such as creating an obstacle course, participating in scavenger hunts and a 'welly toss'. "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, online)

Numeracy and Literacy

We have been...

- Using a shape matching game to enhance our knowledge on shapes, sorting and categorising.
- Developing our literacy skills as we explored the '5 Little Speckled Frog' themed tuff tray. We used chia seeds to represent the spawn and enhanced our knowledge of numbers by exploring the numbered lily pads.
- Enhancing our literacy skills as we read the story 'Snail on the Whale' and recalled various elements of the story using props in our tuff tray. The children also developed their language skills as they explored new words and enriched their senses as they explored the various textures including sand, water, playdough and ice.
- Developing our counting skills as we used our fine motor movements to thread the cheerio's onto the spaghetti and count in rote how many we achieved.
- Following instructions, enhancing our matching skills and working as a team while participating in a game of Crazy Chef.

Creativity, Enquiry and Curiosity

We have been...

- Enhancing our enquiry skills as we followed instructions to create our own 'erupting volcano' using bicarbonate of soda and vinegar.
- Exploring our colour wonder bag enhancing our curiosity, language and turn taking.
- Enhancing our curiosity as we investigated magnets and investigated which items around the room were magnetic.
- Expressing ourselves through music by initiating our own musical instruments using the metal bowls kitchen utensils.
- Exploring alternative methods to paint by exploring the ball-rolling station where they dipped various textured balls into different coloured paints and investigated the marks they made and colour recognition.
- Enhancing our scooping, pouring and mixing while using variety of materials and liquids to make potions. .

Realising the Ambition

"The importance of communication and language development for all aspects of children's lives cannot be overstated. Communication underlies our ability to manage behaviour and emotions, by expressing what we need or using language to regulate how we feel"

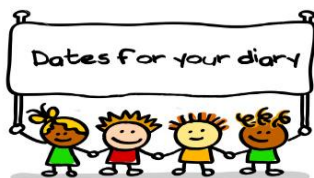
Inspired by recent in house training sessions from Adventures With Alice we have introduced new resources into each of the rooms to continue to support and enhance children's language and communication. Some of the rooms will also have the opportunity to participate in Book bug sessions.

For more information on Adventures with Alice please follow the links below;

[\(3\) Facebook](#)

[Adventures with Alice – Alice Sharp](#)

Nursery Information



22/3/25- Outdoor Learning Event
7/4/25- 21/4/25 – term time sessions off nursery
5/5/25 & 6/5/25- term time sessions off nursery
13/5/25- 0-3 Parents Evening
20/5/25- Pre School Graduation Photos
20/5/25 & 21/5/25- Poppies Parents Evening
31/5/25- Preschool Graduation
25/6/25- term time sessions final day for summer holidays.

Monthly Awards for going over and above

January 25 Awards

Cheryl J
Gillian B
Ellie G
Amy P

February 25 Awards

Nicola B
Rachel W
Leah C



Employee & Apprentice of the Year awards 2024

A huge thank you to everyone who took the time to complete the nomination form. Our 2024 winners were as follows;

4th Place Runner Up Employee of the Year 2024 = Cameron Giffen... Cameron, despite not being my son's key worker, went above and beyond for him when settling in. When she saw him on her days off, she was so personable and always asked how he was, engaging with him as if he were her own child.

3rd Place Runner Up Employee of the Year 2024 = Samantha Brannan... Sammy is the hardest working person I know! As a key worker, she was always engaging with the children to create positive bonds with them and their families. Now, in her new role, Sammy already has those bonds in place to be able to interact with the children about their healthy eating, varieties of foods, and the reasons behind it as well.

2nd Place Runner Up Employee of the Year 2024 = Rachel Willox... Rachel, for her exceptional commitment to the children's care and development. Rachel consistently demonstrates attentiveness and professionalism, always ensuring that the children are welcomed warmly each morning and providing valuable feedback to keep parents informed of their children's progress.

Apprentice of the Year 2024 = Ellie Gall... Ellie is amazing; she adjusts to each room with confidence and is always there to help others. Ellie has developed positive relationships with the children, and this is shown through her interactions and experiences that she provides them.

Employee of the Year 2024 = Maureen Currie... Maureen exhibits the perfect balance of nurture and energy. It's hard to leave your kids all day, but knowing they're under Maureen's care makes it a lot easier..



Sun Cream

We are hoping the weather will continue to improve over the coming weeks/ months.

Suncream information including permission has now been distributed to all families via the Family app. 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.



Save the Date – Family Outdoor Learning Morning

Our staff team will be hosting this event on Saturday the 22nd of March 2025 and would love to see you there.

During the morning you can participate in ‘Naturally Creative Outdoor Art’, a ‘Ball Run Bonanza’, ‘Create a Critter’, ‘Kitchen Scraps Gardening’, ‘Potions & Pies’, ‘Seed Bombs’ and much more!

More information to follow 😊



Committee Information

Events –



Christmas

Throughout December all rooms participated in a range of Christmas experiences which included; writing letters to Santa, working as a team to decorate their Christmas Trees, designed their own cards, presents etc for their loved ones and built relationships while dancing with their friends at the Christmas parties and finished with some special visitors from the North Pole (Santa & the Magical Fairy)

Chinese New Year

This year we celebrated the year of the snake and the children developed their fine motor skills while practicing using chopsticks to eat their noodles. The children learned about value of money and the purpose of the red envelope as they searched the sand for coins and placed these in their envelopes.

Robert Burns Day

To help learn about our culture and Scottish traditions each room participated in Robert Burns Day experiences. The Snowdrops developed their hand eye coordination as they practised rolling the haggis, neeps and potatoes down the guttering. The Buttercups developed their creativity as they made their own statues of Robert Burns using playdough and loose parts. The Bluebells designed their own kilts and participated in some highland games by learning how to compete in the ‘Welly Toss’ and listened to songs on the bagpipes. The Poppy Seeds developed their hand- eye coordination and fine motor movements as they used paper to weave and created their own tartan. The Poppies learned about Scots language while listening to the story of the ‘Glasgow Gruffalo’ which they found very funny and also learned about the Scottish flag by creating their own.

Valentine’s Day

The children enhanced their creativity skills as they made their own choices to design cards, pictures etc for their loved ones and enhanced their literacy skills as they practised writing their cards. participated in a range of tuff tray experiences relating to valentines day which included exploring frozen petals and crazy soap with valentine resources, made their own love potions and explored the story ‘Guess How Much I love You’ and created their own art work with heart shaped resources, rose petals and paint.

Lillyburn Care Home Visits

Over the Winter period, we hosted a 6 week 'Stay & Play' session with 6 care home residents and 12 children. From Snowdrops to Poppies, all rooms were represented and throughout the 6 weeks the residents and children participated in a range of experiences in order to build close attachments and create a community of greater understanding between generations. At the beginning of each session we sang the 'Hello Song' and participated in song time.

Week 1; We began by introducing the children and residents and discussed their ages, likes, dislikes etc. We participated in a range of Winter experiences including an artic tuff tray with skating penguins, snowman bowling and some of the children and residents roleplayed at the toy kitchen.

Week 2; We continued our focus around Winter and used our creative skills to make winter paintings and transient art. Some of the residents and children also became builders as they used the coloured blocks to design and build their own models and some of the children and Anne crated their own game of hide and seek.

Week 3; We focused on Robert Burns Day and the children and residents used Robert Burn's images to create their own master piece using playdough and loose parts. Together, they developed their numeracy as they observed how far the haggis could roll down the guttering and used their fine motor movements to weave ribbon on the board to make tartan.

Week 4; We focused on nursery rhymes and explored a range of tuff tray experiences including 'Miss Polly had a Dolly' and 'Little Miss Muffet'. We also scooped out the fish from the water tray relating to '1,2,3,4,5 Once I caught a Fish Alive' and saved the spider's from the web'

Week 5; We focused on feelings and the people we love while participating in a range of Valentines themed experiences including using their creativity skills to design their own valentines cards. We also explored our senses while investigating the heart themed jelly and rice tuff tray experiences.

Week 6; For our final week we hosted a Valentines tea party. The children used their creative skills to design each of the residents a valentines card and the residents were gifted flowers also.



If you would like your child to participate in a 6 week block with the residents please speak to a member of staff.

Some requests

Outdoor play

As the weather continues to remain cold, wet and windy can you please ensure your child has appropriate clothing and footwear for garden play for all weather e.g. winter hat, wellies, warmer jacket, waterproofs, gloves etc. These should be in a named bag and remain in the nursery for all days within the week.

If your child does not have a hat we will need to contact you in order to obtain one

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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 and the chance of losing toys, children cannot bring toys from home, 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 provided 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

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. Our youngest children who are taken out in prams will be kept in the shade by using canopies.
- 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 and annual consent forms are distributed to all parents.
- 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.
- UV ratings are checked on the World Health Organisation and sunscreen is applied for UV rating 3 (moderate) or above. Outdoor play will not be allowed should the UV ratings reach 8 or above (very high)
- 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 outdoors when the UV rating is 3 (moderate) or above.
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 and 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 – the following information can be found on the NHS website

HEAT EXHAUSTION & SUN STROKE

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
- Tiredness/ weakness
- Nausea, sweating, pale and clammy skin or getting a heat rash
- Cramps in the arms, legs and stomach
- Fast breathing or heartbeat
- A high temperature
- Being very thirsty

Treatment;

- Take child into shade or into a cool room
- Remove all unnecessary clothing like a jacket or socks.
- Encourage the child to drink cool water.
- Cool their skin- spray or sponge the child with cool water and fan them.

Call 999 if:

- They are still unwell after 30 minutes of resting in a cool place, being cooled and drinking fluids.
- A very high temperature
- Hot skin that's not sweating and might look red
- A fast heartbeat
- Fast breathing or shortness of breath
- Confusion and lack of coordination
- A seizure/ fit
- Loss of consciousness

HEAT RASH

Signs and symptoms;

- Small, raised spots
- An itchy, prickly feeling
- Mild swelling

All of the above can appear anywhere on the body and spread, but it cannot be passed onto other people.

Treatment;

- To keep your skin cool; wear loose cotton clothing, use lightweight bedding, take cool baths/ showers and drink plenty of fluids to avoid dehydration
- To calm the itching/ prickly feeling; apply a cold, damp cloth for up to 20 minutes, tap or pat the rash instead of scratching it and do not use perfumed shower gels/ creams.

A Pharmacy can help suggest treatments for heat rash.

SUN BURN

Signs and symptoms; your skin may;

- Feel hot to touch.
- Feel sore and painful
- Flake/ peel after a few days.

Treatment;

- Take child into shade or into a cool room
- Encourage the child to drink cool water.
- Cool their skin- spray or sponge the child with cool water and fan them.
- Monitor for signs of heat stroke .

