



St Nicolas' Newsletter

Sept | Oct 2021

www.stnicolasplaygroup.co.uk



Over the summer we had a few changes and have a lovely lady joining the team. We would like to say a MASSIVE welcome to our New Manager Gemma along with all our new children joining us too.

Welcome back to all our existing parents and our new parents. We are excited to be back at playgroup and to be operating our new 'normal'.

We hope you all had a lovely summer break and spent some quality time with family and friends. We are excited to see all our children and meet some new families. Our last term, ended just the way we wanted. Making lots of memories for our children and staff enjoying parties and sports day. We are looking forward to making more memories during the following terms.

Thank you to you all for the support we receive.

We would like to give our heartfelt appreciation and gratitude to parents and families for your continuous patience and support during these uncertain times. We hope times will be returning to normal soon, however While we wait for everything to be safe for our staff, children and families we will continue to put procedures in place.

Covid-19- We will continue to inform you with any new updates that affect our provision at St Nicolas Playgroup. Please ensure you are also vigilant of any updates on the government website.



WC: 6/09/21 - Getting to know Playgroup

To start the term, we will concentrate on settling new children this week and next. During registration time, the new children will be introduced to the rest of the group. We will also introduce/reinforce the rules governing our setting and the behaviour expected of the children whilst at playgroup. As time goes on we hope the children will become familiar with them. We will discuss the evacuation procedure and sound the alarm so the children become accustomed to the noise. This enables us to practice the procedure during this half of the term.

To begin with, there will be simple painting, gluing, sand and water play activities to introduce the children to messy play. The climbing frame will be initially set at a low level with more pieces added as we progress through the first few weeks. This gives new children a chance to practice their climbing skills and become confident in their abilities. The children will be making their own picture spot to sit on when we come together as a group.

- **Tuesday 7th Sept – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Wednesday 8th – Allotment visit**
- **Friday 10th Sept – Forest School**

WC: 13/09/21 - 24/09/21 - Our community / All about me

During this week we will be talking about our surrounding area, we will be going for a walk around Playgroup to visit/ show where Priory Gardens, The rectory, the church and the school are. We will also go on to the green to have a story. We will talk about the children's surrounding areas at home, and where they go to visit. We will speak about how they can get to their surrounding areas and what transport everyone may use. On the craft table we will ask the children if they can draw us a picture of their community, labelling their drawings with support of a teacher. We will have different community flash cards around the room to use in discussion with the children. This will extend the children's vocabulary and help to be a conversation starter. Through the week we will have different occupations out for our role play area, which we see within our community. (Builders, police, nurse, postman). During these two weeks the children will have the opportunity to share information about themselves, their families, and their friends. In small groups we will look at similarities and differences between themselves and others. What the children can do now that they could not do as a baby. Their likes and dislikes and what their favourite activity is to do. At the craft table the children will have the opportunity to paint a self-portrait, using the mirrors to look at themselves. We will also touch on learning our body parts and singing along to 'head, shoulders, knees and toes'.

- **Monday 13th Sept – Forest School**
- **Thursday 16th Sept – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 17th Sept – Forest School**
- **Monday 20th Sept- Forest School**
- **Tuesday 21st Sept – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 24th Sept – Forest School**

WC: 27/09/21 - Health and self-care

In small groups we will be talking about what our bodies need to have a healthy lifestyle, we will look at healthy foods, exercising and our own self-care.

We will speak about our daily routines and how we help our mummy's and daddy's look after ourselves.

We will watch videos of and speak about the different help we get in the community to help keep us healthy (Dentist, Doctors, Opticians) to help the children understand the importance of looking after themselves.

The children will have the chance to use toothbrushes to clean laminated teeth and as a group we will act out brushing our teeth and time ourselves for 2 minutes. We will see if the children can practice counting out the correct teeth to match the mouth.

All our babies will be needing a bath, so we will set up a bathing area for the children to help clean the babies and get them dressed.

In the role play area, we will turn it in to a hairdresser's for children to practice brushing hair.

We will be reminding the children about washing their hands before eating and after using the toilets/coughing/sneezing, covering their mouths when coughing, getting a tissue for their nose's when needed. Keeping fingers out of mouths and noses

We will have sequence cards with different routines for the children to put in order, and different size fruit and toothbrushes to put in size order.

The children will help design their own socks to help playgroup make some pairs for our washing line.

- **Monday 27th Sept – Forest School**
- **Thursday 30th Sept – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 1st Oct – Forest School**

WC: 4/10/21 - 11/10/21 - Colours of the Rainbow

During the coming two weeks we will look at the colours of the rainbow and have set different days of the week for specific colours.

In the first week 4/10/21 - **Monday will be red. Tuesday and Thursday will be blue. Wednesday will be pink** and **Friday will be yellow**. The children can wear the colour associated with the day of the week if they wish.

- **Monday 4th Oct – Forest School And AGM at 20:00**
- **Tuesday 5th Oct – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 8th Oct – Forest School**

In the second week 11/10/21 - **Monday and Wednesday will be green. Tuesday and Thursday will be orange** and **Friday will be purple**. Children can wear the colour associated with the day of the week if

they wish. During the two weeks the children will be learning/revisiting the rainbow song with Makaton, we will play games with the parachute, make dyed rice/pasta and gloop for sensory play, and use Q-tips to paint a rainbow. The children will also be comparing bears using our compare bear resource, looking through our colour Perspex.

In circle time we will speak about the different colours around us and our favourite colour.

In our role play corner, we will have a market stall, looking at all the different colours of fruit and vegetables and seeing if the children can match the object with the correct plate/basket.

Throughout the two weeks there will be an interest table with lots of different coloured objects to examine.

We will also be looking at the different shades of colours, and colour mixing.

Our story time book will be Elmer the Elephant.

- **Monday 11th Oct – Forest School**
- **Thursday 14th Oct – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 15th Oct – Forest School**

WC: 18/10/21 - Autumn

Throughout this term we will already be talking about Autumn during circle time - As the seasons change and the leaves fall around us we will be going on nature walks. On our walk we'll be collecting leaves and sticks, using them for leaf printing/rubbing, sorting by colour, size and shape. We'll make a pumpkin hedgehog using hammers and sticks, the children will help the adults carve a pumpkin and look at the inside of a pumpkin. Counting the seeds and playing with them in gloop. The children can make a tree picture with either glued on leaves or finger painting independently. There will be an interest table so children can display any objects they find on our nature walks. We will be playing with corks in compost, planting crocus and daffodil bulbs ready for spring, creating spiders' webs and doing marble painting with conkers. We'll also be making witches potions. We will have a dark corner where the children can experiment with lights and shadows. As a group the children will be using a parachute to feel the 'wind' and add leaves to make them 'fly in the wind'! We will be speaking about harvest festival and taking collections to pass on to our local church. Our story time books will be 'Jack and the beanstalk' and 'The Enormous Turnip' and we will be learning the 'Autumn leaves are falling down' rhyme.

Pumpkin Competition TBC.

- **Monday 18th Oct – Forest School**
- **Tuesday 19th Oct – Get Sports Inspired (£3 and outdoor shoes / wellies if needed).**
- **Friday 22nd Oct – Forest School**

25/10/21 -HALF TERM

HALF TERM starts 25 October 2021, Playgroup opens again on the 1st of November 2021.

Important notice to Parents:

- Please make sure all the correct information is given to the playgroup- Allergies, Dietary requirements and Preferences, correct telephone numbers, email addresses, home addresses.
- Due to allergies within the playgroup we ask for lunch boxes to be healthy and Nut FREE, staff will have to provide an alternative for your child if their lunch contains nuts.
- Please remember if you would like to discuss anything with any staff you are welcome to do so, we just ask for a little bit of time around our new routine. If we are not available at our busy period's we will be happy to arrange a time that suits you and your family.
- Sadly we have had to stop sending King Humpty home 😞 but we are thinking of an alternative.
- Mystery reader will not be able to go ahead until further notice.
- Playgroup will be operating as a large bubble together. Playgroup will not close if there is a positive case. However, if there is a positive case of Covid-19 within St Nicolas Playgroup, your child will need to get a PCR test and stay home. Close contacts are advised to get tested, but do not need to isolate. Parents will be informed of positive cases within setting and make an informed decision onwards. We will continue to check children's temperatures as they come into setting.

As guidance changes we will continue to stay up to date and to inform you all when needed.

<https://www.gov.uk/coronavirus/education-and-childcare>

Dates to put in the Diary

26/09/21 – Taplow & Lent Rise Garage
Sale Trail 13:00-16:00

04/10/21 – AGM at 20:00

25/10/21 – Half term

Get Sports

- 7th Sept
- 16th Sept
- 21st Sept
- 30th Sept
- 5th Oct
- 14th Oct
- 19th Oct

Forest School

- 10th Sept
- 13th Sept
- 17th Sept
- 20th Sept
- 24th Sept
- 27th Sept
- 1st Oct
- 4th Oct
- 8th Oct
- 11th Oct
- 15th Oct
- 18th Oct
- 22nd Oct

Useful contacts

<https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>

Burnham Children Centre

Burnham Library

<https://www.bucks-lscb.org.uk/>

<https://www.bucksc.gov.uk/services/education/early-years-and-childcare/>

Notes to parents:

Entrance to Playgroup

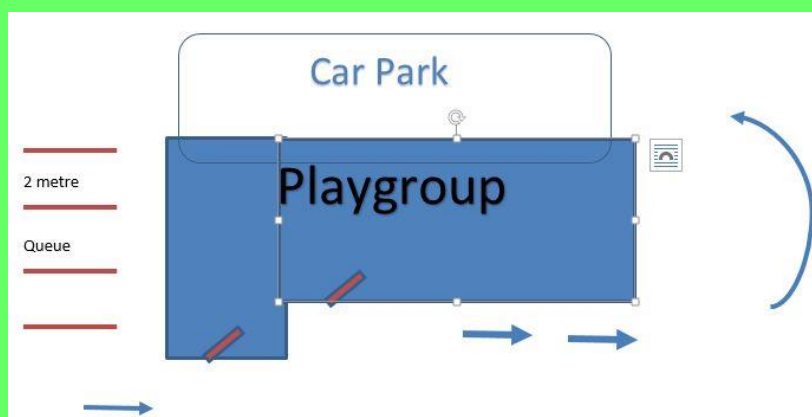
Please can we remind you that the door will always be locked while the children are in the building. There is a door bell to the left of the door to ring for access.

Drop off/ Pick Up

We ask for parents to use our one-way system and keep their distance from each other while queuing outside. We ask if children can please enter the top room on their own and a staff member will help them wash their hands and put their belongings on their pegs. If a child is struggling to settle there will be space in the top room for parents to be with their child and also outside to help settle them. We ask for Parents to be mindful of social distancing with other families in and outside the building,

At Pick Up, we will bring your child to the middle door with all their belongings.

Staff will use their judgement on the day to help/support parents the best way they can at drop off. If a child is uncontrollably upset for a long period of time we ask for parents to remain with them until handing them over.



(We ask that parents (and any siblings) do not congregate outside playgroup and that they adhere to the 2m distancing rule at all times).

Parking

Please parents be considerate when parking and only park in the marked bays in the car park. For the safety of our children we ask that you do not park along the side of the path opposite the school house.

Sickness

If your child is unwell or will not be attending playgroup please let us know by calling - 07538 491936. Children should not attend the group for 48hrs following the last bout of sickness or diarrhoea. If your child does become unwell with something infectious like chicken pox, please let us know as soon as you can, so that we can warn other parents.

Covid-19 related symptoms;

- If your child is ill at playgroup, we will isolate them and ring you immediately to come and collect them. Children will be comforted while we wait for them to be collected.
- Please do not bring your child in if they are not feeling well and need medication. We will be monitoring all children and will ask for them to be collected if we feel they are unwell.
- It goes without saying that the usual procedures of self-isolating must be adhered to if any member of your family displays symptoms of Covid-19. In this situation, a test should be undertaken. If the outcome is negative your child will be able to return to playgroup.
- Likewise, if any member of the group displays symptoms, Government advice is clear that only the person with symptoms should self-isolate in line with Government guidelines.
- In a worst case scenario, if we have a more than two members display symptoms, or children/staff from different groups Playgroup will follow current Government guidelines.

Clothing

Please ensure all items of your child's clothing is labelled with their name on it. Children often wear the same clothing or items sometimes get left behind at the end of playgroup sessions. We want all children to go home with their things. Please can we ask for children to wear a clean set of clothing everyday.

Toys and other items

If your child would like to bring an item into playgroup, please try to link it to the theme for the week. To avoid conflict situations or items just being lost please ensure all but the most essential comfort items stay at home. We will inform parents of special dressing up & show & tell days. Please ensure any items that are brought in have your child's name on it. There will be a moment during session where we will have 'show and tell' and they can tell us all about their item.

Personal Information needs to be up to date

Please ensure all the correct information is given to the playgroup- your child's allergies, dietary requirements and preferences, correct telephone numbers, email addresses. Due to allergies within the playgroup we ask for lunch boxes to be **Nut FREE**, staff will have to provide an alternative for your child if their lunch contains nuts. Please remember if you would like to discuss anything with any staff you are welcome to do so at any time we are available, if we are not available at our busy periods we will be happy to arrange a time that suits you and your family.

Website

The weekly themes for each term and other information about playgroup is available on our website at **www.stnicolasplaygroup.co.uk**

Facebook Page

Please like and follow us on Facebook, **www.facebook.com/stnicolasplaygroup**

Healthy Lunch Ideas- (Tuesday and Thursday afternoon)

- Cold Pasta/ rice - tuna, ham, Tofu, homemade sauce (blended Veg), Falafel, Sweetcorn.
- Sandwiches/wraps
- Crisps alternative- Lentils/chick pea snacks, breadsticks with dip, rice cakes, popcorn.
- Chocolate/sweet treat alternatives- Dried fruit (small amount), choc dipped fruit, oat bars.
- Fruit and Vegetables- Carrot sticks, cucumber sticks, chopped up fruit, etc.

We would like to encourage parents not to send in sweets and crisps and try a healthy alternative instead ☺

Reference from BBCgoodfood.com

Oral Health support for Parents

It is now a requirement for Nursery settings to support parents and children with Oral Health. Due to our sessions being shorter and our facilities not easily accessible for independent brushing. We will encourage children through play to look after their teeth and the importance of brushing teeth.

Here are some things to consider that may help with your child's oral health:

- Re-thinking some foods Children eat: Raisins are just as bad for teeth as chocolate. They stick to children's teeth and contain sugar.
- Playing a 2-minute sound/music: children stop brushing when it's stopped
- Watching videos
- Picking their own toothbrush and toothpaste

What's going on at Playgroup?

Garden/Nature Club/ Allotments - Will be weekly looking after our garden plot and allotments. We will be teaching the children how to have fun and love looking after our environment.

Sport- Get Sports Inspired- Will attend weekly alternating Tuesday and Thursday.

Music- Under review, usually on a Wednesday.

St Nicolas Playgroup (Taplow), The Reading Rooms, Taplow Village Centre, Taplow, SL6 0EX
Tel: 07538 491936 | enquiries@stnicolasplaygroup | www.stnicolasplaygroup.co.uk
Ofsted Registered No.EY240777
Registered Charity No. 1155996

Show and Tell- If your child would like to bring an item in to show their peers, we will create an opportunity for this during circle time. Please make sure that the item is labelled as it will be placed in a box until show and tell time.

Priory Gardens- We will be taking a weekly visit to the Priory Gardens, we understand Children attend different days therefore we will be changing the day on a weekly basis. Please ensure your children have appropriate clothing and shoes. We will be carrying out different activities at the priory garden, some include mud painting, insect spotting, and listening games.

Forest School- Following on from the information sent out, we will be operating forest School on Mondays and Fridays at the Old Priory Gardens with Mimi and Gerard from Wild Wood Rangers.

Butterfly and Caterpillar groups- We will continue to do a separate group for the different ages and stages of our children, these will be carried out daily. The activities will sometimes link to our theme or we may carry out activities that we feel is an area we need to concentrate on with our children.

King Humpty- Our take home teddy, King Humpty will be ready to take home. He has had a quiet summer and cannot wait to start having fun with the children. All children will get a chance to take King Humpty home during their time with us at playgroup.

Letters and Sounds- we will start focusing more on letters and sounds from September. Letters and sounds is a phonic resource which is recommended to us by Buckinghamshire county council. It was published by the Department for Education and skills in 2007. Letters and Sounds aims to build children's speaking and listening skills in their own right as well as to prepare children for learning to read by developing their phonic knowledge and skills.

Scrap Book- Each child will be provided with a scrap book to take home and return to playgroup weekly to share different drawings, events and activities that happen between home and playgroup.

Risky Play- From this term we will be allowing some more risk opportunities in some of the children's activities, this will be slowly introduced and only carried out with the correct supervision. The children will also wear the correct clothing that is needed, provided by playgroup. Children already carry out risk play without realising by running a little faster, jumping from a higher platform, balancing without support, we will like to continue this and introduce other ways children can take risks and explore.

Borrow a Book- From this term we will have the option of 'borrow a book' Within the nursery we have a basket full of exciting stories that children love to share with members of staff. We recognise the importance of sharing stories and the benefits this has on children's learning as well as a perfect opportunity to share some quality time with a child. At the end of the session the children can choose a book to take home, we kindly ask parents if they can ensure they sign the book out so we can keep track. Please look after our books so other children can also benefit from them to take home and return a week later.

Book of the week- Each week we will have a book of a week and will provide different resources around that story and read the book in depth to all children.

Bring in a Book- we are going to ask two children a week to bring in a favourite book of theirs to speak to their friends about at circle time.

Yoga- we will be following a Yoga regime alternating Tuesday and Thursday. At the moment we use 'Cosmic Kids' on a projector screen alongside Hodan.

Term Dates 2021/2022

Autumn Term

2nd September - Meet the new manager for existing children

3rd September - Settling in day for new children (parents stay)

6th September- 22nd October

(Half term 25th-29th Oct)

1st November - 15th December

Spring Term

5th January - 18th February

(Half term 21st – 25th Feb)

28th February - 6th April

(Spring Holidays – 7th April – 22nd April)

Summer Term

25th April - 27th May

(Half term 30th May – 3rd June)

6th June - 20th July

(Summer Holidays 21st Jul – 5th Sep)