



KINETON PLAYGROUP NEWSLETTER

04 July 2024

THIS WEEK AT PLAYGROUP

We have had an old toy out recently that some of you who have previously had children at Playgroup may remember, Mr. Chandler, our rocking horse! The children have taken turns having a go on him and making sure that they wear their riding hat!

Lots of children have also enjoyed mark making this week, practicing how to hold a pencil and make different types of marks ready for writing at school. The role play area has had them preparing for school in a different way, with uniforms for them to dress up in. They had been very good at independently putting on the uniform and taking it off using the buttons and zips. We have been focusing more on sequencing and number recognition for math's, knowing what number comes before and next or 1 more/less than a given number.

Preparing for things that are happening a little sooner, we have been busy with sports day practices. The children that were in on Monday loved watching the school children doing their track events through the garden fence.

FORGOTTEN THINGS!

Please take time to look at our Forgotten Things collections (aka Lost Property) and claim any missing belongings. Anything left at the end of term will, sadly, need to be recycled or thrown away. Everything is on display outside playgroup and will be available to check at Sports Days.

DATES FOR YOUR DIARY - SPORTS DAYS

(1) Tuesday 09 July 2024, 10.00am to 12.30pm - Sports Day & Family Picnic - School starters 2024

(2) Wednesday 10 July 2023, 9.30am to 11.00am, Sports Day for the younger children

'Training' for the races is going well and we are looking forward to having fun at both Sports Days. Please bring any cake contributions refreshments stalls to Playgroup in the mornings.

INDEPENDENCE AND CONFIDENCE

Whether your children are going to Big School or staying at playgroup in September, building their resilience and confidence are vital in helping them to become more independent and to build relationships. Helping a child to look after themselves gives them the very important message that they are competent individuals who can do things for themselves, rather than someone who always needs someone else to do things for them. At the same time, keep expectations realistic, according to the child's age and how much they have been able to practise the skills involved. Encourage them to put on their own shoes. Putting on coats and mastering zips and buttons can be really tricky! Try putting the coat hood on first and then looking for the sleeves.

Build children's confidence by encouraging them to spot their name in different contexts. Count with your children to encourage counting skills and recognition of numbers - count anything: steps on the stairs, cars in the street, the number of jumps they can do, etc. These simple things all really help.

SAFEGUARDING, HEALTH AND CHILD PROTECTION

Keeping your child safe online

Give your child a safe space to explore online. Step by step guides are available to help you to set up the right controls and privacy settings to ensure a safer online experience. Full details about how to set security and safety features can be accessed at:

<https://www.internetmatters.org/parental-controls/>

Safe Browsing

Make sure your browser is set to offer you its built-in security and safety features. For example, Microsoft Internet Explorer (the most popular browser) offers security and privacy settings.

Every mind matters: Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. Common mental health problems include: stress, anxiety, low moods, and sleep problems. It can also help us have more positive relationships with those around us. Click [here](https://www.nhs.uk/every-mind-matters/) (<https://www.nhs.uk/every-mind-matters/>) to find out more about organisations that can help.

Sleep: All individuals are different but research shows that children actually need more sleep than adults, even if it seems the other way round! Lack of sleep can often make children seem hyper-excited rather than sleepy. Studies show that regular bedtime routines are paramount and that behaviour and health improves and better learning takes place after better sleep. Screen lights can affect both falling asleep and the quality of sleep, so turn off televisions, computer, phones and tablets at least half an hour before sleep, and for longer if you can.

Advice and support: If you need advice on mental health, local welfare help, or if you are concerned about a child, [click here](https://www.warwickshire.gov.uk) (<https://www.warwickshire.gov.uk>) to find information from Warwickshire.

Button batteries: Button batteries can badly hurt or kill a small child within two hours, if they get stuck in the food pipe, or can corrode the gastrointestinal system. Know where yours are, so you can keep your children safe.

Water danger: Children must be watched whenever they are around water. This is true whether the water is in a bath, a paddling pool, a fish pond, a swimming pool, the sea, or a lake. Young children are especially at risk and can drown in less than **6 centimetres** of water.

Summer term 2024:	Monday 08 April to Friday 19 July 2024 Summer Holiday Club available: Monday 22 July to Friday 16 August
Autumn term 2024:	Wednesday 04 September to Friday 20 December 2024 (04 - 09 September - fees only, not funded) Half term: Monday 28 October to Friday 01 November 2024
Spring term 2025:	Tuesday 07 January to Friday 11 April 2025 Half term: Monday 17 to Friday 21 February 2025
Summer term 2025:	Monday 28 April to Friday 18 July 2025 Half term: Monday 26 to Friday 30 May 2025
Autumn term 2025:	Start date Wednesday 03 September 2025 (tbc)

Holiday Club will run over the half terms, Easter holidays and first four weeks of the summer holidays (except bank holidays). Please ask for details.

