

Glen Newsletter April 2022

Dear Parents/Carers,

Welcome to our spring newsletter. We would like to extend a warm welcome to all of our new children and families who have recently started with us and we hope you will be very happy here as part of our Glen family.



Our children have been extremely busy investigating and learning through many experiences offered to them. It's been exciting to see our vegetables grow and be able to reap the rewards of the care and attention that they have given to them.

I'm sure you will be aware of the recent announcements and the changes in COVID guidance as from 18th April. We will cautiously and sensibly begin to move forward as we appreciate that this may bring a mix of both hope but also nervousness for some. Please see below for more information on how we as a centre will plan and consult with you for the changes ahead.

I hope that you enjoy seeing the learning that has taken place and would like to wish you all a wonderful Spring break.



Christine Bell Head of Centre

Staffing

We would like to welcome Shannon to our team. Shannon will be covering Kayleigh's maternity leave post in the Squirrels playroom.

Welcome to the team Shannon!

We also have a new Play worker joining our team on Tuesday 19 April. Her name is Pam Kaur. Pam will be based in the Squirrels Playroom. We will post her picture on Twitter when she starts and I'm sure she will introduce herself to you all.



Parent Consultations

Parent consultations are taking place between 11 April - 25 April. An email was sent out with dates and times for parents to arrange meetings with their child's keyworker. If you haven't yet managed to make an appointment and you would still like one, please speak with your child's keyworker and we can see what spaces are still available.



Your views are important

Over the coming week we will be issuing a small questionnaire emailed through 'forms'. We value your opinions and suggestions so please take time to complete the form and send it back. Alternatively it will be available in paper form at the front door.

Dates for the Diary 2022

15 April-18 April Easter Weekend

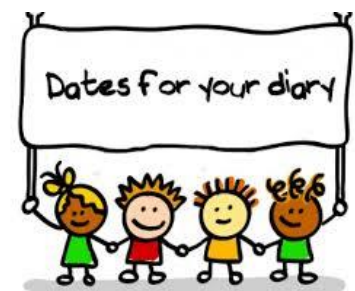
2 May - May Bank Holiday

5 May - Family Centre closed for In Service

27 May - May weekend

2 June - May weekend

3rd June- Queen's Platinum Jubilee



East Renfrewshire Council have published their School Holidays Calendar for next session 2022/23. The calendar is placed on the appropriate internet pages of East Renfrewshire Council <https://www.eastrenfrewshire.gov.uk/article/1203/School-holidays>

Please note that while there has been an amendment to the October Week for year 2022 there will be no amendment to the February break 2023.

I hope this assists you with planning childcare, holidays etc

PHOTOS of PLAYROOM LEARNING

British Science Week 14-18th March

The children enjoyed taking part in scientific discoveries learning and discovering through hands-on experiences. Introducing children to science at a young age assists in their brain development, helping them to grow big ideas and develop a natural sense of adventure and curiosity.



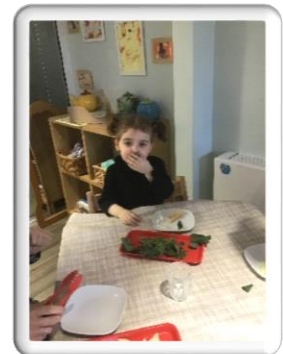
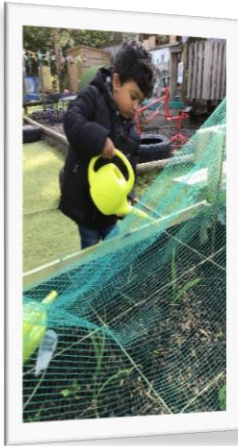
Down Syndrome Awareness Day 21 March 2022

The children were helping to fundraise for world Down Syndrome day by painting their own sunflower and planting a sunflower seed. We managed to raise £117.16 and some of the children went to the post box to post the cheque.



Planting and Growing

Our children are very curious to learn about the environment that surrounds them, and being in the garden provides the opportunity to explore different smells, senses and tastes. The children are learning new skills and developing self-confidence by spending time in the garden tending plants and growing and tasting their own food. Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and observing plants grow.



Birthday Celebrations



Within East Renfrewshire schools and early years establishments we strive to maintain a healthy eating policy. With this in mind we will no longer be able to accept birthday cakes or treats for children. However, we will still celebrate your child's birthday by providing a birthday hat for them to wear and a special snack such as fruit kebabs. We will continue to sing Happy Birthday and

continue to celebrate their special day. If we have a couple of birthdays on the same week we could have several cakes and also some children have allergies and it can be quite upsetting for them when they can't have cake. Therefore in the interests of equality for everyone, dietary requirements and supporting healthy eating, we feel this is the best way forward.



Nursery Fund

Our voluntary contribution is 50p per day; this money is greatly appreciated and helps us purchase snacks, celebrate events and buy resources for your child. This can be paid through parent pay. Please have a chat with Catherine in the office if you require any assistance



Celebrations

We have quite a few birthdays over March and April. This is a very special time and so we would like to wish you all a very happy birthday.

HAPPY
BIRTHDAY

March

April

Freddie

Christine
HoC

Georgia

Orlaith

Helena
CDO

Rebecca

Miller

Jill
Play
Worker

Gemma
CDO

Shannon
CDO

Zac

Andrew

Caroline
Janitor

Daisy

Paywand
CDO

We have also had a few children become big brothers and sisters. Congratulations to all our families who have welcomed a new baby into the family.

Jessica

Jess

Aria

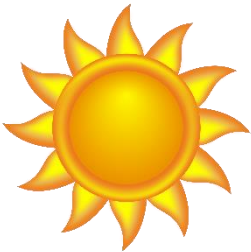
Ted



Being Ready for All Weathers



Please ensure that your child is always dressed appropriately for the weather. The children play outside in all weathers and need their wellingtons every day as our garden can be very muddy. We will provide a waterproof suit or jacket and trousers. During the colder months, they also need a hat and waterproof gloves or mittens



As we move into spring and summer we will be hoping for some good weather.

For the best protection, we try to follow all five SunSmart steps:

Protect yourself in **five ways** from skin cancer



1. Slip on covering clothing. Choose clothing that covers as much skin as possible, for example, collared shirts with long sleeves. ...
2. Slop on SPF 30 (or higher) broad-spectrum, water-resistant sunscreen. ...
3. Slap on a hat. ...
4. Seek shade. ...
5. Slide on some sunglasses.

As part of our Sun Safe Policy, we ask that you put suncream on your child **before** coming into nursery. If your child attends for a full day session please provide suncream and staff will top it up as required during the session.

Spare clothes

We kindly ask that you provide a set of spare clothes for your child each day. In addition to little accidents, the children play outside in all weathers and they are likely to get wet, muddy or paint on their clothes when learning and having fun so please be mindful of this when dressing your children for nursery

COVID 19 Guidance

As we cautiously move forward, the restrictions on parents entering the building are easing therefore we will be able to invite parents/carers into the centre for some learning events, however, we would kindly ask that you still wear a face covering when dropping off and picking up your child and also if you are in the building to minimise any potential risks to others. All families will receive an email with a questionnaire to allow us to plan and shape together how we move forward over the coming months.



Health and Wellbeing

Diarrhoea and Vomiting

Diarrhoea and vomiting can spread easily. Glen policy is you must keep your child off for 48 hours from the last time they were sick or had diarrhoea. In the event of sickness or diarrhoea, please make sure they are drinking plenty of fluids. There is more information at <https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

Psychology of Parenting Programme

If you're worried about the behaviour of a young child you care for you may be interested in the Psychology of Parenting Programme aimed at families with children aged 2 to 8 years. One of our staff, Pamela Robertson is trained and can provide information on current groups available.

The programme guides participants to develop strong relationships with their children and help support their development and resilience.

popp@eastrenfrewshire.gov.uk

Family First- Work with families living in ERC and have children aged 0-11years

The Family First Team offer a free, confidential service to support with any worries you might have. They can help you find the right people when you don't know who to ask for help. The highly skilled team will try to stop any issues you bring to them from getting worse and help you find the right support.

Contact the team at familyfirst@eastrenfrewshire.gov.uk we look forward to hearing from you. Julie Douglas is our Family First contact and would be happy to help whether it be for one off advice or longer term support.

Family First



For daily updates from a range of national and local organisations on themes of parenting, family wellbeing, ASN, money advice and rights, health and safety and education and learning

Website - <https://www.eastrenfrewshire.gov.uk/family-services>

Supporting Our Families

This time of year can be difficult for families for various reasons. This year things are even more complicated due to the Coronavirus.

The following contact details may be helpful:

Parent Club Scotland

Parent Club Scotland provides a wide range of information for parents and carers on topics including:

- food and eating
- health and development
- community and support
- money and rights

Please take a look at our handbook on our website where you will find more information on websites and groups that can support families

Please use the links below to access our blog and twitter for pictures and updates.

<https://blogs.glowscotland.org.uk/er/Glen/>

https://twitter.com/glen_fc

We would like to wish those of you who celebrate a very happy Easter and to all our friends and families an enjoyable Spring break. Enjoy the holiday weekend and we will see you all when we re-open on Tuesday 19th April.



Best wishes

From all the Leadership Team and Staff at Glen Family Centre

Parent Consultations- Due to current restrictions, our Parent Consultations will take place by telephone. Children's journals will St.Andrews Day - Monday 30th Nov