

Glen Family Centre

Newsletter

March 2023



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 and initiated by them. Science week has sparked enthusiasm and it's wonderful to see children's thirst to learn, this has been particularly evident during cause and effect experiments. Our woodwork bench has also been well used and requested by some of our children, we hope you've enjoyed having models to proudly display in your homes. In the Acorns our children are enjoying exploring the "beach" providing great opportunity to develop their fine motor skills, social skills and language. We are now fully up and running with our Online Seesaw Journals, please let us know your thoughts as we will be piloting this until July. A few important messages contained below - particularly around 'Staff News', upcoming events and holidays and closures in the coming months.



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

Christine Bell

Head of Centre

Staffing update

A little update of the staff based within our two playrooms - staff photos are available on our website and social story .

The Acorns

Claire, Jackie, Lynne, Kara, Paywand, Gemma, Paula, Helena and Rebecca.

The Squirrels

Emma, Pamela, Kayleigh, Christine, Angelique, Cassidy, Louise, Jill, Julie and Orla.

Baby News

We would like to let you know the wonderful news that Adele one of our CDO's who was based in the Squirrel's room has had her baby girl. Baby Dillon was born at the end of January. We look forward to a visit and a little cuddle.



Rebecca in the Acorns room will be leaving to start her maternity leave at the end of April, we wish you a wonderful maternity leave with love laughter and lots of snuggles with your new baby.

Goodbye Amanda

We would like to say goodbye and thank our catering assistant Amanda for all her care and help that she has shown over lunch times. The staff and children will miss Amanda lots.



Notice for pick up time.



For the children in the Squirrels playroom please buzz the playroom and staff will let you in. **If you are collecting your child after 5pm we would ask that you to come into the cloakroom to collect your child and help them get ready to go home.**

Safer Sleep for Babies

This is a guide to safer sleeping, with the recent weather changes we thought this would inform you of any information needed. Claire Smith our Senior CDO is a trained SIDS advisor please chat with her if you would like more information.

Car Seat -Overheating

Babies that get too hot are at a greater risk of SIDS (sudden infant death syndrome). We advise removing any hats or outdoor clothing such as snowsuits and coats once your baby is in the car.

The best way to check your baby isn't getting too hot is to feel their tummy or back of their neck, if their skin feels clammy or sweaty they are too hot, so remove a layer of clothing, as young babies cannot regulate their temperature.

Car Seat - Safety

Car seats are designed to keep babies safe while travelling, not as a main sleeping place. It's OK for your baby to fall asleep in a car seat when travelling, but they should be taken out as soon as you get home or to your destination, and placed onto a firm, flat surface to sleep.

If looking for any more information this website offers some guidance.

<https://www.lullabytrust.org.uk/safer-sleep-advice/car-seats-and-sids/me>

Health and Wellbeing - Diarrhoea and Vomiting

Diarrhoea and vomiting can spread easily. East Renfrewshire 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 that you child is drinking plenty of fluids. There is more information at

<https://www.nhs.uk/conditions/diarrhoea-and-vomiting/>

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.



World Down's syndrome Day

We will be celebrating Down's syndrome Day on the 21 March 2023 and will be wearing odd socks on this day, there will be a donation bucket at the door for Down's Syndrome Scotland.



HELP

Volunteers

As the signs of spring are showing we have noticed we need a little help to maintain both of our gardens. If you have any free time to help plant, weed, varnish and tidy it would be greatly appreciated. Please let the office know if you can make it along. Refreshments will be offered.

The good old saying "Many hands make light work". We can't emphasise enough how we would really appreciate any amount of time that you can offer. Our children just love being outside and the sense of wellbeing that comes from it. They benefit greatly from the experiences available in the garden which can't be offered indoors. We are so fortunate to have such natural beautiful gardens, they're just requiring a little nurture to help them feel loved and cared for.



Spring Festival



You are invited to our

Spring Festival at

Glen Family Centre

Friday 31st of March

1.30-2.45pm

Come along with your child to help us celebrate the signs of spring. Enjoy decorating eggs, flower painting, bonnet making, afternoon tea and a spring sing along.

Please phone the centre to book a space



Thank you to Morrison's Giffnock for their kind donations and treats for our spring festival.

News from Acorns Playroom



In the Acorns we have been busy welcoming some new friends who are settling and getting used to their new environments. We have been busy exploring the garden and planting vegetables. The children have enjoyed filling and emptying in the mud kitchen and water troughs outside and mark making with muddy sticks. Indoors we have been experiencing a variety of sensory play sessions with paint, foam, dough and water.

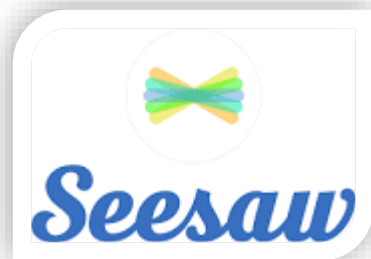


The children are all enjoying our new family wall, we really appreciate all the photographs. It's been lovely watching the joy on the children's faces when they see their families.



Seesaw

Our Learning Journals have been successfully transferred over to Seesaw, but please bear with us as we are all on this learning journey together. Please let us know if you are having any difficulty with it at home, and we will try our best to help. We would love you to share photos or videos from home, this allows us to truly work in partnership to extend your child's learning.



News from Squirrels Playroom

Recently in the Squirrels, we have been enjoying lots of exciting experiences both indoors and out. We had a delivery of lots of new building resources, such as Stickle Bricks, Duplo and race tracks. We are learning to work together and share our new resources. In arts and crafts, we have enjoyed modelling using recyclable materials. If you have any spare boxes, lids or tubes at home, we would gladly take them to keep our modelling box well stocked.



We have had lots and lots of messy play experiences, such as painting, sensory play and play dough making.

On World Book day, we had a special bedtime story time all together wearing our pyjamas and spoke about our favourite stories and incorporated them into our experiences.

We've celebrated some birthdays, and said farewell to a few of our friends that have moved onto their 3 year old nurseries, as well as saying hello to some new friends too.



Dates for the Diary 2022

21 March - World Down's Syndrome Day

22 March- Ramadan begins

31 March-Spring Festival

3-16th-April Spring break for term time children

7 April- Good Friday Public holiday- nursery closed

10 April - Easter Monday Public holiday - nursery closed

22nd April- Eid-al-Fitr

1 May - May Day holiday - nursery closed

2 May - Family Centre closed for In Service

8 May - Kings Coronation

26-29 May - May weekend - nursery closed

As we plan events and experiences in our playrooms, we would really like to know what you celebrate within your family. Please let us know and we can celebrate in nursery along with you.

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

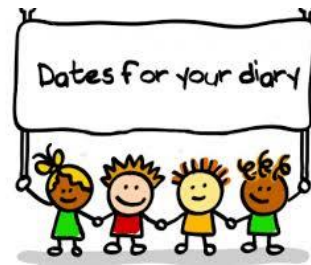
The Family First Team offer a free, confidential service to support with any worries you might have. They can help you find the right people when you don't know who to ask for help. The highly skilled team will try to stop any issues you bring to them from getting worse and help you find the right support.

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. 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>

Family First



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 Monday 17th of April.

