



## St Peters ELCC May 2020 Newsletter

### Staying Safe

All of us at nursery hope you and your families are managing to stay safe and well during these unusual times. We are all missing the children very much, but we are enjoying the opportunity to interact via our Facebook page, we hope you all are too.



### Wellbeing

As we all know the lockdown situation is having a massive effect on our daily lives, regardless of age this can be a difficult time and it is important we take care of both our own and our children's wellbeing needs. During this time, we may experience different feelings and react in different ways. Here are some key points to consider for you throughout this time:

- Stay connected with others to maintain relationships
- Can you offer support to someone who needs it?
- Talk about feelings with a friend/family member or recommended helplines (below)(NHS)
- Look after your own physical wellbeing, regular exercise and healthy eating routines
- Ensure regular sleeping patterns are maintained to recharge batteries and fight of illness
- Manage your media and information intake
- Create a new daily routine
- Keep your mind active, try reading, completing a jigsaw or crossword or a new hobby
- Build in a time for you to relax

Here are some points to consider looking after your child's wellbeing:

- Listen and acknowledge your child's feelings, they may go through a range of feelings
- Provide clear and accurate information which they will understand
- Be aware of your own reactions
- Encourage physical exercise, mindful yoga, eating healthy and sleep patterns
- Create a new routine
- Limit exposure to online media

### Renfrewshire ESP Support

A helpline service has been created by Renfrewshire ESP staffed by educational psychologists and specialised teachers. This is designed to support children and family's wellbeing to help cope during this time. information, guidance and materials can be found at <https://twitter.com/RenfrewshireEPS> a referral for support can be made by your educational establishment. Education Scotland have created a resource aimed to support Parents/Carers build their child's resilience <https://education.gov.scot/improvement/scotland-learns/health-and-wellbeing-activities/resilience-alphabet/>

These resources will be posted on our Facebook Page.



## Learning at home

We are currently using the St Peters ELCC Facebook page as a platform to share ideas for play, learning, information, guidance and support materials through the current situation. As stated within the group, children will be provided with 3 challenge tasks per week. To stay connected and engaged with the St Peters ELCC community it would be great to see your children taking part in these challenges, please post pictures and these pictures will be uploaded into appropriate albums to allow you and key workers to navigate easily through the page. Each challenge task can be amended to meet your child's individual needs and stage of development, suggestions to simplify or challenge the task will be stated. The tasks offer a fun way to spend time with your child while learning using an active and play based approach.

We know you are all doing great offering your children learning and play experiences at home, the challenges and learning experiences we will offer will capture a play-based learning approach which we would be providing at nursery. It is important to remember children experience progressive development and the physiology of young children's hands need to be taken into consideration when playing and offering educational tasks. We would recommend reading the document posted from Neurochild Community – you will find this in the literacy topic on the parent Facebook page.

## Communication Systems

During this time, we will aim to contact families by phone where we will do our best to offer support, answer questions and lend a listening ear.

Parents/Carers can also post questions they have on the Facebook page and again we will do our best to answer any queries. If you prefer you can request a phone call by simply posting a request on the page or through messenger to Lorna.

## Transition

Our transition process will look very different this year due to the current circumstances. However, information will be provided in due course. Children's "Transfer of Information" have been completed and you will receive a phone call where you will be provided with the information which will be passed to your child's Primary 1 teacher. You will be asked to provide a comment on "I would you like my child's school to know" and your child will be asked to make a comment on "what I want my teacher to know about me" and "what I want to learn about in school". It would be useful to gather this information before you receive the phone call, so you are prepared. Transition phone calls will take place week commencing 25<sup>th</sup> May 2020.

## Graduation and Sports Day

We are currently looking at alternative ways to celebrate your child's time at nursery, this may be through the means of creating a video of all our Graduates. We are keen to have some Parents/Carers suggestions. We are also looking into how we can offer physical sport challenges to mark our annual sports day event. These are usually fun and exciting events for our children who enjoy participating in these and we hope to offer alternative ways. The scheduled dates before lockdown for the events were – Sports Day 17<sup>th</sup> June 2020 and Graduation 24<sup>th</sup> June 2020.

Lorna Robertson  
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