



Newsletter

June

2021

Graduation



For all our children who are leaving us to go to school in September:

Photos: The photographer is coming on **Monday 21st June**. She will be at nursery from 9.15am - 10.15am. If your child does not attend on a Monday and you would like their photo taken please bring them along during the above times.

Parties: we will be having our graduation parties this year - more information will follow in the July newsletter and on Parent Hub.

Mini Egg Fundraiser



We want to say a huge thank you to you all for supporting our fundraiser - together we raised over £600 for some lovely new resources for the nursery. We are thinking of investing in some new books for each room and will be asking the children what their favourite stories are.

Music and Yoga at Sunshine

We have organised a local musician and also My Little Lotus Baby and Creations to come in next term and run some music and yoga sessions with our preschool children - we are very excited! We have included some yoga moves for you to try out at home with your little ones on the reverse of this newsletter.



Sun Cream & Sun Hat



It would be a great help to us if you could apply sun cream to your children before nursery and then let the staff know it has been applied. This saves us a lot of time when getting ready to go outside and play! Also please remember to put a sun hat in your child's bag.



Dates for your diary:

May Half Term - Mon 31st May - Fri 4th June. No standard funding during Half Term.
Stretched funding continues



NURSERY CLOSED MONDAY 31st MAY

Yoga and mindfulness for children

For a little while now the Dragonflies and Grasshoppers have been introducing a little bit of yoga and mindfulness into their sessions. It helps the children calm down and unwind and give them the opportunity to slow down in the fast-paced, technology driven world that we live in. While practicing the poses, children have another opportunity to be aware of their breath and focus on their physical body while stretching and strengthening their muscles.

Yoga movements can also be used to express how children are feeling, because movement and breath help to alleviate stress and anxiety. The early years are so fundamental to developing emotions. It's important for children to be able to identify what they are feeling and when they need to take time out. It's also about learning how to be kind to themselves and others.

We can also see strong links to the Early Years Curriculum (EYFS) as it helps with their Personal, Social and Emotional Development and also their listening and attention skills.

Why not take 5 minutes out of your busy days and practice these moves with your children - don't forget to tell us all about it on Tapestry!

Toy breathing - Get them to lie on their backs and balance a toy on their tummy – a Duplo block works well. Talk the children through breathing slowly in and out, pointing out the toy goes up when they breathe in deeply, and down as they breathe out. Can they make the toy go even higher and even lower next time?

