



SUNSHINE
• Day Nursery •

June 2026

SUNSHINE NEWS

Graduation

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

Photos: We will be inviting the photographer into nursery to take their graduation photos on Wednesday 10th June.

If your child does not attend this day please bring them between 9am & 10am.

They wear our cap and gown for the photo so no need to worry about clothes or hair!

Party: we will be having our graduation party this year on **Wednesday 1st July, in the afternoon** - you should have now received your invitations, please remember to RSVP!

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

Term Ends Wednesday 22nd July

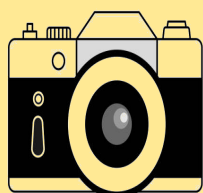
No Standard Funding:

Thurs 23rd July - Thurs 3rd Sept

Stretched Funding continues until Fri 7th August

Photographer

Our fantastic photographer Janine has been coming into nursery week commencing **1st June** to take the amazing black and white "at play" photos. Once we have received these back, we will let you know and you will have the opportunity to purchase them.



REMINDER

Please also send your child with a waterproof jacket for those rainy playtimes - we go outside in all weather.

WHAT'S HAPPENING AT NURSERY THIS MONTH?

Caterpillars & Butterflies - **World Ocean Day** – Expect lots of splashing and sensory fun with water play as we explore the wonders of the sea; **The King's Birthday** – A royal tea party will be held, complete with pouring and role-play activities. **Fairy Day** - The children will be busy exploring some magical fairy-themed activities and food play.

Ladybirds - Our Ladybird children will be joining in the fun with similar themes: - Water play and learning about sea creatures for Ocean Day, exploring the fairy garden with lots of imaginative play for **Fairy Day** and to celebrate **Picnic Day** and **King Charles III's Birthday**, we will be having a special Picnic Tea Party.

Dragonflies & Grasshoppers - The older children have an exciting term ahead as they learn all about **People Who Help Us**. As part of this topic we are looking forward to special visits from the **Police** and **Fire Brigade**, giving the children the opportunity to learn more about their work, ask questions, and see some of the equipment they use.

We're looking forward to a month full of fun, discovery, and celebration!

All of the rooms will be making treats for Fathers Day too.

ACTIVITY OF THE MONTH

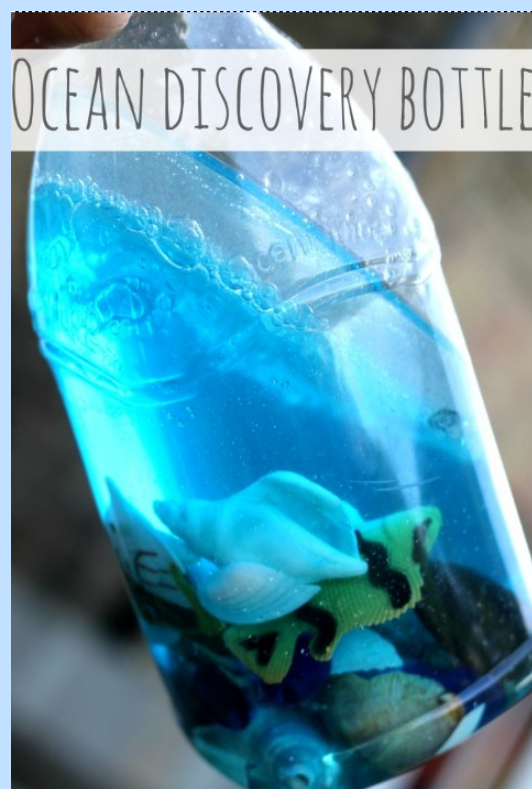
You Will Need: Clear plastic bottle with lid (one with a wide opening is best); baby oil; blue food colouring; selection of ocean related bits—such as shells and/or fish; super glue or glue gun

What to do:

Collect a selection of ocean treasures for your bottle—either plastic items from the toy box or why not pop to the beach and collect some real shells and bits and pieces?

Pour the baby oil into your bottle, add your treasures and add a few drops of food colouring. Secure the lid tightly and seal with your glue.

Tip the bottle up and down and watch how the colour mixes and the bubbles form. Use this opportunity to introduce lots of language around mixing and floating.



Balancing screen time

internet
matters.org

Top tips to support children in Early Years (0-5)

A balance use of screens can offer children key benefits to help them to learn, explore and interact with the world around them.

Get simple tips to put balance and purpose behind screen time to help young children benefit from their screen use.



How are children using screens?

36%

play games online for nearly 6 hours a week



69%

use tablets to go online



8 out of 10

of 3-4s who use YouTube watch cartoons and funny videos



52%

are online almost 9 hours a week



Source: Ofcom Children and Parents Media Use and Attitudes Report 2018

What parents tell us

Screens' impact on physical wellbeing

Over a third of parents are worried children are not getting enough time to play outside because of screen time.

Screens are good for creativity

Nearly 7 out of 10 parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential for their child's development.**
Source: [Internet Matters Look both ways report](#).
- Screens can be a great tool to **allow children to maintain relationships** with family and friends.
- **Screens can help ease the financial burden** when looking to entertain children.

Screen time challenges

- Young children might **stumble across inappropriate content** that may have a negative impact on their digital wellbeing.
- Long periods of passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet is** and how it works so could find it hard to differentiate between what is real and what is fake.

5 top tips to balance screen time



1 Set rules on the use of screens in and out of the home

Create a **family agreement** together to manage expectations of how screens and online platforms should be used and why.

Set rules to meet the needs of each child based on their use, interest and engagement of screens and **consider how screen time can complement** what they do offline.

Make sure to stick to the rules and model the behaviour you'd like to follow to make it a success. It's a good idea to review the rules as children grow and become more active online.

For younger children, it's important to **prioritise face-to-face interactions and apps that encourage active play**

to support their development of language and other skills.



2 Make family time and sleep a priority over screens

By creating **device free zones at meal times** and around the home and making use of tools to set limits on when screens can be used, you can improve family interactions and reduce interruptions to children's bedtime routine.

Experts recommend switching off screens **at least an hour before bedtime** to give young children time to wind down.

3 Play, watch and discover together

As young children take their first digital footsteps, **play, watch and discover together to stay engaged in** what they are doing and create spaces to talk about what they enjoy and how to stay safe.

This will help them feel more confident to come to you if they get stuck or see something that makes them feel uncomfortable. It's also important to **stay calm and not overreact** when children tell you what has gone wrong.

4 Take the lead when choosing what they see and do on screens

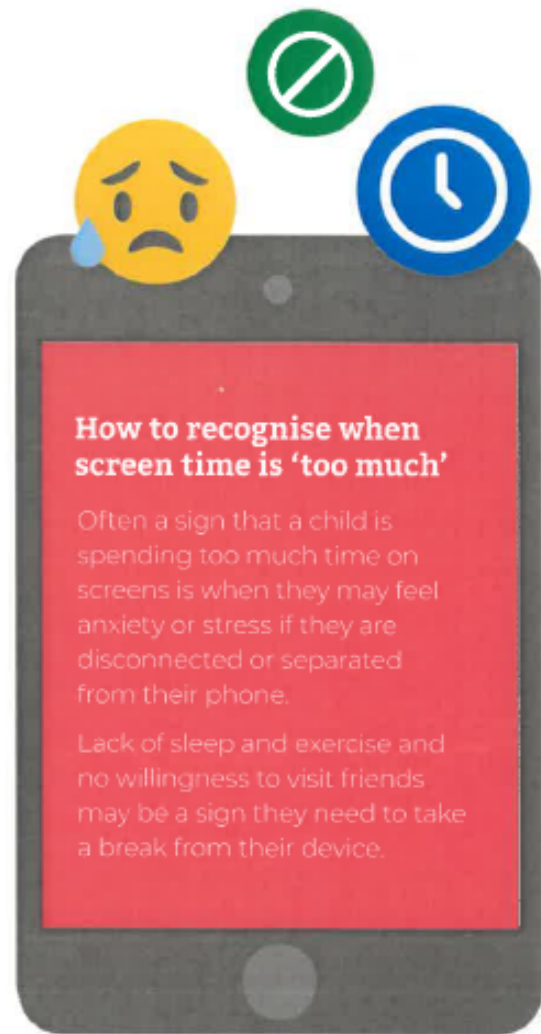
Together find age-appropriate apps, websites and games that will give your child a way to explore their passions, enhance their skills while building their confidence in navigating the online world.

Be sure to make use of free tech tools on the apps and devices they use to create a safer space for them to explore online.

Tools like Apple's Screen time and Google's Digital Wellbeing dashboard can **give you an overview of what they are spending their time on** which you can use as a starting point to talk about ways to improve their screen use and protect their digital wellbeing.

5 Set a good example with your own screen use

Children will tend to model their behaviour on you, so if you **encourage them to take breaks** when on screen or leave devices out of the bedroom at night, they will follow your lead.



The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

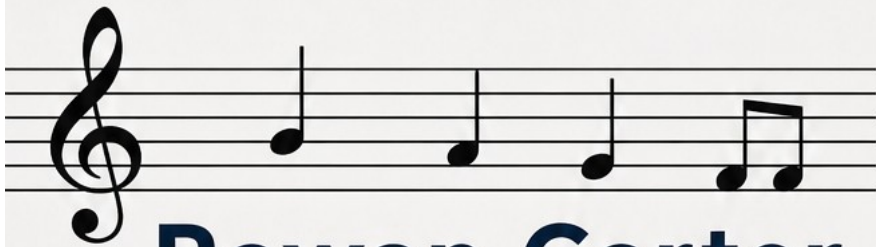
There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time - it's more about getting it right for your families needs.

Visit internetmatters.org/screentime for more advice

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