



May 2026

# SUNSHINE NEWS

Hello Sunshine Families!

The newsletter is back on track! After a short pause we're excited to return with lots of exciting updates and a peek at what's happening across our nursery rooms this month.

**Please remember that we are closed on Bank Holidays.**

## UPDATES

If you've noticed our new logo, you've already seen the start of something exciting- we're rebranding! Following Ofsted's change to our registered name in 2018 and as we update our website, now felt like the right time to refresh everything.

Going forward, we will be known as **Sunshine Day Nursery**. Our name may be new, but our commitment to quality care stays the same.

Thank you to everyone who supported our AGM in March. We're pleased to share that the money raised is being put towards a new lockdown system to further enhance safety at the nursery. The system is currently in the process of being installed, and we look forward to having it fully in place soon

## REMINDERS

As the weather is getting warmer, please ensure your child comes prepared with a sun hat and sun cream (no nut-based products and to be kept at nursery). We do have bottles of Nivea sun cream available to purchase from the office and if we do not receive a sun cream for your child by the end of the month, we will provide one and add the cost to your bill.

If your child brings a packed lunch or tea, please include an ice pack to keep food fresh.

Please also remember to send your child with plenty of spare clothes, we love water play now it is warmer!

## DATES FOR YOUR DIARY

**NURSERY CLOSED**

**BANK HOLIDAY**

**Mon 25th May**

Half Term

No Standard Funding:

**Tues 26th May—Fri 29th  
May**

Stretched Funding continues

**SEN/Inclusion Coffee Morning**

**Tuesday 2nd June**

**9:30am - 11am**

**Preschool Families**

**Keep an eye out for graduation  
photo & ceremony dates**

# WHAT'S HAPPENING AT NURSERY THIS MONTH?

**Caterpillars & Butterflies** - Caterpillars will be getting creative for VE Day by finger painting their own Union Jack bunting ready for a special tea party celebration. The children are going to have lots of fun exploring colours, textures, and creating their very own decorations for the occasion. The Butterflies will also be spending time in their nature garden planting sunflower seeds and learning how to care for them as they grow.

**Ladybirds** - Our Ladybirds will be exploring gardening through lots of hands-on sensory activities. The children will enjoy planting sunflower seeds, getting messy with soil and water, and learning about how things grow. For World Bee Week, they will be making their own little bees and taking part in some lovely bee-themed activities.

**Dragonflies & Grasshoppers** - This month, the Dragonflies and Grasshoppers will be learning all about lifecycles and growing. The children have been very excited watching our caterpillars grow each day, and we are eagerly waiting for them to turn into beautiful butterflies very soon!

As part of our growing topic, the children will also be planting their own sunflower seeds and caring for them as they grow. We can't wait to see whose sunflower will grow the tallest!



## Bee hotel

You will need: Hollow canes; a plant pot; stones; secateurs

For the hollow canes you could try bamboo and common reed (used for screens and thatch), as well as dried, hollow stems from plants such as sunflowers, teasel, fennel, brambles, & raspberries.

1. Use a cane to measure from the bottom of the pot to one centimetre below the rim.
2. Carefully cut the cane to this length, ensuring there is a clean opening. Children will need the help of an adult.
3. Continue to cut enough canes to fill the pot. Keep any short, leftover sections for later.
4. Fill the pot with the long lengths until it is tightly packed.
5. Fill any gaps with the short pieces of cane - still with the hollow openings facing outwards so that bees can get in.
6. Find a sheltered, sunny spot and make a base out of stones.
7. Place the pot so that it faces slightly downwards to allow rainwater to escape. Your bee hotel is now ready for guests to move in.



# ACTIVITY OF THE MONTH

## HELLO MR CATERPILLAR

*Have a go at making your own hungry caterpillar!*



### INGREDIENTS

A selection of:

- Cucumber
- Tomato
- Lettuce
- Carrot
- Apples or pears
- Grapes, diced for under-ones, cut into quarters for one- and two-year-olds and halved lengthways for older children who are confident at chewing. **Do not give whole grapes to children as this may cause a risk of choking.**

### METHOD

1. Chop and prepare the ingredients as appropriate to the age and stage of development of your child.
2. Arrange the ingredients to make a caterpillar!

**TOP TIP:** This recipe is great for using up leftover ingredients. Get your child involved in choosing and preparing the ingredients - what fruit does the caterpillar eat in the story of *The Hungry Caterpillar* by Eric Carle?



Have you read the story of 'The Very Hungry Caterpillar' by Eric Carle? He tries all sorts of different foods each day including lots of delicious fruit. Reading the story together is a great way to talk and learn about food with your little one and discover your favourites. The story also has a wonderful surprise at the end!

Why not try going on a bug hunt to see if you can find some caterpillars in your garden or at the park?



## **Inclusion/SEN Coffee Morning Drop in**

**Tuesday 2<sup>nd</sup> June 9.30am- 11am**

The settings **SENCo Victoria** will be available to chat about all things inclusion.

**Hannah from the Food Education-** Are you concerned about your child's eating? Support on how to tackle fussy eating.

**Charlotte the Local SEND advisor-** Discuss what's on offer locally for your child

**Mrs Wood SENCO from Burgh le Marsh School-** To discuss your child's transition.

You are welcome to join us for tea and cake at Sunshine Children's Centre

**RSVP** So we can save you some cake.

# Online safety tips for parents of pre-school children

## 0-5 Year Olds

internet  
matters.org

*22% of parents of 3-4-year-olds don't think their child has a good balance between screen time and other activities*

\* Source: [Ofcom Children and parents: media use and attitudes report 2022](#)



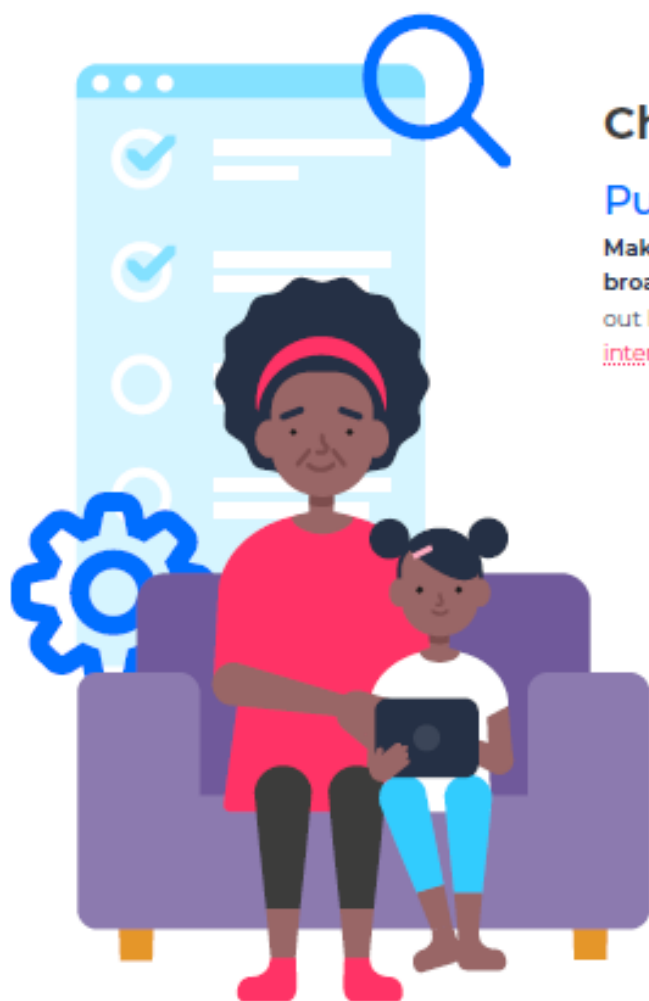
### Checklist:

#### Put yourself in control

**Make use of parental controls available on your home broadband and any internet-enabled devices.** You can find out how at your broadband provider's website or [by visiting internetmatters.org](#).

#### Search safely

Use safe search engines such as [swiggle.org.uk](#) or [kids-search.com](#). **Safe search settings can also be activated on Google and other search engines** as well as YouTube and it is possible to lock these so that they can't be inadvertently removed. You can find out more by [visiting the Google Safety Centre](#). Once you've put all of these controls in place have a browse and search for a few things to see what your children might see, if they were to do the same. Remember that voice-activated search works really well now.



## Set boundaries

It's never too early to start setting rules about when and for how long your child can use devices and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a shared spaces like a lounge or kitchen. Make sure to keep other devices out of reach and use passwords so they can't go online without asking you first. It's also a good idea to have tech-free mealtimes and not to allow children to have devices in their bedrooms at this age.

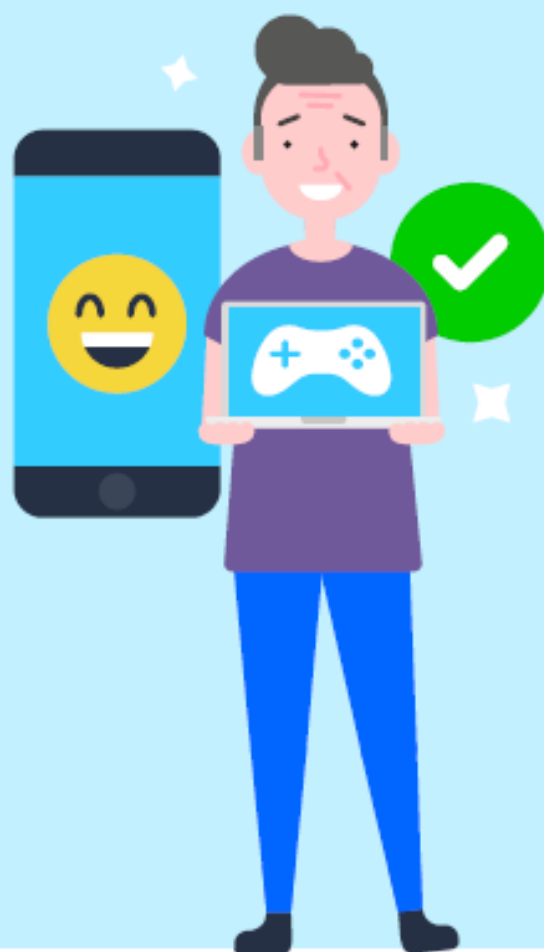
## Explore together

Set your homepage to a child-friendly site such as CBeebies and give them a user account which only allows access to sites and apps you've chosen.

## Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them.

Choose a variety of safe and educational online games and apps to play with your child so that you'll feel more comfortable with them exploring. Make use of websites and platforms designed specifically for pre-schoolers like CBeebies, YouTube Kids, Nick Jr, and use [age ratings](#) and reviews in the app store to check app suitability.





## Know this stuff matters, but don't know where to turn?


Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.


Scan below or visit [Internetmatters.org](https://www.internetmatters.org) for more advice





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