

Newsletter

14th May 2021

There are many changes in the government's COVID 19 guidelines over the next few weeks. Here at Camborne Nursery we are continuing to work in our bubbles and ask that you continue to wear face masks at drop off and pick up. Staff are ensuring surfaces are cleaned and the children are washing their hands regularly throughout the day.

Please look at the government guidelines below:

<https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak>

SICKNESS

If your child has a temperature or cough please keep them off Nursery and get them tested.

Government guidance: if you have symptoms, **you should self-isolate immediately** and [book a test via the GOV.uk website](https://www.gov.uk/government/publications/what-parents-and-carers-need-to-know-about-early-years-providers-schools-and-colleges-during-the-coronavirus-covid-19-outbreak) or if you have problems using the internet, call 119. **We do not need to see evidence of your COVID test result - we know that all of our parents will follow COVID guidelines during the pandemic.**

SNACK

Thank you for your donations of oranges, apples, blueberries, bananas and breadsticks. All the children are enjoying tasting fruits. If you would prefer to donate £5 a term this will help us provide a healthy snack for the children.

SUN CREAM

Please ensure your child has sun cream on before coming to nursery. If you forget and you need to apply sun cream when you drop off please ask Debbie at Reception. We have some sun cream here in case of emergency which you can apply.

MAKATON

Frog



FROGLET RELEASE

The children have really enjoyed watching our tadpoles turn into frogs, and we know that some of the children were really sad to see them go! Della and Maria released the froglets back into the wild this week. If you fancy going on a lovely local walk to see them, you will find them in the pond along the Mining Trail towards Brea. If you head down Chapel Road (past Warriors) you will see a sign post for the Mining Trail directing you through a gate.



FIVE LITTLE SPECKLED FROGS

Five little speckled frogs sat on a speckled log
Eating some most delicious grubs (yum, yum!)
One jumped into the pool, where it was nice and cool
Now there are four green speckled frogs...



CAR PARK

Just a reminder that the car park is for staff only. Parents/carers can only use the car park if they have a blue disabled badge.

NURSERY CLOSED ON MONDAY 5th JULY- INSET DAY

The whole team will be attending the second day of our Froebel training. If you would like to find out more about Froebel please have a look at:

<https://www.froebel.org.uk/>

DIARY DATES

Wednesday 19th May - Class photographs

31st May to 4th June - Half term

Monday 5th July - INSET day (nursery closed)

Friday 23rd July - Last day of the school year

TOILET TRAINING

Some parents have asked for advice on how to support your child when they are ready to potty train.

<https://www.cornwall.gov.uk/health-and-social-care/childrens-services/health-visiting-and-school-nursing/health-visiting/>

Here are 10 top tips:

- 1. Drink plenty:** Make sure your child is having 6-8 drinks of water-based fluid a day to help keep their bowel and bladder healthy. Avoid fizzy drinks, drinks with caffeine in them and sugary drinks. Don't limit their drinks to help them stay dry as it doesn't work. The bladder needs to be filled and emptied properly to keep it working well.
- 2. Check for constipation:** Your child should poo at least four times a week and the poo should be soft and easy to pass. If they're passing hard poos or going less often than this, they may be constipated. Leaking, runny poo can also be a sign of constipation.
- 3. Use easy clothing:** Clothes that are easy to pull up and down are the best; avoid fiddly zips and buttons. Choose clothes that are easy to wash and dry. It can help to practise getting dressed and undressed. Let your child choose their own pants and practise wearing them to get used to the feeling.
- 4. Pick a potty:** Let your child choose a potty if you're going to use one. Keep it in the bathroom and let them practise sitting on it. You might want to have more than one potty to begin with. If you're using a children's toilet seat, let your child choose it and a foot stool to help support them when they're on the loo.
- 5. Get into a routine:** Don't ask your child if they need a wee or a poo as they might not know what this is to begin with. Call it 'potty time' or 'toilet time' and go every couple of hours.
- 6. Keep it short:** Don't let them sit for too long on the potty or toilet, two or three minutes is fine. Keep some toys handy to occupy them while they sit.
- 7. Encourage boys to sit down to wee:** They might also need a poo and sitting down will help them to go. They may empty their bladder better sitting down too.
- 8. Be consistent:** If your child is looked after by a relative or goes to nursery or a childminder make sure you let them know that you're starting potty training and the way you're planning to do it. It really helps if everyone who cares for your child is doing the same thing.
- 9. Give lots of praise:** For each little step like sitting on the potty, washing hands and getting dressed. Rewards are a good incentive - make them small and instant, like a sticker.
- 10. Be patient:** Potty training is a skill which may take some time to learn, so don't be surprised if there are lots of accidents to start with. You might decide your child isn't ready after all, in which case stop potty training and have another go in a few weeks.

Carrie's class



Katie's class



Tamsin's class



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Take That Step



Would you love to be able to go for a walk and be with others but you still feel nervous about venturing out after the lockdown?

Do you feel isolated?

Do you want to feel healthier in your mind and body?

If yes— Do not panic! I am here to help you and bring our community back together.

Get out, Get moving, Get talking

Come and join us for a **taster** 3 mile walk around Camborne or Hayle

Camborne - meet by the bottom gate of Camborne Park by the school on Tuesday 18th May at 10.00 am

Hayle - meet by Hayle swimming pool on Thursday 20th May at 10.00 am

Social Distancing guidelines will be observed and if you want to wear a mask then please do, no judgement here!

Please bring your own drink, sensible shoes and a coat - Cornish weather can be so unpredictable!

Booking is essential as group sizes are restricted due to covid and the awareness of potential anxiety of large groups.

Take the step - and together we can start to move forwards to a healthier, happier you.

Book now via: Text, Phone or Email

07375606015

info@root-training.co.uk

Insured, safeguarding trained and I won't get you lost!

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