



Newsletter

22nd September 2023

MESSAGE FROM EMMA (HEADTEACHER)

Welcome back after the summer holidays. It has been a pleasure to see the children back with their friends and to welcome our new families to Camborne Nursery School.

INSET DAYS THIS YEAR

The nursery will be closed for INSET training on the following days during the 2023/2024 school year.

Monday 2nd October 2023

Monday 5th February 2024

Monday 4th March 2024

Wednesday 24th July 2024



APPLE DAY

On Thursday 5th October we will be celebrating Apple Day! Please come and help us press apple juice from our orchard. You can play alongside your child with lots of apple learning activities, including painting and chopping. Please see posters and speak to your child's teacher for more information and timings.



A MESSAGE REGARDING SNACK

We provide a healthy snack for all of the children in both the morning and afternoon session. We ask if any of you can kindly:

- ♦ Donate £5 a term or
- ♦ Donate apples, oranges or bananas

Unfortunately the donations that we receive do not cover the cost of providing snack. We appreciate that things are tough financially for many people, but if you are able to help us with donations we would be extremely grateful and we will be able to continue providing snack for the children. Thank you.



CAR PARK

May we please remind all parents / carers that the nursery car park is for our **staff members only**. If you have a blue badge you are welcome to use our disabled parking space.

WELL DONE

Congratulations to Lauren and Beckie who have graduated with a foundation degree. They have worked very hard and we are very proud of their commitment to learning and early education.



WELLY BOOTS

If you have any spare welly boots we would welcome any donations. Thank you.



STAY AND PLAY AT CAMBORNE NURSERY SCHOOL

We run a Stay and Play session for children aged 0-3yrs.

- ♦ Thursdays at 9.15am to 10.30am.

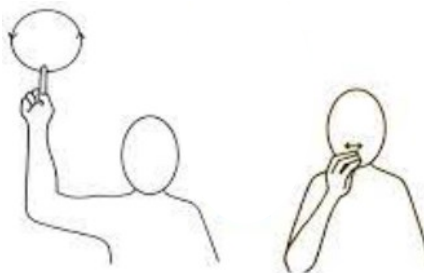
£1.50 a session.

Fun, exploration, singing, outdoors, play, messy activities and chat. Booking essential. Phone Debbie to book on 01209 713607.



MAKATON

Sunflower



I'M A LITTLE SUNFLOWER

(Tune: I'm a Little Teapot)

*I'm a little sunflower look and see
Here is my stem and here are my leaves.
When the sun comes up, I turn my head.
When the sun goes down I go to bed.*



STAFF AT CAMBORNE NURSERY SCHOOL

Here is a quick guide to the adults your child may mention.

Ocean and Desert Room

Class Teachers - Carrie and Katie

Teaching Assistants - Beckie, Katey, Paula, Lynn, Della and Maria



Carrie



Katie



Beckie



Katey



Paula



Lynn



Della



Maria

Sunshine Room

Class Teacher - Tamsin

Teaching Assistants - Chana, Lauren and Maria



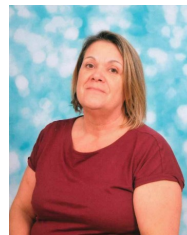
Tamsin



Chana



Lauren



Maria

Breakfast Club



Maria



Paula



Beckie



Lauren

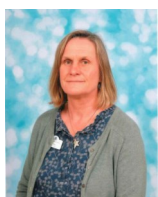
After School Club

Reception

Headteacher - Emma

Secretary - Debbie

Cleaner - Julia



Emma



Debbie

TERM DATES

Monday 2nd October
INSET Day (Nursery closed)

Thursday 5th October
Apple Day

23rd to 27th October
Half term (Nursery closed)

Tuesday 19th December
Last day of term

September 2023						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24		

October 2023						
Mon		2	9	16	23	30
Tue		3	10	17	24	31
Wed		4	11	18	25	
Thurs		5	12	19	26	
Fri		6	13	20	27	
Sat		7	14	21	28	
Sun	1	8	15	22	29	

November 2023						
Mon			6	13	20	27
Tue			7	14	21	28
Wed		1	8	15	22	29
Thurs		2	9	16	23	30
Fri		3	10	17	24	
Sat		4	11	18	25	
Sun		5	12	19	26	

December 2023						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

January 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24	31	
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

February 2024						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23		
Sat	3	10	17	24		
Sun	4	11	18	25		

March 2024						
Mon		4	11	18	25	
Tue		5	12	19	26	
Wed		6	13	20	27	
Thurs		7	14	21	28	
Fri	1	8	15	22	29	
Sat	2	9	16	23	30	
Sun	3	10	17	24	31	

April 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24		
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

May 2024						
Mon		6	13	20	27	
Tue		7	14	21	28	
Wed	1	8	15	22	29	
Thurs	2	9	16	23	30	
Fri	3	10	17	24	31	
Sat	4	11	18	25		
Sun	5	12	19	26		

June 2024						
Mon		3	10	17	24	
Tue		4	11	18	25	
Wed		5	12	19	26	
Thurs		6	13	20	27	
Fri		7	14	21	28	
Sat	1	8	15	22	29	
Sun	2	9	16	23	30	

July 2024						
Mon	1	8	15	22	29	
Tue	2	9	16	23	30	
Wed	3	10	17	24	31	
Thurs	4	11	18	25		
Fri	5	12	19	26		
Sat	6	13	20	27		
Sun	7	14	21	28		

August 2024						
Mon		5	12	19	26	
Tue		6	13	20	27	
Wed		7	14	21	28	
Thurs	1	8	15	22	29	
Fri	2	9	16	23	30	
Sat	3	10	17	24	31	
Sun	4	11	18	25		

THINGS IN THE LOCAL COMMUNITY

EVENTS AT CAMBORNE LIBRARY

Rhyme time every Wednesday at 10.30am—11.00am

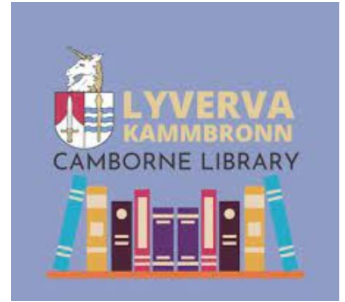
Storytime every Saturday at 10.30am

Knit and Natter every Friday 10.00am

Lego club every Tuesday at 3.30pm

Book Group 3rd Wednesday of every month at 2.00pm

Poetry for Pleasure 1st Tuesday of every month at 10.00am



WESLEY CHAPEL TODDLER GROUP

A fun-filled session with toys, crafts and songs. The session costs £2 and includes a drink and a small snack for the child and a drink for the adult.

Session Times: Mondays and Tuesdays 9.30am - 11.00am and 1.15pm - 2.45pm

https://cambornewesleymethodists.co.uk/images/website_c_fw_icon_pdf_10102021.pdf

CPR FOOD BANK

Look what's happening at the food bank. If you need any food parcels speak to Emma.

<https://en-gb.facebook.com/TransformationCPR/>



Community Hub at the foodbank provides extra support on Tuesday at 1.15pm to 3.30pm.

COMMUNITY LARDERS

Camborne Community Larder

Monday morning 9.15am - 10.45am at Camborne Library

Bethal Community Larder

Tuesday morning 9.30am to at Bethel Community Church, Redruth
(There is also a soup kitchen from 10.00am)

Anyone can use these community larders. No referral needed or questions asked. Just bring along your own bag!

**If you would like a food bank voucher
please speak to Emma or Carrie.**

The
deadline for
applications is
**15 January
2024**

Do you have a child born **between 1 September 2019 and 31 August 2020?**

If so, you will need to apply
for a place in a reception
class in September 2024 for
that child by the deadline
of **15 January 2024.**



Please note: you will need to apply even if your child attends a school's nursery or pre-school class. If a school is oversubscribed the fact that a child attends a school's nursery or pre-school, or a local nursery or pre-school, does not automatically guarantee a place at that school. The school's oversubscription criteria will be used to allocate places. Visit our website or contact us for more information.

Visit **www.cornwall.gov.uk/admissions** for more information and to access the online application system

www.cornwall.gov.uk/admissions



Sleep Education

INVITATION

for children with Neurodiversity from Sleep Wise by Hunrosa

Sleep is essential for our children to grow, learn, promote immunity and good mental health. Children with neurodiversity are likely to find sleep more difficult. Hunrosa have experience and expertise in supporting families so come to our friendly sleep session to learn about ways you can help your child to sleep better.



Workshops 10am–11.30am

27th June 2023

Bodmin Family Hub, 83 Fore Street,
Bodmin, Cornwall PL31 2JB

29th June 2023

Saltash Family Hub, Plougastel Drive,
Saltash Cornwall PL12 6DX

5th July 2023

Hayle Family Hub 36 Bodriggy Street, Hayle TR13 8JF

8th September 2023

Redruth Family Hub, Drump Road, Redruth TR15 1LU

14th September 2023

Evening Workshop Online – 6pm

3rd October 2023

Launceston Family Hub, Coronation Park,
Launceston Cornwall PL15 9DQ

6th October 2023

Liskeard Family Hub, Varley Lane,
Liskeard Cornwall PL14 4AP

17th October 2023

Daytime Workshop Online – 10am

29th January 2024

Helston Family Hub Bulwark Road, Helston TR13 8JF

18th January 2024

Newquay Family Hub, Trenance Road,
Newquay TR7 2LU.



Parents – What's on offer:

• Parent Sleep Wise Education Video

A short Sleep Wise presentation by Sleep Consultant Jan Jenner to help parents with sleep strategies for young people and families. Contact your healthcare provider for a bespoke link for a family.

• Parent in person Workshops

To book contact your healthcare provider.

• One-to-One Support

Online or in person – To book contact your healthcare provider.

• The Sleep Wise App

Developed for parents, carers, schools and healthcare professionals, intended to help children and young people of school age across all abilities. It is unique as it concentrates upon young people and how to help them effectively achieve a restful night's sleep and resolve their sleep problem.

Visit www.hunrosa.co.uk/sleep-wise-app/ for more information.

Contact your healthcare provider for a complimentary code to access the App.



Scan to learn more

How to Book

Health Care Providers Only:

Email referral form to hunrosa.support@nhs.net.

Parents please contact your Healthcare Provider should you wish to have them refer you for any of these Sleep Services.

**Contact Details: hunrosa.support@nhs.net
or 01579 519990**

For children aged 1-4

Healthy Hydration

About 6-8
cups or beakers
a day are
recommended

The amount of fluid children need depends on many factors but be sure to offer children drinks frequently; they may not recognise when they are thirsty.

Water

Have regularly



Is an excellent choice throughout the day because it hydrates without providing extra energy (calories) or harming teeth.

Milk

Milk and water are good choices for young children



Is a useful source of nutrients, especially protein, iodine and calcium. Children under 2 years should have whole milk. Those eating well and having a healthy, balanced diet can drink semi-skimmed milk after 2 years. Skimmed or 1% fat milks are not suitable as main drinks for children under 5.

Unsweetened, calcium-fortified dairy alternatives (e.g. oat, soya or almond drinks), ideally also fortified with other minerals (e.g. iodine) and vitamins, can be offered from 1 year of age as part of a healthy, balanced diet, with the exception of rice milk, which is not suitable for children under 5.

Fruit and vegetable juices and smoothies

Dilute with water



Can provide some vitamins and minerals. However, they also contain sugars and can be acidic, which is harmful to teeth. If given, keep them to meal times and dilute.

Sugar-free drinks

Not recommended



Can hydrate without adding sugars, but these may contain acids that can be harmful to teeth and some of these drinks also contain caffeine.

Sugary drinks

Avoid



Are best avoided as they provide sugars, but few other nutrients. Too much sugar can lead to weight gain and tooth decay. These drinks can also fill young children up and reduce their appetite at mealtimes.

Tea and coffee

Not suitable



Are not suitable for young children (especially when sweetened) as they contain caffeine and can reduce the amount of iron absorbed from food especially if they're given with meals.

Children aged 1-2 years will be getting most of the nutrients they need from solid foods but breastfeeding can continue alongside this. The World Health Organization (WHO) recommends breastfeeding alongside appropriate complementary foods up to two years of age or beyond.



Healthy
Cornwall

Family Cooking Sessions -Meet the Team & Sign Up

Grab a coffee and have a chat to your local Healthy Cornwall team members and find out more about the support we offer.

You'll also have a chance to get to know other families in your area and sign up to our upcoming family cookery sessions.

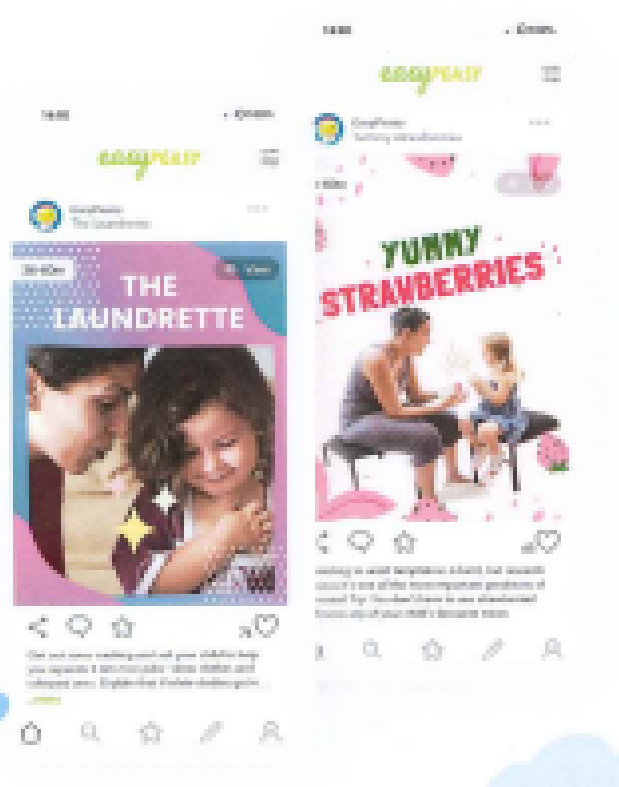
Where: Centenary Building,
Camborne

Date: Monday 2nd October

Time: 10:30am

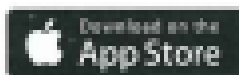


SUPPORT YOUR CHILD'S DEVELOPMENT FOR FREE



Download the EasyPeasy app and discover the best tips and activity ideas, personalised for you and your 0-5 year old shared by our community of parents and experts.

Scan to get started





Join us at **1.30pm on 18 October 2023**
for an Open Afternoon

If you are unable to make this date please call us on 01209
831303 - For more information visit our website



www.gwinear.cornwall.sch.uk