



Newsletter

24th November 2023

LAST DAY OF TERM

The last day of term is on Tuesday 19th December.

The nursery will close at 12.00pm on this day.

AFTER SCHOOL CLUB

There is no after school club on Tuesday 28th November and Tuesday 5th December.

MESSAGE FROM EMMA (HEADTEACHER)

It has been a very busy couple of weeks! We have welcomed new children and families into the Nursery who have settled very well and are eager to make friends. The older children have been exploring shadows and light as well as making clay pots for tea lights. We have also been investigating how big our African Snails have grown.



We have lots of exciting events over the next few weeks as we prepare for Christmas. I would like to thank all the parents who have helped make lanterns and who are going to support us with our Christmas Fayre.

If you need any help over the next few weeks with food bank vouchers or financial advice, please come and speak to me or any member of staff. The winter can be a difficult time for many of us so please reach out and ask for help if you need any.

We would like to thank Councillor John Morgan for helping to fund some new waterproofs and for a Christmas treat for the children from his community chest grant fund. John came to visit us and met the children and staff. He was very impressed with the nursery and said....

"I have never before been so moved by what I saw at your school.... my admiration for what you and your staff are doing is beyond words."

I am so proud of our nursery staff and all their commitment to our children and families.

Emma



CHRISTMAS FAYRE

Tuesday 5th December at 3.00pm

Come along and help us raise some money to buy new bikes and outdoor equipment!

There will be:

Father Christmas in his Grotto

Hotdogs

Drinks and cakes

Face painting

Hair tinsel

Festive games

Stalls



CHRISTMAS TREE FESTIVAL

Every year we take part in the Christmas Tree Festival at Camborne Parish Church (opposite Aldi). Over the festive period the church is decorated with lots of Christmas trees donated by lots of local schools, clubs and businesses.

Our children have made lovely decorations for our tree and each written a Christmas wish on the back! If you would like to go and see our tree you can visit the church every Friday and Saturday (after 10.30am) in the lead up to Christmas.

We will also be taking the children up to the church in small groups to see all of the Christmas trees.



Have you got crafts or toys to sell?

If you would like a stall at the Christmas Fayre please contact Debbie on 01209 713607 or secretary@camborne-nursery.cornwall.sch.uk

PACKED LUNCHES

If your child has a packed lunch at school please remember we do not allow sweets or chocolate bars. We aim to promote healthy eating.

Some ideas for a healthy packed lunch.

- sandwiches - cheese/ egg/ ham/ humous/tuna.
- grated carrot/ tomatoes/cucumber slices/ red pepper slices.
- 1 piece of fruit eg. small banana / satsuma/apple.
- small portion of pasta.
- rice cakes or breadsticks.
- 1 small biscuit or piece of cake.



Small portions save waste and save money!

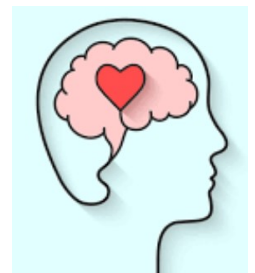
Try to use less processed /ready packaged food as this can be high in salt and added preservatives. (and more expensive)

We can provide water or milk.

LOOK AFTER YOURSELF

Be kind to yourself- *'When things aren't going well, I often blame myself. I'm learning to notice when I do it and to try to be kind and gentle with myself. I tell myself I'm doing my best instead of that I'm failing.'*

Take time away from social media - try to set a time when you will put the phone down and unwind with your family. You can also curate your social media by only following accounts that make you feel good and blocking or ignoring accounts which may make you feel angry, low or depressed. Limiting use of devices can also help you have 'good sleep' which in turn can help with your energy levels and mental wellbeing.



These are just a few ideas from Anna Freud website.

<https://www.annafreud.org/resources/family-wellbeing/self-care-for-parents-and-carers/>

TOP TIPS FOR PARENTS

Language tips to help support your child's speech and understanding.

<https://www.hanen.org/Helpful-Info/Parent-Tips.aspx>

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.

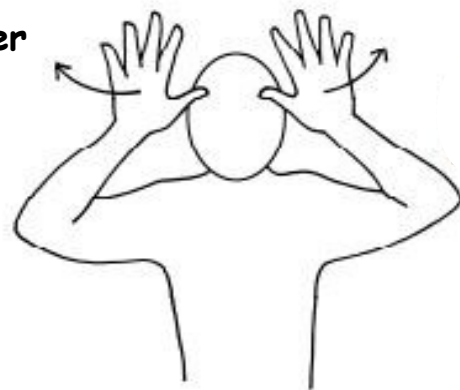


MAKATON

Christmas Tree



Reindeer



WHEN SANTA GOT STUCK UP THE CHIMNEY

*When santa got stuck the chimney he began to shout
"You girls and boys won't get any toys
If you don't pull me out
My beard is black
There's soot in my sack
My nose is tickling too!"
When santa got stuck up the chimney
A-choo, a-choo
A-choo!*



TERM DATES

Tuesday 5th December at 3.00pm
Christmas Fayre

Tuesday 19th December (Last day of term)
Cinema trip (Carrie and Katie's class)
Christmas party! (Tamsin's class)

Thursday 4th January 2024
First day back

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

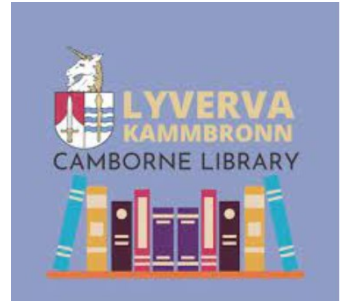
Storytime every Saturday at 10.30am

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



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.

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

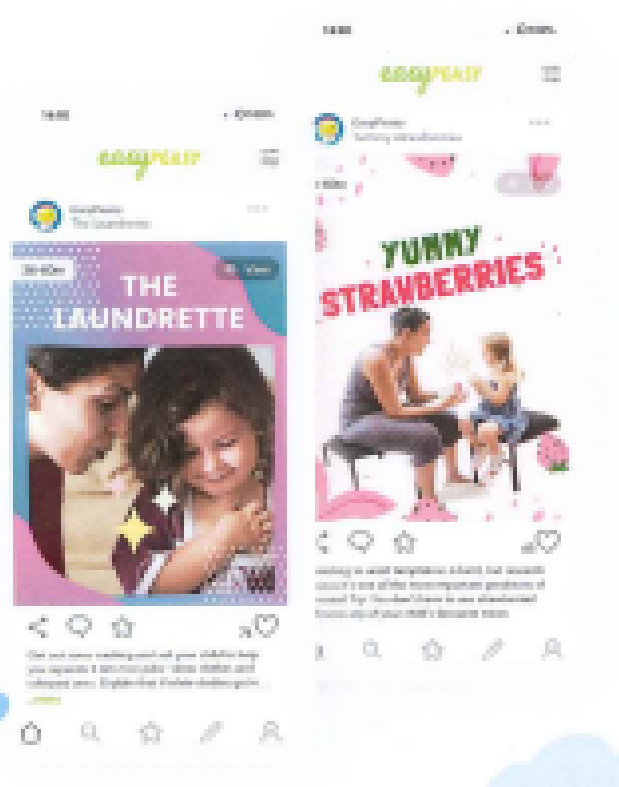
Health Care Providers Only:

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**

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

