

# Playgroup News

ST JOHN'S  
NURSERY  
PLAYGROUPS



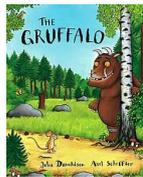
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June 2015

St John's Methodist Church • Oakmere School

## Potters Bar Carnival 7th June

It's not too late to join in the Potters Bar Carnival. It is a great family outing and a chance for your children to join St John's Nursery Playgroup as we take the walk from Mount Grace School to Elm Court. There is a great carnival spirit and dressed in our Favourite Stories costume, we aim to impress the judges and local residents of Potters Bar by showing them what a wonderful playgroup we are! If you need ideas or assistance with a costume, please speak with your child's key worker.



## Health and Health & Safety News

This week is National Health and Safety week and we have displayed in our reception room large posters of accident preventions and statistics reminding us of the dangers that are ever present around young children. We also have many leaflets and small books available and on display which provide sensible advice for parents and carers. If you would like a copy of any of the leaflets please see Mrs Mills or Mrs Mash.

### Health News

At an early years conference, a representative from Public Health Hertfordshire advised that 1 in 5 children in reception are overweight or obese, 80% of all children at some point will experience glue ear - those children are mostly under 5's. Sue Beck also advises that children under 5 should do 3 hours of activity a day. You'll be pleased to know that a 3 hour session at St John's where we encourage lots of physical activities in and outside would go towards the 3 hours a day!

### Heatwave Prediction

Hot weather has been predicted for this summer (hooray) and with it, Public Health England has issued guidelines on keeping children safe in hot weather. We can provide you with a copy of their leaflet but here are a few guidelines:



- Children should not engage in vigorous physical activity on very hot days i.e. in temperatures in excess of 30°C
- Encourage children to play in the shade
- Clothing should be light coloured and loose and wear wide brimmed sun hats
- Use sunscreen (at least factor 15 with UVA protection) to protect their skin
- Provide children with plenty of cold water and encourage them to drink more than usual.

**REMEMBER** to apply sun cream to children on hot days when coming to playgroup.

## Fund raising....

Thank you to everyone who donated to the Marie Currie daffodil appeal, you raised over £192.00! The daffodils are probably long since gone but how are your sunflowers? We would love to hear from your child or maybe send in a photo to share at Show and Tell time with Polly Parrot

Please remember to bring in Sainsbury's vouchers ASAP.

## Dates for your Diary

### Summer Term ends Friday 17th July

Sun 7 Jun - Potters Bar Carnival-  
Fri 10 July - Parent Consultations from 12pm  
Thur 16th July - Barnardo's Big Toddle and Picnic  
17th July - End of term, normal lunch club

### Autumn Term

Tue 1 Sept - Closed Inset Day  
Wed 2 Sept - Children return  
Fri 4 Sept - New children start

## Parent Consultations Friday 10th July

We aim to hold the parent consultations this term on Friday 10th July from 12pm - please see separate notice on our notice board for timings. The consultations will be for 10 minutes when you can discuss your child's progress and if you have any concerns. If it is impossible for you to make this time, please consult with your keyworker to arrange another time.

## Barnados Big Toddle/Farewell Picnic 16/7

The Barnados Big Toddle sponsored walk and farewell party will be combined this year and will be held on **Thursday 16th July at the Furzefield**. We will go for our traditional walk through the woods at the back of the Furzefield, run across the width of the field a few times then make our way up to shady area under the trees where we will have a picnic followed by sporting games e.g. egg and spoon race, space hopper races, throwing bean bags in hoops etc.

We always have a wonderful day and the event is fitting as a farewell party for the children that are leaving us to go to 'big' school. Should the weather be inclement, we will hold the event at playgroup instead, including using the large hall at the front of the church.

At St John's we like to support charities when we can and this event is no exception so we will be asking for sponsorship donations, payable before the event and on the day. All the money our children raise goes towards Barnardo's vital services for children who need it most.

Please see noticeboard in due course where you can lodge your confirmation if you are attending or not. The event is open to all playgroup children whether your child attends on a Thursday or not and their younger siblings. Parents/carers are asked to stay with the children on the day.

## Staff News

Welcome To Ellie Allan-Kerwin (Miss Allan to the children). Ellie returns to St John's after maternity leave last year. And, the students Caitlin & Clarice that have been with us for the past couple of terms will be finishing their studies soon but want to come back and volunteer for the remainder of this term.