

# Playgroup News

ST JOHN'S  
NURSERY  
PLAYGROUPS



St John's Methodist Church • Oakmere School

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## Spring Term 2016

Welcome to all the new children and families that have started with us this January. It's great to see the new children settling into the busy life of St John's so quickly. Your child's keyworker is available to see you at the beginning or at the end of the session if you have any queries or concerns.

**Spring Term Theme** This term the theme is Polar Lands. The children are learning about the animals that live in the polar regions, igloos, whether animals are sea or land based. They have watched ice melt and are learning that water frozen turns into ice and then back to water when the temperature warms up. In amongst all of this exciting work, we are still covering the 7 development areas with lots of snowy stories - literacy; maths they are sorting and categorising; learning new words in CLL; describing the textures of material in E&D, physical play has seen the children climbing into tents and back out again, PSE learning to play nicely amongst their friends and peers and getting along with the routine for the new children and loads of UW with the ice and water.

Thankfully we have had some snow this term so the children have experienced the real thing,

Other topics we will be covering this term will be Shrove Tuesday, Chinese New Year - the year of the Monkey? and making something special for Mother's Day.



**Snow Conditions** We have already seen some snow this month and there is likely to be some more so we would like to remind you of our 'snow policy'. If there are at least two local primary schools closed due to heavy snow then we will not be open either. A message will be left on the playgroups mobile phone on the morning if the playgroup will be closed or please check on the websites. Mobile numbers and web pages are listed on the front page.



**Creative Church** Creative Church mornings at St John's Methodist Church

All the family are warmly invited to our informal Creative Church craft mornings which take place monthly in the Rainbow Room -

Sundays 7th February, 6th March and 10th April from 10.30am to midday - art, craft, games, cooking, singing, food, bible story, toy corner, creche and refreshments. All are welcome.



**New Sugar App** Parents are being urged to sign up for a free app which tells them the sugar content of food and drink. The new campaign encourages parents to get *sugar smart* and take control of their children's sugar intake. This follows revelations that 4-to-10 year olds consume around 22kg of sugar a year.



The newly launched app, by Public Health England, is hoped to combat tooth decay, obesity and type two diabetes and encourage families to choose healthier alternatives. It works through scanning the barcodes of products and revealing the amount of total sugar it contains in cubes and grams.

Change4Life has also created an eye opening short film to warn parents about the health harms of eating and drinking too much sugar, including becoming overweight and tooth decay. To view the video, visit <http://earlyeducation.hertsdirect.org/> and type sugar in the search field, the article will appear.

To download the sugar smart app, visit the App Store or Google Play.

## Fruit Sharing, Birthday Treats & Lunches

At St John's we promote healthy eating and ask the children to bring in a piece of fruit once or twice a week to share with the other children to supplement what we provide: pitta bread, humus, crackers, cheese, bagels, oat biscuits, vegetable sticks, bread sticks, raisins and more.



Birthday treats can be supplied in the form of fruit either fresh, dried or exotic! These special fruits will be served at snack time to celebrate your child's birthday.

Lunch box contents; once again we would like to encourage you to pack healthy foods and provide just enough food for lunch, some boxes are quite full and the children can spend too long eating and not enough playing!



## Staff News

Welcome to Angie James who started this term. Angie has had many years in early years and is Level 3 qualified. Angie worked at the Potter Bar based Rainbow playgroup for many years before moving to a position locally. Angie takes over the Red Rabbit group and it already feels like she's been with us for months!

## Parent Helpers

We always appreciate help from parents or carers who can spare an hour or two in the week to come and help at the playgroup by playing and learning with the children - read a book, paint a picture, create with play dough, come for a walk, do a jigsaw puzzle or help the children with role play activities, all of which are of real benefit to the children. It's important though that your child has fully settled at playgroup and won't be 'too' distracted by your presence. If you would like to join us, please speak with Mrs Mills or Mrs Mash.



## Reminders

**CLOTHING** Can we ask you to ensure your child arrives at playgroup with a warm coat and possibly hat and gloves and sensible shoes (useable inside and outside) as we do go outside in all weathers unless it is really inclement. Hard soled boots can hurt fingers and be slippery on the climbing frame. We have a stock of wellington boots that we use if it is really wet with puddles in the garden so it is not necessary to bring in your child's own pair.



**CHANGE OF CLOTHES** Can you also bring a change of clothes for your child in a small bag (gym bags are ideal for hanging 'low' on the peg, allowing room for the coat above). If children use playgroups clothes and underwear i.e. if they have an 'accident' please could you wash and return the loaned clothes as soon as possible.

**TISSUES** We would be grateful if every child could provide a box of tissues to help us keep the children's 'noses wiped' as much as possible.

**PULL UPS** If your child is wearing nappies or pull-ups, please make sure you provide enough for the session they are attending. Wipes would also be appreciated.



Sainsbury's  
**Active Kids**  
Eat well • Move well • Live well

We are collecting Sainsbury's Active Kids vouchers which enables us to buy sports equipment for the playgroup. If you shop at Sainsbury's we would appreciate you collecting vouchers on our behalf. Please place in the box in the Upper Room.

## Payment of Fees

Thank you for all the parents that have returned their 2, 3 and 4 year old funding forms, we appreciate your prompt response and for those of you that haven't please give them to Mrs Mash asap. Parents who are required to pay for additional hours or those children not yet entitled to the free 15 hours early years funding, you are required to pay playgroup fees. The invoices have been issued. Please can you ensure these are paid promptly.

We would also ask you to make sure you have given the playgroup your child's NHS number as this is a requirement in order to receive the free 15 hours funding.

- ◆ Cash in an envelope marked with your child's name
- ◆ **Cheques** should be made payable to ST JOHN'S METHODIST CHURCH, POTTERS BAR, please write your child's name on the reverse.
- ◆ You can pay by **childcare vouchers**, please speak with Mrs Mash if this is an option for you.
- ◆ We can also accept payment via **BACS**, the bank details are as follows:  
CAF bank  
St John's Methodist Church Potters Bar  
Sort Code: 40 52 40  
Account No: 00021445



## Dates for your Diary

### Spring Term 2016

Mon 4th Jan - Fri 1st April  
Mon 15th - Fri 19th Feb Half term, PLAYGROUP CLOSED  
Fri 25th & Mon 28th Mar Easter Weekend PLAYGROUP CLOSED  
Mon 4th - Fri 15th Apr Easter Holidays PLAYGROUP CLOSED

### Summer Term 2016

Mon 18 Apr - Fri 22 July  
Mon 18th Apr CLOSED - INSET DAY  
Tue 19th Apr children start back  
Fri 22nd Apr New Children visit 1.30-2.45  
30th May - 3rd June, Half term PLAYGROUP CLOSED  
Sun 12th Jun - Potters Bar Carnival  
Fri 22nd July last day of term

### Dates to be advised

Barnardo's Big Toddle & Farewell Picnic  
May - Voting Day

### Via Email...

If you would like to receive the newsletter and any other playgroup notices via email, please speak with Mrs Mash. Please do contact us by email if you have any queries.