

Cappagh Community Crèche Newsletter

September 2020

Welcome

Dear Parents, children and families:

We are delighted to finally be able to welcome you all back to school/creche. It is wonderful to see all of our returning children and families, who have grown so much in all areas during the past few months. We also extend a very warm welcome to all our new families. We are very much looking forward to working with you and your children in the coming academic year.

Things may look a little different this year but the same quality care and education will be provided to each individual child. We have already forwarded on all of our additional policies and procedures in relation to Covid-19. We thank you in advance for your co-operation in our collective efforts to provide the safest environment possible during these challenging times. We all have a responsibility to do our part. Covid-19 is still with us, we must be mindful that whilst there are always risks by following all of the necessary advice and guidelines we can do our best to minimise these risks. If you have any questions in relation to our policies and procedures, please do not hesitate to ask.

Transition to Pre-school/Creche

This has been an extraordinary year for everyone. The children have been absent from school and creche for almost six months now. During this time, they have experienced many changes to their daily routines. Many children will be starting with us for the first time. Due to Covid-19 we regret that we cannot facilitate parents to stay indoors with their child in the setting. It is very normal for young children to become upset when their parents leave for the first time. Children usually become engaged in play and generally settle very quickly. In the event that a child is very distressed we will work individually with the child and family to determine the best way forward.

We advise parents to remain as calm as possible, chat with your child about school and what to expect. Try to appear confident but don't big it up too much.

It is essential that parents adhere to the drop off and pick up procedures. This is for the safety of all our children, families and team members.

Important Reminders

Please ensure that you label all of your children's clothing including jumpers, tops, shoes, bags, lunchboxes, drink bottles and wellies. It is amazing the amount of lost property which we accumulate at the end of each term! If the items are labelled it is much easier to ensure that they are returned promptly to their owner. This will become even more important during Covid-19. Please also ensure that each child has a spare set of (labelled) clothing to include underpants, socks, top and bottoms. These will be kept in the setting.

No toys or other items from home should be taken to the setting. The only exception is where a child uses a comforter such as a teddy or blanket. Please speak to your child's teacher for additional information in this regard.

Child Development Tip: Key-Worker System

Cappagh Community Crèche is committed to building positive relationships with all children and their families. To assist in this process, we implement a Key-worker system. By now you should have been informed of your child's key-worker. The Key-worker system facilitates clear and open communication between families, children and the service on all matters concerning their child. We are committed to ensuring that this works effectively.

This method supports the child to integrate into the setting, where care routines, curriculum and emotional support is provided with consistency from the same teacher. Both parents

and children develop a relationship of trust. This secure base, forms a platform from which the child can explore the world around them safe in the knowledge that they have a safe place to go should they require any reassurance or support. All team members are familiar with their responsibilities in this regard and observe and support each child accordingly. This method helps to minimize the stress levels for both children and their families. A partnership approach supports the child who will take their lead from their parents and how supported and connected they feel in the setting.

This system links into Siolta, The National Quality Framework for Early Childhood Education, Standards 1: Rights of the Child, 4: Consultation 5: Interactions, 7: Curriculum, 9: Health and Welfare, 12: Communication 13: Transitions and 14: Identity and Belonging. Please do not hesitate to ask should you have any queries in this regard.

The focus for all of our team is the health safety and well-being of all of our children and families. We have planned our September curriculum to focus on a gentle transition, whilst continuing to build trusting and supportive relationships. Children will be provided with opportunities to practice mindfulness, yoga, and to explore their feelings and ideas through music, drama. Art and play.

We will keep you updated on all aspects of your child's journey with us. We look forward to the coming term and the adventures to come for each of your children.

Why 'Active Play' is Important

Play is the primary activity that promotes the skills that will be needed throughout life. If deprived of play, children will suffer both in the present and in the long-term. With adequate play, children stand the best chance of becoming healthy, happy, productive members of society. Active play has immediate benefits, such as cardiovascular fitness, and long term benefits, including a healthy lifestyle and better physical, intellectual and social skills. Play develops the brain and physically active play improves muscle control and co-ordination, strength and endurance, and may promote fat reduction and body temperature regulation. Play is an effective teaching strategy both in school and out. Active play is not just about physical growth and development but also builds self-confidence and social skills. Allowing ample unstructured playtime leads to creative social adventures among children. They create their own rules, work together as a group, and come up with their own games.

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