

St Pauls Nursery School and Children's Centre Newsletter

March 2017

Headteacher Update—Lucy Driver

Dear Parents and Families

Spring feels like its really here, we have had days without mud and the buds are starting to open on the trees – brings new hope and energy! Its wonderful to see how the children respond to the change in seasons.

Check out these updates to keep you informed:

Fundraising for Outside:

Our development is nearly there, the contractors are now working on our middle area, with hills, hidey holes, flat spaces and a long water feature. The children are LOVING the new big sand area – which they call the beach. Unfortunately we are now out of money so are raising funds for the tree houses, swings, monkey bars and dens. We need to raise approximately £20,000, through whatever ideas we can think of!

We have set up a **JUST GIVING PAGE** - details can be found on our website if you feel able to contribute, we would also love it if any of you could raise funds for us through sponsorships or grant applications. **Please let us know if you can help.**

Forest School:

Please remember we are now a named fund raising project at our local TESCOs. Please make sure you ask for tokens when you pay for your shopping –then put your token in the St Pauls Forest School box on the way out.

Did you know St Pauls is a National Teaching School and takes a lead in Early Years in Bristol?

So far this year we have run 14 courses for teachers and practitioners in Bristol, are involved in training teachers, have embarked on research projects, deploy 21 specialists in other settings and have lots of staff who go out and support others settings. We welcome visitors from all over the country, from other countries and from the government and are influential in developing policy for the UK. Last week we had a Head from Japan to observe our practice! As a National Leader in Education, I am seconded for part of the week to lead in the local authority to develop systems leadership and work with partners in the primary and secondary schools.

St Pauls Nursery and Childrens Centre is set to grow:

As part of our sustainability business plan we will now be offering more places to 2, 3 and 4 year olds – which will include 30 hours for those families who are eligible. Make sure you are on our waiting list for places and that you tell your friends and neighbours that spaces will be available at St Pauls.

Caretakers:

We are sadly saying goodbye to Al and Gio who have been holding the caretaking role temporarily. We would like to say a huge thankyou to them for all their hard work and for helping to ensure St Pauls is a safe, friendly and lovely place to be. We wish them well on their next adventures!

Please join us in welcoming Sid, as our new caretaker who will be joining us in a couple of weeks. Sid has lots of experience and is also a boat maker and Bee Keeper – so he will love our new outside area!

Late Collections

Please can I remind you all again to collect you child **ON TIME** at the end of the nursery sessions. Staff often have other responsibilities after nursery – so late collections affect our ratios and, most importantly are tricky for the children. We are now starting to apply late fines to charged day-care, so be warned!

Thankyou as ever for being part of this brilliant Learning Community.



Nursery term dates:

Last day of term is Friday 7th April.

New term starts on Monday 24th April.

Family support is available throughout the school holidays.

Inset Days:

Nursery School and Children's Centre will be **CLOSED** for staff training and development on the following dates:

Wednesday 26th April 2017

Thursday 8th June 2017

Term 4 in Nursery has been focused on BUILDING LEARNING POWER, such as noticing, making links, planning and imitating.

Noticing

We have been to Bristol City museum, playfully exploring the huge spaces, interesting exhibitions and amazing art. Here Thierry is noticing the enormous art installation at the very top of the museum.

"Oh my... what's that?" he asks, before absorbing and involving himself in the artwork itself!

We will be spending more and more time in our local and city-wide community so come along and join us on our adventures.



Imitating

In the STUDIO we have played with light and shadow, clay, big graphics and music.

When working with Rich (our artist) on 'igniting' boys talk, we used sound machines to loop children's voices. Children made sounds, sung songs, created beats and sound effects using their voices, keen to listen back to what they had done.

Here, Ali imitates Rich in creating a 'collage' of his name!

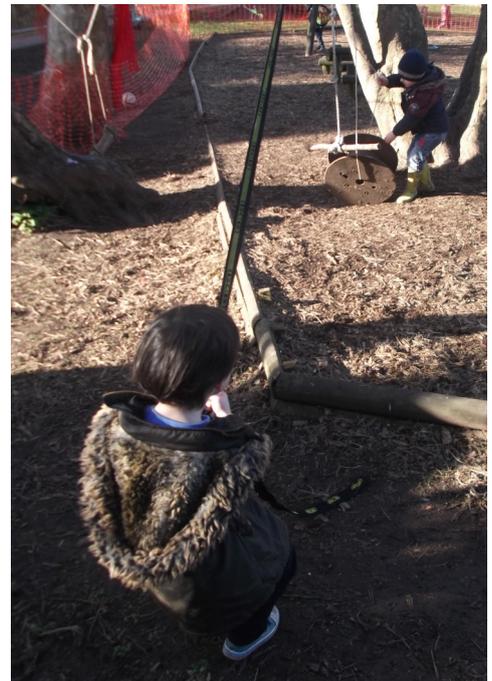


Planning

Even whilst the outside space was being redesigned and rebuilt, we remained adventurous and playful!

Using ropes and 'found materials' children *planned collaboratively* to create and solve problems, wrap and enclose objects and themselves, and play tug of war (of course!).

I wonder whether these boys managed to lift up the cable drum?



Making links



Pippa and the mini bus have continued to take groups to the forest.

Thank you to all the parents and families that have been able to come along and share this experience.

The children have been so absorbed and resourceful with the spaces and materials at the woods.

Children have made links with each other, using other children as resources to climb, pull, collaborate, solve problems with and share creative narratives, ideas and feelings with.

The forest is a truly magical, special place for the children.

As we moved from the woods back to the bus, passing a house on the way, Stan said, "Oh... we're back in the world now!"



Holiday Wrap Around

Wrap Around during the holidays will be available from Monday 10th April – Friday 21st April 2017. If you would like to book holiday wraparound for these days (limited spaces available) please ask Chloe or ask at the office for a booking form.

The last day of Nursery will be

Friday 7th April. Holiday wraparound will be available the following week from Monday 10th April – Friday 21st April with slots available from 8.00 am-5:00 pm.

Please note that St Pauls Children's Centre will be closed on Friday 14th April and Monday 17th April due to bank holidays.

Many Thanks, Chloe



MONTHLY DAY CARE AND WRAPAROUND INVOICES

Please can we remind all parent/carers that invoices for day care and wraparound are sent out at around the 15th of the month and due to be paid within 14 days of issue – i.e. by the end of the month. Reminders for payment will be sent out from the beginning of the month.

If your payment has been made but you are waiting for it to be processed through Bristol City Council – such as online payments and childcare vouchers—please let the office know so that we don't chase you further.

Nursery School Applications for September 2017

Is your child 3 by the 31st August 2017? If so you will be entitled to free 15 hours from September 2017 or free 30 hours if you meet the HMRC eligibility criteria. Please ensure that you complete a nursery school application form as soon as possible

GENTLE REMINDER: please be aware that the carpark is for staff only. Please do not leave your vehicle in the car park whilst dropping off / picking up your child. You can park in the bays around the nursery for free for 1/2 an hour if you display a ticket.

Thank you .



Infant Feeding

Rachel from the Family Support team presenting her research on Early Breastfeeding Experiences at the Unicef Baby Friendly Conference in November. Copies of the poster presentations are available on the UNICEF website.

Breastfeeding can be challenging, the Family Support Team here at St Pauls are all trained to offer support with infant feeding be it breastfeeding, bottle feeding or weaning your baby on to solids. For support you can phone us at the centre or come along to Tuesday Baby Group or Early Parenting. The health visiting team are also running monthly weaning sessions. Please see our website/Facebook page for further information. For reliable breastfeeding information and a list of support groups please see www.bristol.gov.uk/breastfeeding; for independent information on formula feeding see www.firststepsnutrition.or.uk and https://353ld710iigr2n4po7k4kgvv-wpengine.netdna-ssl.com/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf ; for weaning advice see <http://www.cwt.org.uk/wp-content/uploads/2014/07/CHEW-1stYearLifePracticalGuide.pdf>

"How am I going to tackle that?"

The Early Breastfeeding Experiences of Four Women Attending an Inner City Children's Centre

<p>Pain</p> <p>"the pain was there so I couldn't sleep..."</p> <p>"that pain is enough to make me want to give up"</p> <p>"the most excruciating time of my life"</p> <p>"you've got two new boulders strapped to your chest... it gets easier the longer you do it"</p> <p>"Mum was like just give him a bottle. You are suffering too much..."</p>	 <p>In their own words...</p>	<p>Support (vs Pressure)</p> <p>"I had loads of pressure... he [partner] was like... 'keep on doing it, he needs you, he needs you, he needs you so much, do it, do it'"</p> <p>"He found breastfeeding... a turn off... he found other partners"</p> <p>"My Mum and Dad weren't supportive of it... [I] couldn't feed them downstairs"</p> <p>"no, no, no, you just keep breastfeeding... every night I'd just hate the midwife..."</p> <p>"I wasn't lucky, like she didn't just latch on straightaway... I needed... help"</p>
<p>Shame</p> <p>"the community was like get back behind closed doors... can't she go to the toilet and do that?"</p> <p>"I was like how the hell am I going to tackle that?... I didn't ever really like doing it on my own... I timed going out... I would never go out for that long"</p> <p>"for my own... sense of discretion... I look to see where the most discreet seat would be"</p> <p>"women also can be quite 'ew'... you're exposing yourself in public"</p> <p>"I did it in public places once he could do it... when I could cover everything..."</p> <p>"You know people think its natural but for me its something between you and your baby... really private... kissing is natural and still you don't do it front of other people"</p> <p>"Its uncomfortable... some people... didn't know where to look"</p>		<p>Nature</p> <p>"it makes your uterus contract... it really, really hurt..."</p> <p>"I was thinking, I'm going to be slim... it's when everything is going back into place... You can feel it"</p> <p>"You do get closer to them... a very much stronger bond with them"</p> <p>"you are giving him so much vitamins... he is not going to get ill..."</p> <p>"it's just the most healthy thing..."</p> <p>"the immunisation... they're not immune to anything"</p>

Practitioner research based on the feminist principles of Collaboration, Power and Voice

Rachel Simpson rachel.simpson@bristol-schools.uk

Parent Curriculum Meetings—Learning Together

You are your child's first teacher and will have the greatest influence in their lives. Please come and join us and share ways and ideas of how we can support your child's learning and development together. We have planned a series of Parent Curriculum meetings which will focus on different areas of learning from the Early Years Foundation Stage and we have our final session coming up on physical development.

Monday 22 and Thursday 25 May 9am Wednesday 24 May 7pm
Physical development

How can we support our children to learn about risk through challenging experiences and develop muscles in their whole body to prepare them for early writing?

**Easter Holiday Family Fun at Bristol's FREE museums.
All activities 11am - 3pm, drop in anytime.
Suitable for 3-10 year olds with their families.**

**Tue 11 April: M Shed (BS1 4RN)
Easter Crafts with Artrageous and Children's Scrapstore**



Try making a chicken and egg pop-up or moveable picture. Or can you make an Easter Bunny finger puppet? Or go home wearing an Easter Bonnet made from card and decorated with flowers and Eastery scrap!



Wed 12 April: Blaise Castle House Museum (BS10 7QS)

Eggcellent Easter Egg Hunt

Search the museum and gardens to find hidden clues in this very popular Easter Egg Hunt. Will they be in the Victorian schoolroom or in a greenhouse under an upturned flower pot?

A chocolate prize for every child who completes the trail! Blaise is beautiful in the spring – bring a picnic and make a day of it!

**Thur 13 April: Bristol Museum and Art Gallery (BS8 1RL)
Wicked Warriors**

Create your own swords with fancy hilts inspired by the dazzling collection of gold, silver and semi-precious gems in our exhibition *Warrior Treasures*. There will be plenty of chances to play, dress up and do other wicked warrior stuff.

**Tue 18 April: M Shed (BS1 4RN)
Super Skeleton Me**

Dem bones dem bones dem dry bones! There will be lots of fun filled activities to bring the stories alive from our Skeletons: Our Buried Bones exhibition. [Children over 7 would enjoy the exhibition the most.](#)

**Wed 19 April: Blaise Castle House Museum (BS10 7QS)
Springtime Fun with Artrageous and Children's Scrapstore**

Get your springy muscles working and make springing bunnies and jumping frog puppets with help from Artrageous and Children's Scrapstore. Or how about making some fabulously spring-like flower garlands from scrap and tissue paper flowers?

**Thur 20 April: Bristol Museum and Art Gallery (BS8 1RL)
Sew Good!**

Our wonderful friends from The Embroiders Guild are back due to popular demand. Come and stitch colourful spring flowers with the help from expert stitchers and make your own hair bands, clips, Easter bonnets, brooches or needle cases. If you think this is own just for the girls, you'll be surprised at how many boys and dads get really into this!



**Drop in and have a go.
At the end, please pay what you think the activities were worth.**

Wellbeing arts and Dreamtime.....

Do you know about the support that we offer to parents and carers that gives you a chance to pause.....unwind.....and have some space for you?

We deliver **Wellbeing Arts** (Wednesday 12.30-2.30) which is a session where you can experiment with clay, batik, printmaking and stone carving.....

Wellbeing Arts provides relaxed and friendly group art sessions led by Barbara (an experienced artist), and supported by Jenny (family support team).

These sessions are beneficial for people who are socially isolated, anxious or stressed.....if this sounds like you, why don't you find out more?



We also offer '**Dreamtime Arts**' (Friday 10-12) which is an art class with a crèche for mothers with pre-school children. It is a chance for mothers to have some time-out and do something just for themselves in the company of other mothers.

Working with the arts can relieve stress, feelings of isolation and other difficult emotions. It can create a sense of relaxation and build self esteem.you don't need to be creative as our artist will take us through each weeks project step by step.



If

you feel like either of these sessions may be something you would enjoy, talk to any member of the family support team or call / text Jenny on 07467335725.

Five to Thrive—CUDDLE

Your child's body grows better when you give the child good food. Your child's brain grows better when you do five simple things that feed the growing brain: **RESPOND CUDDLE RELAX PLAY TALK**

Cuddling your baby: I love cuddles you can't give me too many. I also like massage, stroking and tickling. As I grow I may need space but holding my hand let's me know you are still there for me.

Cuddling your toddler: I still love being cuddled, tickled, stroked, massaged but handholding is just as important . It makes me feel safe and happy.