

NEWSLETTER



SPRING TERM 2024

TERM 3_ January

Happy New Year

A very big welcome to Lottie and Robyn.

Thank you to everyone for all the lovely treats we received before Christmas, it's so kind. This term we will be enjoying learning about Space followed by celebrating Chinese culture and finishing with Chinese New Year celebrations.

Oral Health Charlotte is our Oral Health Co-ordinator at Cabin.

Oral health is not just about teeth, as poor oral health can affect children and young person's ability to sleep, eat, speak, play and socialise with other children.

You can improve your child's oral health by thinking about how often and when they are having sugary things. Try to keep sweet things and drinks to meal times with water and other low sugar drinks between the meals.

Also Introduce them to dentist as early as possible – take them with to your check ups, dentist will often let them sit in the chair so they become familiar with the experience .

Donation of Snack Thank you to everyone that donated fruit each day last term, this is making a huge difference. Please if you have not done so already can you consider helping us with one piece of fruit, veg per day your child attends. Cucumber, carrots, peppers, mangetout are really good alternatives and always go down well.

We still have plenty of biscuits from last term, so don't send any of those. THANK YOU.

Medicines A gentle reminder that if your child requires Calpol before Cabin, then they are probably too poorly to attend.

A child with a temperature should stay off for 24 hours after their temperature has returned to normal. For instances of sickness and diarrhoea – we require the child to stay off 48 hours after the last bout of illness, please consider other children that may have underlying medical conditions. Plus, the staff, if they get sick, we could close.

Christmas Fayre Thank you to everyone that donated, helped and played our wine and water game at the school Christmas fair, we raised £70 which we put towards the Christmas party.

Bingo We need some volunteers to help organise this event on 15th March, it's a really fun night.

I would like to get a big raffle together, so need someone or a couple of friends to get prizes and donations. Also help advertising and selling tickets,

COMMITTEE

Our next meeting is:

Mon 17th January

All parents are welcome to come find out how we run Cabin

Diary Dates

8th Jan
Start of Term 3

15th Mar
Bingo Night

9th Feb
Last day of Term

19th Feb
Start of Term 4

And help on the night setting up the hall. If you would be willing to help, please speak with Jayne.

Resilience

The staff did some training on resilience earlier in the year, but I want to highlight the importance of resilience in young children, something which seems to be rather topic now;

Children thrive on routine, predictability and boundaries - when these factors change in the long-term, it can be a difficult time for parent and child. However, as parents, there are ways to help them not only cope, but thrive during these times .

1. Help them manage uncertainty - Parents can help their children feel safe and secure during uncertain times by helping them recognise that life is less certain than they think – but this is okay. In fact, it can be exciting not knowing exactly what will happen – surprises can sometimes be nice!

2. How to cope with setbacks - Not all unexpected events are good of course, and building resilience is about helping children cope with disappointment and things going wrong. Encourage your kids to talk about feelings and emotions so that they can recognise and label the feelings of disappointment and frustration that are normal reactions to setbacks. Help them to name these feelings when they notice them.

3. Embrace mistakes - Resilient children are less afraid of making mistakes and more prepared to take risks – because they can cope with having got it wrong. Explain how we don't always know the answers or the right way to behave, but we can make the best choices we can – and accept if we get it wrong. This means showing them that mistakes are great ways to learn and are part of what makes us human.

4. Empower your child - Resilient children can make age-appropriate decisions about the things that affect them. All parents want to protect their kids – it's part of the job description, but when we try too hard to protect them from life's bumps, we can do more harm than good to their developing resilience.

5. Challenge their beliefs - Finally, resilient children develop helpful, rather than unhelpful, ways of thinking. Examples of unhelpful thinking styles include catastrophising (assuming the very worst will happen), black and white thinking (seeing things only as either good or bad), ignoring the positives (dismissing when good things happen and only focusing on when bad things happen), fortune-telling (assuming they know what is going to happen) and over-generalisation (assuming that because something happened once, it will always be that way).

		Topic	Letter	Colour	Story
1	8 Jan	Space	ck	orange	Loon on the Moon
2	15 Jan	Space	e	blue	Aliens in Underpants
3	22 Jan	Space	h	yellow	The Smeds and the Smoos
4	29 Jan	Chinese New Year	r	Black / white	Panda Bear what do you
5	5 Feb	Chinese New Year	m	red	Goldiluck & 3 Pandas

Information Reminders

Absence – You do not need permission to miss a session at Cabin, however we have a safeguarding policy to check a child welfare in instances of unexpected absence so please let us know if your child will be absent.

Early Starts & Late Stays – Please book 24 hours in advance to ensure we have staff and plans in place. Obviously, if you have an emergency we will try and help as much as possible.

Shoes – We like to children to feel Cabin is like home, so please provide a clean pair of shoes or slippers for your child to change into on arrival.

Parking – We only have pedestrian access through Langtree School carpark. Please find safe parking around the village hall, ensuring emergency access is maintained.

Allergies – Please no items with nuts or sesame seeds. Also if providing birthday treats please supply a list of ingredients