



# CSG Playgroup Newsletter

25th March



## This week at playgroup

Dear Parents

We hope this newsletter finds you well and while we are in "Lockdown" you are managing to enjoy the sunshine and your daily exercise. It was obviously a very difficult decision for us to close our doors but with all our staff now home schooling we had no choice once the government announced the closure of schools. We are all missing the children very much and we hope to see you all soon.

All of the staff have shared some ideas for you to do at home in the coming weeks and we will continue to share ideas on our Facebook page and keep you updated as and when we get news from the Government about opening our doors again.

Please also be advised that both our fundraising events in April and May have been cancelled. This is a real blow for us as a charity and the team are planning other events to hopefully fill the gap in terms of funds.

We are also selling Easter activity packs. These are £2 via PDF and include masks, clues, a colouring competition and Easter activity ideas. All money raised will go back to the children of playgroup. If you would like a copy then please email [csg\\_playgroup@btinternet.com](mailto:csg_playgroup@btinternet.com) and pay via our GO FUND ME PAGE [https://www.gofundme.com/f/csg-playgroup?utm\\_source=customer&utm\\_medium=copy\\_link-tip&utm\\_campaign=p\\_cp+share-sheet](https://www.gofundme.com/f/csg-playgroup?utm_source=customer&utm_medium=copy_link-tip&utm_campaign=p_cp+share-sheet)

**CHALFONT ST GILES  
PRE-SCHOOL PLAYGROUP**

**EASTER ACTIVITY PACK**

Home treasure hunt • Colouring competition  
Recipe • 100 activities to do with the kids!!

Everything you need to get you through the extended Easter Break!

**£4** - Includes a printed activity pack and 1 Easter egg (£1 for each additional egg)  
**£3.50** - Includes a PDF of the activity pack and 1 Easter egg  
**£2** - just a PDF of the activity pack

Email: [csg\\_playgroup@btinternet.com](mailto:csg_playgroup@btinternet.com)  
(while stocks last)

## IDEAS TO KEEP YOUR LITTLE ONES ENTERTAINED – LEARNING THROUGH PLAY

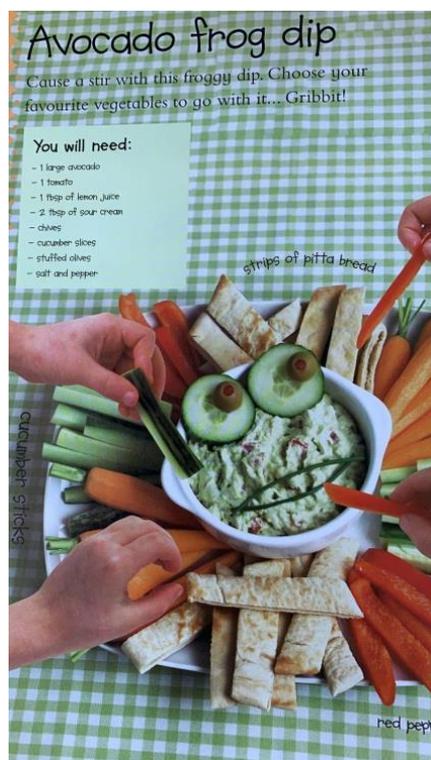
All of the staff have come up with activities for you and your children to try at home. Don't forget to share your photos and upload them on Tapestry and staff can add these to your child's progress tracker. We will also be launching a competition on Facebook soon.

It would also be nice if you could keep a scrap book of letter formations, numbers and art work which you can bring back when we return to pre-school.

Lisa has suggested some lovely activities which explore texture with your child's feet whilst creating some lovely art work.



I am sure your children are always hungry so Jane has suggested involving them in 2 simple cooking tasks.



Tracey has suggested a couple of activities using Lego/Duplo/building bricks. A nice game of ring toss and then colour and shape matching.



Sarah Bell has gone with an animal theme and suggested making some whacky vegetable animals or creating your on bug hotel.



## Make a bee hotel

Bee numbers are falling, so by giving them a home you'll be encouraging nature into your garden and helping bee populations.



## Whacky animal vegetables

Be creative and get the whole family to make some whacky animals from fruit and vegetables!

I am sure lots of you have play dough at home and Tania has suggested a great activity to help with children and their emotions at this difficult time. She has also suggested a nice alphabet memory games which can be played again and again to help with recognition of letters.



### Keeping Active

Please see an extract from an article regarding children and active playing. It may be useful in coming weeks.

<https://www.rte.ie/brainstorm/2020/0314/1123222-children-active-playing-social-distance-coronavirus-lockdown/>

We each need to identify ways to get the physical activity built into our day now, with the added constraint of maintaining social distancing. What this means is that we do the activity with our children and we don't send them o

Outside to be active on their own (unless in a back garden of course)

Some ideas on how we might go about this include:

- Go to the local park, or any open green area. Go for a walk together, a cycle, a scoot.
- Walk a block or two of the local neighbourhood.
- Bring some chalk outside and draw hopscotch markings, have a game.
- Teach your child to skip, or have a skipping competition.
- Challenge your child to teach you a new skill or activity that they learned in PE class at school.

· Grab a football, basketball, or even a tennis ball. Be creative with the amount of different ways you can play with this. Throw it, bounce it, kick it: your child will come up with lots of ideas if you ask them.

· Be active in the house too. There are lots of things you can do, from active video gaming to games like Twister or yoga.

Do remember to keep building in activity that really involves you and your child moving your whole body as this will give you heart health benefits as well as skill development benefits. Again, you can do this outside your front door, in the back garden or even better, in a large open green area such as a park or big field if you are lucky enough to be able to access one.

### **A silver lining**

"Let's see it as an amazing opportunity to develop a positive physical activity relationship with our child, something that may well live and flourish long past the current crises"

As parents, we need to keep ourselves and our children sane over the coming weeks and it won't be easy. I can promise you that building physical activity in a systematic way will have huge benefits for you psychologically in terms of how you all feel day to day in the short term.

In the context of the current crisis, the huge benefits to you and your child's physical health may almost be considered secondary. Rather than seeing this as a chore, let's see it as an amazing opportunity to develop a positive physical activity relationship with our child, something that may well live and flourish long past the current crises.



**Our next COFFEE MORNING will take place Wednesday 22<sup>nd</sup> April.**

Time: After Drop off

Venue TBC

We hope to see lots of you there. This is an opportunity to meet other mums, offer ideas and suggestions for future events and give your opinion about CSG Playgroup.

## **Important Dates and Upcoming Events**

Return to playgroup TBC