

24th January 2022

# CSG PRE SCHOOL NEWSLETTER



[WWW.CSGPLAYGROUP.CO.UK](http://WWW.CSGPLAYGROUP.CO.UK)

## THIS WEEK AT PLAYGROUP

It has been a very busy start to the term, as I am sure you have seen from Facebook and Tapestry. The children have enjoyed bird spotting, building, making play dough, creative painting and story time, to name a few. We have also enjoyed getting back to Tennis Tots on Tuesday afternoons, mini forest school and Forest School on Thursdays.

**This week our theme is 24th Jan Everyday Heroes**  
**Mini Forest School is WEDNESDAY MORNING**

### Upcoming Themes

31st Jan How we help others  
7th Feb Special people in the world  
14th Feb Valentines, love and family

**PLEASE can we remind all parents, please do NOT send your child into playgroup in wellies.**



### Home Learning Ideas - People Who Help Us

- Create a special 'people who help us' themed box of clothes and equipment. You may like to just choose one profession at a time. Name the objects to the children and provide them with multiple opportunities to explore the items, helping to develop a wider range of vocabulary.
- Outside, draw a road onto the floor with chalk and add a high visibility jacket, a lollipop sign and two wheeled vehicles. They can pretend to be a lollipop person and help others to cross the road.
- Provide your child with red, orange and yellow large outdoor chalks. Can they use them to draw giant flames on a wall outside? Can they then become firefighters and use brushes with water to put out the flames?
- Provide your child with 2D and 3D shapes and challenge them to make an emergency vehicle. Can they explain why they used shapes for certain parts of the vehicle, such as the wheels?
- Create a Doctor's Surgery role-play area. Provide the your child with a toy doctor's set and teddies wearing bandages to encourage their imaginative play.

# IMPORTANT DATES

# FOR THE DIARY

Tania and the team have planned LOTS already for 2022!

## Open day – This has been postponed until Wednesday 2nd March

28th Feb-4th March

Stay and Play week (detail regarding appointments will be coming out soon)  
Communication and Language week

## FOREST SCHOOL FREE STAY and PLAY

Parents are welcome to come with their children to give forest school a try.

Please email [csg\\_playgroup@btinternet.com](mailto:csg_playgroup@btinternet.com) or speak to Tania to book a place.

1-3 pm

20th January 2022

17th February 2022

24th March 202

## Mini forest school sessions are back from January

These will take place on the following mornings:

Wednesday 26th January

Thursday 3rd February

Monday 7th February

Tuesday 15th February

Wednesday 2nd March

Thursday 10th March

Monday 14th March

Tuesday 22nd March

Wednesday 30th March

Thursday 7th April

DON'T FORGET

IMPORTANT!

REMEMBER!

### TEMPERATURE REMINDER

A normal temperature in babies and children is about 36.4C, but this can vary slightly from child to child. A high temperature is 38C or more. A high temperature is the body's natural response to fighting infections like coughs and colds. Many things can cause a high temperature in children, from common childhood illnesses like chickenpox and tonsillitis, to vaccinations.

Please can we remind parents not to give Calpol or similar medicine to suppress a temperature before coming to playgroup. Please keep your child at home until they have a normal temperature without medicine.

<https://www.nhs.uk/conditions/fever-in-children>

### Coronavirus (COVID-19) symptoms in children

Children can get coronavirus (COVID-19), but they seem to get it less often than adults and it's usually less serious.

#### The main symptoms of COVID-19 are:

a high temperature  
a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours  
a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

#### What to do if your child has symptoms

If your child has any of the main symptoms of COVID-19, even if they're mild:

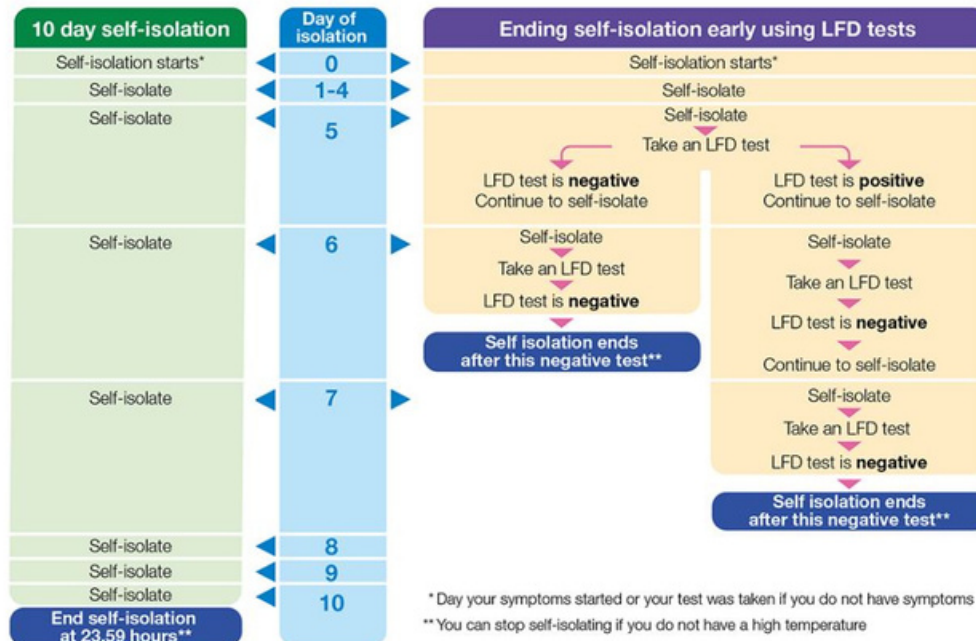
Get a PCR test (test that is sent to a lab) to check if they have COVID-19 as soon as possible.

Your child should stay at home and not have visitors (self-isolate) until you get the test result – they can only leave home to have the test. Check if you and anyone else your child lives with need to self-isolate.

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

# Useful COVID infographics



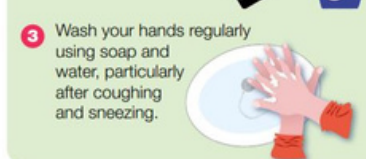




Examples of when to end self-isolation if you have had COVID-19 symptoms or have received a positive COVID-19 test result



**UK Health Security Agency**

## How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- Limit close contact with others.** Spend as little time as possible in communal areas.
 
- Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.**

- Wash your hands regularly using soap and water, particularly after coughing and sneezing.**

- Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.**

- Use a face covering if you need to spend time in shared spaces.**

- Keep rooms well ventilated.**

- Catch coughs and sneezes in disposable tissues and put them straight in the bin.**


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