

ALL ABOARD

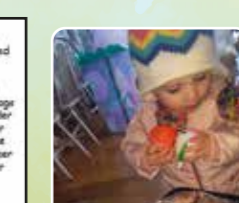
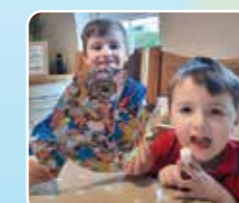


HI EVERYONE

and welcome to our Spring 2021 edition of All Aboard. The last year has taught us a lot about change. As a staff team we have been inspired by how the children and families of CVSS have dealt with change. You have shared with us the many creative and positive ways you and your families have navigated through this journey and shown great strength and resilience through challenging times. As we look forward to the change of Season and the brighter days of Spring, we have lots of programmes and activities to keep you engaged and our focus this month is on outdoor play. In this edition we reflect on our 'Make Chatter' event, having fun at 'Little Rollers', and checking in with our dads having tea and making dream catchers at our 'Dads Evening Play Date'.

Look at all the excitement of the February Family Fun Challenge, Little Gardeners, Singing Toddlers and Creation Stations. Not forgetting our parents who joined us on the Incredible Years Programme. This year in CVSS we have learned that change whilst often difficult, also brings opportunity. We want to share with you, our development of St Brigid's school and we look forward to the ongoing exciting developments we have planned and look forward to welcoming you here soon. Have a look at a few before and after pictures, I am sure you will agree it is a real transformation. Finally, we would like to wish you and your family a very Happy Easter. Mairead and all the team.

Make CHATTER Matter



We had fun at our 'Make Chatter Matter' Event on 10th Feb bringing 'The Rainbow Fish' story to life with sensory play. Research shows that when you make book reading interactive by talking about the book & using props; children talk more; use a greater variety of vocabulary and more multi-word utterances.

Make books come alive!

Ruth Millar, Speech and Language Therapist

Daddy's Evening PLAY DATE



Dream Catchers and evening tea with my Daddy.

Sing a rhyme anytime start your child learning for a lifetime

Nursery Rhymes help children:

- **Learn how to say words:** children are able to join in to say words in Nursery Rhymes because the words are repeated **over and over** which is how children learn how to use words and how to talk!
- **Learn about early maths concepts:** Nursery Rhymes help children learn about counting; numbers and even subtracting! E.g. '5 little monkeys'; '1, 2, 3, 4, 5, once I caught a fish alive', etc.
- **Develop a wide vocabulary:** Nursery Rhymes help children learn new and different words e.g. 'spout' 'speckled' which develops their range of vocabulary. A big and varied vocabulary is very important for literacy later on in school
- **Develop literacy skills:** Nursery Rhymes help children learn about rhyming words; a steady beat and rhythm which are fundamental to learning how to read and write .
- **Feel happy:** Singing together releases "feel good" chemicals in the brain that makes babies and children (and us!) feel happy!



OUR NEW PREMISES

You may have heard that we have another new home. Some of our services have moved into Saint Brigid's school.



We are very excited to be able to share with you our plans over the coming months.



Clogher Valley Sure Start
74 Main Street, Augher, Co. Tyrone. BT77 0BG
Tel. 028 8554 9898
E. info@cloghervalleysurestart.org
www.cloghervalleysurestart.org

Family Fun Challenge

February was filled with fun for our families as they participated in a full month of activities planned out. The families commented that it was so enjoyable joining the other families in this challenge and it helped fill the month of February with fun and wonder. Below is just a snippet of some of the fun our families got up to.



FAMILY FUN CHALLENGE

Well done to all our participants who got active everyday in February with our little unique challenges. Here are some highlights



From searching for echoes, outdoor and indoor den building to making, baking and creating. CVSS families have so much talent.

The Wonders of the Outdoors

There are many ways in which this generation's childhood is different from past generations. What differs greatly is the degree to which it is being spent indoors. There are lots of reasons, increase in time spent interacting with electronic devices, the emphasis on scheduled activities and achievements, concerns about sun exposure and for many families, the lack of safe outdoor places to play. It's not just children, adults are spending less time outdoors as well.

However, children need time outdoors and there are so many benefits to this:

- Being outdoors provides us with daily doses of fresh air and sunlight increases circulation, vitamin D, boosts immune systems and promotes overall wellness for adults and children.
- Time spent in natural settings also contributes to healthy sleep patterns in babies, toddlers, and children. Proper sleep drives all kinds of beneficial health outcomes.
- Children who spend time outdoors get sick less often. Stagnant, indoor environments are breeding grounds for all kinds of germs and some studies show that being cold may even trigger the immune system.
- Simple activities such as seeing leaves change, running and jumping in rain puddles, or watching the flowers sprout during the spring, can make such a great difference.

*"To be healthy children need several hours (not minutes) of movement a day - preferably outdoors, where the senses are fully alive and their bodies are free to move in many ways".
(Angela Hanscom - tinkergarten.com)*



It's so peaceful out there and the air smells so good. It's like you're free when you go out there. It's your own time. Sometimes I go outside when I'm annoyed and then, just with the peacefulness, I'm better. I come back home happy". (Aparenting.com)

SO HOW DOES PLAYING OUTSIDE HELP OUR CHILDREN?

- It turns out that our bodies need sun. We need sun exposure to make vitamin D. This vitamin plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also promotes healthy sleep and can improve our mood. Our bodies work best when they get some sunshine every day.
- Children can entertain themselves using their creativity and imagination skills, especially with the range of natural resources outdoors. They need time alone and with other children and to be allowed to make up their own games, figure things out and amuse themselves. Being outside gives children opportunities to practice these important life skills, to be a bear in the wild or a chef in the kitchen.
- Human beings are 'hardwired' to take risks from birth. Sadly, an increasingly risk adverse society is making physically active, playful risk taking ever more difficult for children to practise. When you're out and about with your child, encourage them to take risks not avoid them e.g. climb that tree, roll down that hill, jump across that stream. "The more risks you allow children to take, the better they learn to take care of themselves" Roald Dahl
- Children should grow up having opportunities walking in the woods, digging in soil, seeing animals in their habitat, climbing a mountain, playing in a stream or staring at the endless horizon of an ocean. This helps children understand the world which surrounds them. The future of our planet depends on our children; they need to learn to appreciate it. Children learn about the natural elements and their surroundings when they are outside.

So, give it a go. Do what our parents did and spend more time outside!

For further information, ideas on all types of play, join in on the many play activities CVSS has on offer. You can also contact Julie or Jolene for further guidance and support on 028 8554 9898 or check out our Facebook page or website.



LITTLE GARDENERS

PREPARING FOR SPRING
Very exciting time for our children as they watch their seedlings grow



Weekly Creative Arts programmes using low cost / no cost approach

CREATIVE CREATIONS



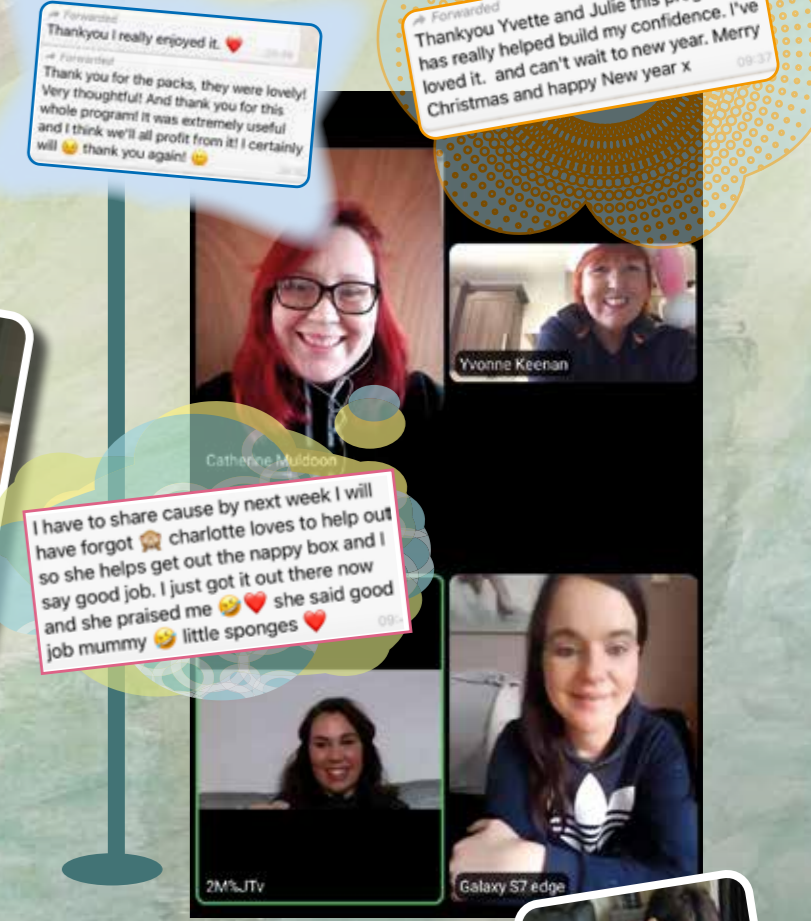
INCREDIBLE YEARS

SINGING TODDLERS

Singing Toddlers is a Singing and Rhyme programme for children walking to 3 years.



Here are some of our participants enjoying and following along with the session



LITTLE ROLLERS

Our Physical Development programme for babies 6mths - pre walkers.



Daire enjoyed participating in the programme



Here is Ross enjoying the session delivered via Zoom