



Greenfields Children's Centre

Head of Centre: June McHugh

www.greenfieldschildren.com

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July 2011

Dear Parent/Carers

The end of term is on the horizon and we have many things happening over the next few weeks.

Our visit to Littlehampton will be on Tuesday 12th July, we hope the weather will be sunny and warm. We look forward to the children's project work with the artists and staff displayed on the beach at Littlehampton for the community to see, appreciate and enjoy. As a community it will be great to enjoy the bracing sea air together and relax in a different environment.

On Tuesday 19th July it will be our International Evening and a great opportunity to get together and share your home cooked cuisine with other children and families.

For some of our children it will be time to say goodbye as they move on to their new primary schools. We hope we have given them a good start to their education and wish them all much happiness and success in their lives.

I hope you all enjoy the holidays and we look forward to seeing returning children in September.

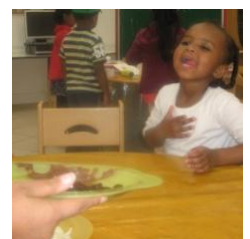
June McHugh

Reminders:

- If you have any spare carrier bags please bring them into nursery we can make good use of them.
- Please remember to bring your child to use the library sharing books at home together is so good for your child's learning and development
- The weather is very changeable at the moment but please bear in mind that if it is hot or wet the children still play outside so please send them with appropriate clothing, for example, sun hat or rain coat.
- Please make sure your child is wearing appropriate footwear at nursery. High heeled sandals or shoes without backs can cause children to fall over when running or climbing.
- Trip to Littlehampton Tuesday 12th July
- International Evening Tuesday 19th July.

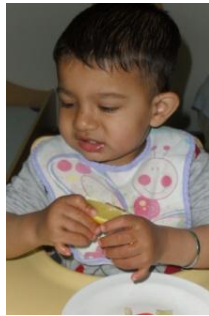
Yummy!!!

The children in the over 3's took part in a tasting activity and were introduced to a variety of foods which were both sweet and sour. The children were given an opportunity to taste the different foods and develop their five senses. The children really enjoyed taking part in the activity. Most children were able to describe the taste, smell and texture of the different foods. The children were communicating to other children and teachers about their experiences in the activity. They were also able to develop their social skills by turn taking and sharing.



Under 3s Room

The younger children in the under 3's have also been developing their likes and dislikes through tasting a selection of sweet and sour foods such as lemon, orange, cheese, marmite, onion, beetroot and many others. They expressed their likes and dislikes through facial expressions as well as by pushing their plates away.



Sponsored Obstacle Course

The Disraeli room children thoroughly enjoyed the sponsored obstacle course. Thank you for all of your donations.

Following this successful event the children have visited an indoor adventure playground at Snakes and Ladders where they experienced large scale apparatus. It was a lovely day shared between children, parents and families.



Yoga



How often have we heard it said that, children's minds are like sponges? Children soak up more than words and actions; they also soak up information through moving, seeing, listening, touching, singing and chanting. Yoga encompasses all of these and it also provides a way for children to connect with themselves.



Today, children's sponges have been saturated with the television, computer games, pollution, noise and computers. Children spend a lot of their day disconnected from themselves. Yoga helps to re-create this connection between their mental, physical and spiritual body. It allows them to wring out their sponges and create space for the positive energy that all children seem to glow with.

At Greenfields Children Centre, groups of children have been learning yoga using play and have been trying out yoga poses such as the Dog, Cat and the Lion. These postures were then incorporated into a rhythmic salutation. We ended the class with a much deserved relaxation session.

Adults have also been joining in too. The beautiful thing about yoga is that it really is for everyone. Yoga can be practiced on the floor, on a chair, standing up, or even using the chair as a prop to a pose. Classes last for one hour and 15 minutes and incorporate breathing, posture work, meditation and relaxation.

There are many benefits to yoga, for both adults and children and these can include, improved balance and coordination, a flexible body and mind, improved posture and deep relaxation.

Claire Collison
Yoga Teacher



An Invitation from PcsO ROZ
to join her at your
“NEW” local Neighbourhood Watch Meeting
to be held on
Wednesday 20th July
5:30 – 7:00pm
at Greenfields Children's Centre
Please telephone 0208 721 2147
To confirm your attendance



July 2011

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------|-------------------------------------------|---------------------------------------------|--------------------------------------|------------------------------------------|
| NHS Developmental Checks 9am – 12.30pm | Yoga 9.15 – 10.15am 10.15 – 11.15am | Somali Parents Tea Meeting 1.30 – 3.30pm | ESOL / Family Health 9.15 – 11.30 | Gardening Club 8.30 – 10.30am |
| Coram - Bumps to Birth 1 – 3pm | Shelter 10am – 1pm | Asthma Nurse Specialist 1 - 5.30pm | Knitting Club 9.30 – 11.30 | Dance & Drama 10.30am – 1.30pm |
| Gardening Club 12.30 – 2.30pm | ESOL 1 – 3.30pm | ICT for Beginners 1 – 3pm | Driving Theory 2 – 3.30pm | Veolia Citizens Advice 9am – 2pm |
| | | | | Stay & Play - Coram 9.30 – 11am |
| | | | | Sticky Fingers - Coram 11am – 12.30pm |
| | | | | Fun & Learn 1 – 3pm |

Please enquire at the Admin Office for further details

if you are interested in any of the above