SUNSHINE PRE-SCHOOL EXMOUTH LTD

# OCTOBER NEWSLETTER

**Hello Sunshine Families!**

Autumn has arrived and we have lots of exciting activities planned this month. From woodland adventures and seasonal crafts to our favourite story books, we are looking forward to another month full of fun, learning and discovery.

Thank you for your continued support.

## Stories of the Month!

W/C 28th September & 5th October - We're Going on a Bear Hunt! & Don't Be Afraid of the Dark, Little Bear.

W/C 12th & 19th October - The Gruffalo, & The Gruffalo's Granny!

W/C 26th October & 2nd November - Funny Bones, & Room on a Broom.

**We would love you to join us in welcoming Izzy and Freya to the Coastal Childcare team!**

**Izzy and Freya are completing their Level 2 qualifications and will be dividing their time between each of our Exmouth settings.**










## Birthdays!

Freddie

Alaini

Tommy



## Wet Weather

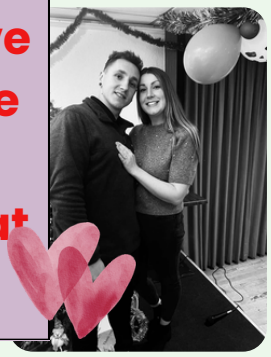
With wetter weather on the way soon, please ensure your child comes to nursery dressed appropriately for the weather. We love getting outdoors in all seasons, so a suitable waterproof labelled coat and appropriate footwear will help keep your child warm, dry and comfortable during outdoor play.

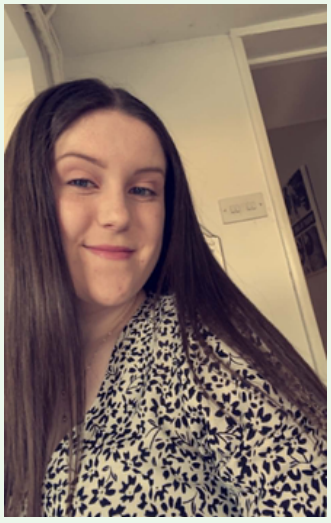
**Concept Photography will be visiting us on Tuesday 13th October. If you would like your child to bring in a change of clothes, we are happy to change them. You are welcome to bring in siblings for their photo too! See us at the door to book your time slot.**

## Parents' Evening

**We are holding our Parents' Evening in October, so the team will be asking their key children's parents which time suits them to make appointments. We can answer any questions you may have about your child's progress.**

**We would all like to wish Hollie and her partner Liam the best, as the arrival of their new addition comes closer. Very exciting, number 4! Hollie will be starting her maternity leave on 15th October, we will still be seeing her as she will be popping Oaks in to play here at Sunshine...**





**We would love to welcome Jessie to the Sunshine team, who will be joining us 5 days a week from the 12th October. Jessie is a mum to two beautiful children and very excited to get going.**

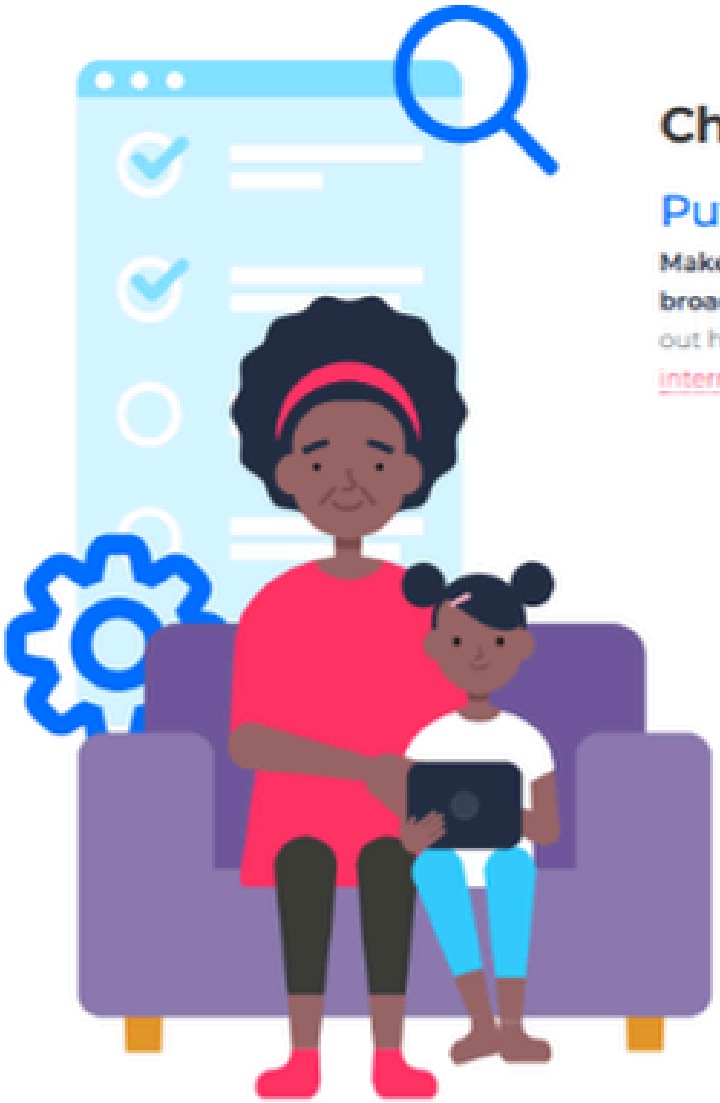
# Online safety tips for parents of pre-school children

## 0-5 Year Olds

internet matters.org

*22% of parents of 3-4-year-olds* ***don't think their child has a good balance between screen time and other activities***

*Source: Ofcom Children and parents: media use and attitudes report 2022



## Checklist:

### Put yourself in control

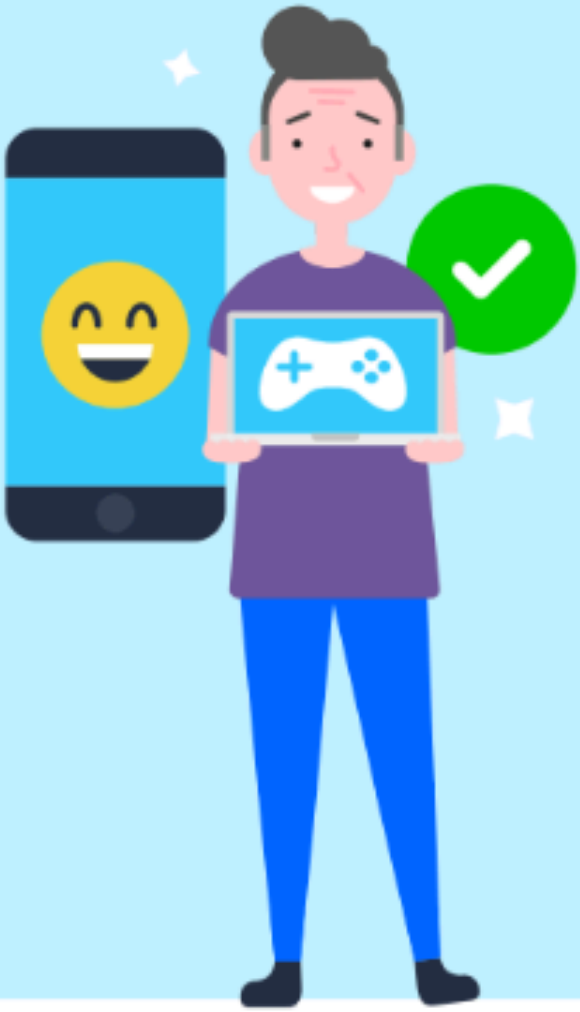
**Make use parental controls available on your home broadband and any internet-enabled devices.** You can find out how at your broadband provider's website or by visiting internetmatters.org

### Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. **Safe search settings can also be activated on Google and other search engines** as well as YouTube and it is possible to lock these so that they can't be inadvertently removed. You can find out more by visiting the Google Safety Centre. Once you've put all of these controls in place have a browse and search for a few things to see what your children might see, if they were to do the same. Remember that voice-activated search works really well now.

## Set boundaries

**It's never too early to start setting rules about when and for how long your child can use devices** and start to introduce the subject of internet safety at the same time. Encourage children to use devices in a shared spaces like a lounge or kitchen. Make sure to keep other devices out of reach and use passwords so they can't go online without asking you first. It's also a good idea to have tech-free mealtimes and not to allow children to have devices in their bedrooms at this age.



## Explore together

**Set your homepage to a child-friendly site such as CBeebies** and give them a user account which only allows access to sites and apps you've chosen.

## Help them learn through games

Games are a great way for young children to explore the internet and learn about the world around them. **Choose a variety of safe and educational online games and apps to play with your child** so that you'll feel more comfortable with them exploring. Make use of websites and platforms designed specifically for pre-schoolers like CBeebies, YouTube Kids, Nick Jr, and use age ratings and reviews in the app store to check app suitability.



## Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online – with information, advice and support on all the big online safety issues.

Scan below or visit **internetmatters.org** for more advice

InternetMatters
@im_org
@InternetMatters
Internet Matters Ltd
@internetmattersorg
@InternetMatters_org

internet matters.org

# OCTOBER OUTINGS AND EXTRA-CURRICULAR ACTIVITIES




BOO!

**What's on in October?**

**Darts Farm Pumpkin Fest - every weekend from 10th–31st, between 10:00am–4:30 pm**

**Crealy Spook Fest - Every Weekend from 10th–31st, between 10:00am and 5:00pm**

**Trick or Treat Tram at Seaton Tramway - between 30th October and 3rd November**

**Halloween Activities at World of Country Life - between 28th and 1st November**

**Charlie and the Chocolate Factory at Exmouth Pavilion - between 28th and 31st**

**Spook-Tacular Kids Cove - 31st October, 3:00pm–5:00pm**

# TEAM STAR OF THE MONTH!

SUNSHINE
PRE-SCHOOL EXMOUTH LTD

## Congratulations!

### TEAM STAR OF THE MONTH

**Donna**



She has recently taken on the role of sendco and is making sure everything is done correctly and effectively. She is amazing at what she does and as always, a rock to the team

AMAZING

