



APRIL 2020

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PANGBOURNE VALLEY PLAYGROUP NEWS



Dear Parents and Carers

Unfortunately, following the outbreak of coronavirus (COVID-19), Pangbourne Valley Playgroup will remain closed until further notice.

We know how overwhelming this period might be for you and your family, which is why our brilliant staff are working incredibly hard to support you during this difficult time, setting up home learning, supportive live chats on our Facebook page, and sharing some fantastic ideas on how to keep everyone sane, active and occupied.

The newsletter is normally an opportunity to raise awareness of future events, and the plans for the term, but in the current climate, we have no planned fundraising events. As you may know, Pangbourne Fete has been cancelled this year, which is usually our largest fundraising event. During these tough times, it's important to stick together, and when they are over, the Playgroup will need the support of the community more than ever. Until then, stay safe and well.

1

REGISTER

Places for **September 2020** are currently **available** if you wish to enrol or add more sessions

2

CONTACT US

E-mail us! We are here for you if you need us!

3

STAY HOME

Please **have lots of family fun** while at home

IMPORTANT NOTES

Please check our Facebook page for **weekly activities from staff**.

Please **share** your child's **photos** with us! We'd love to see what you are up to **during lockdown!**

Emma and Sam are **available via our public Facebook page** if you have any questions about your child's development.

If you know anyone who is looking for **pre-school childcare from September 2020**, please pass on the word!



What's Been Happening?

The Spring term has been quite busy for Pangbourne Valley Playgroup as it was filled with a number of exciting activities.



Work With Children

World Book Day Celebration: 2nd – 6th March

During the week, all the parents and carers were invited to join us for "Stay & Play" sessions. We hope that those who attended enjoyed reading with the children and doing some book themed craft activities together. The children and staff also created a book titled **"The adventures of Pangbourne Valley Playgroup"** that included children's individual stories. All of the children had a unique opportunity to become authors, illustrators, editors, and even publishers of their own book.

Please check this out when we are back to normal! Moreover, throughout the week, there was **lots of excitement**, including dressing up, singing, and dancing, which the children absolutely adored. Who wouldn't like to live in a fairy tale, even if it is just for a week?!

British Science Week: 6th – 15th March

British Science Week is an annual celebration that we couldn't miss, as it perfectly fits into the learning process used in the Playgroup. This time, we focused our activities on simple experiments, tailored to encourage the children to actively participate, keep trying, and discover what happens when small changes are made. **This is how we help children develop communication skills and creative and critical thinking.**



Fundraising

Pamper Evening: 6th March

This year's Pamper Evening was a real success. It was held at the Elephant Hotel and brought together a total of approximately **100 guests, therapists, and volunteers.** During the event, everyone was able to enjoy various therapeutic sessions of relaxation, check out some locally produced beauty products, get inspired by listening to healthy lifestyle experts, try to win one of the amazing prizes in our raffle draw, or simply enjoy good music and calming atmosphere of the evening.

The evening included **talks** from **Michael Cordova**, the TEDx speaker and co-founder of Floating Point Float Centre; **Anthony Bath**, a physiotherapist from Boathouse Surgery; and **Monique Grindal**, the founder of Earthen by Nature Organic Creams & Lotions. **Geoff Brown**, the guitar and banjo player from Kent, **performed some live music** in between the talks. The **total raised from the event was £550** that will go towards the activities promoted by our charity. **Thank you to everyone who contributed to make this event happen!**

Snacks from FareShare

We are happy to announce that Pangbourne Valley Playgroup had **received support from FareShare**, the company that redistributes surplus food to charities that turn it into meals. Promptly, **all the healthy snacks** served in Pangbourne Valley Playgroup **will be provided by this company**, which we greatly appreciate.

Committee News

As you all know, Pangbourne Valley Playgroup is Parent-led, which means that parents, through committee roles, take on the responsibility for managing the setting and activities.

Committee members are **responsible for** ensuring **financial stability**, paying wages, organising **fundraising activities**, running ad campaigns to raise public awareness, collaborating with local partners, **enrolment** of new children and **monitoring staff** qualifications.

This year, we have been investing most of our time into organisation of fundraising events, promotion campaigns, searching for funding opportunities, maintaining our premises safe and attractive, establishing closer relations with parents and carers, and doing our best to overcome difficulties caused by the current pandemic situation.

New Committee Members Required

As the committee plays such a fundamental role in the continued success of the Playgroup, support of parents is indispensable. **The Playgroup needs a full committee in order to function.** We have a number of Committee members stepping down on the next Annual General Meeting, which will take place in November 2020 (further notice to follow). We would like to ask you to volunteer and **join our friendly team.** We need your ideas, experience and energy to keep the Pangbourne Valley Playgroup running and flourishing. Please drop us an email or a private message via Facebook page messenger if you need any further information.



Support Us!

Sadly, all our fundraising events were cancelled for the summer term, which means there will be less funds available for the Playgroup to support our usual activities and renovation project of our premises.

As the majority of shops are closed at the moment, we assume you do more shopping online. If so, then we **ask for your support!** Now Pangbourne Valley Playgroup **is registered** with **Easyfundraising.** You'll find main big name retailers there like **John Lewis, Amazon, and eBay**, all ready to help us raise more for our charity. Simply go to www.easyfundraising.org.uk, search for Pangbourne Valley Playgroup, choose your favourite retailer, and click the 'Shop Now' button. When you buy something, the retailer donates to the Playgroup as a thank you.

Besides, if you want to **financially support** Pangbourne Valley Playgroup during this difficult period of complete lockdown or know somebody who would like to donate, please do not hesitate to contact us. Pangbourne Valley Playgroup has **existed in the village for decades and has provided vital affordable childcare** throughout that time. Pangbourne Valley Playgroup is well loved by the community and there are numerous children in the village who have happily attended this setting. **Please spread the word** among potential donors and **help us preserve Pangbourne Valley Playgroup for the next generations.**

PLACES NOW
AVAILABLE

PLAYGROUP PLACES AVAILABLE

We have **spaces available for September 2020** so please spread on the word about the good work the team do. If your child is currently enrolled with Playgroup, and you would like to change/add any sessions from September, please email us (enquiries@pvp.org.uk) and we will endeavour to fit you in where we can. **Funded hours** must be **agreed at the beginning of each term** as we cannot claim for an increase in funding part-way through a term. As such, if you think you would like extra funded sessions, please let us know as soon as possible each term.

Tips For Parents

It's understandable that the pandemic outbreak may bring you lots of uncertainty and anxiety about all sort of things, including your child's healthy development. Be aware, that your child is most likely experiencing the same worries, as they all miss their friends, educators, favourite activities and places.

As a parent, **how can you help your children** cope with their fears and worries related to the unexpected alterations to their "normality"? How can you **strengthen their development**? We have pulled together some **useful tips** for you to support your children during this challenging period.

TIP 1: COPING WITH CHILD'S FEARS

-  Remain calm. Children tend to model their parents' emotions, so if you communicate in a calm manner, it should help reduce your child's fear.
-  Tell your child that it's normal to feel a little fear.
-  Don't dismiss their fears, be understanding and give them lots of reassurance and cuddles.
-  Stick to your established routines and schedules as much as possible. Children tend to feel more secure when they know what is coming in their daily schedules.
-  Use this time for family fun - slow down, hang out, and enjoy each other's company.
-  Encourage your kids to engage in physical activities and creative experiences.

TIP 2: TRY OUT TEXTURES

-  Use a dark marker to trace letters that spell out your child's first name onto poster paper
-  Ask your child to decorate the letters with textured items (e.g., sandpaper, beans, cotton balls, etc.)
-  Touching the letters gives kids the opportunity to feel the way a letter is formed.
-  Each day, say the letters and numbers out loud as your child runs his fingers over them.
-  Soon your child will notice these letters on signs, posters, and billboards.

TIP 3: TRY MEASURING UP

-  Have your child lie down on the grass/floor and then line up, let's say, apples next to him/her to measure how many "apples tall" he/she is at certain ages.
-  Or determine how many "Legos tall" the couch is or how many "wooden blocks wide" the refrigerator is in your home.
-  For extra fun, try discover how many of your child's books it will take to cover your bed.
-  Always count as you lay down the different objects, and soon your child will be counting and measuring in all different ways!

TIP 4

Don't forget about a **healthy diet**. Include more greens and less sugar

TIP 5

Exercise more. Keep your **body fit** and **mind calm**. Try Cosmic Yoga for Kids

TIP 6

Read together aloud as it creates special bond with your child

TIP 7

Play imaginary games as they develop your child emotionally as well