Newsletters
Term dates for your diary;
Term 5 finishes on Friday 24th May 2019
Term 6: Monday 3rd June – Friday 19th July 2019.
Please note; we will be closing at midday on Friday 19th July 2019 for the six week summer holidays.
A reminder: Sessions are from 9am – 12pm, 12:30pm – 3:30pm or 9am – 3:30pm, unless otherwise agreed with the management. We encourage you to arrive and collect on time please.

Benefits of outdoor play in the Early Years
“The best kept classroom are roofed only by the sky”
Margaret McMillan (c1925)
Nursery Schools and the Pre-school Child NSA Publication
The benefits of outdoor play are endless and provide children with many opportunities to express themselves and be free to run, jump, skip, explore and shout. Some children learn best and are more focused when they are outside. The outdoor environment is just as important as the indoor environment and they should complement each other because outdoor play is vital for a child’s mental and physical development. Some of the many benefits of outdoor play include:

Encourages a healthy lifestyle
Getting outdoors and embracing physical activity such as walks or visits to the park helps children to burn off energy whilst encouraging a healthy lifestyle. Outdoor play is an extremely important factor in combating an increasingly sedentary lifestyle and being active from an early age helps to form healthy habits for life.

Develops social skills
Being inside can sometimes feel busy compared to playing outdoors, the outdoors is less intimidating and allows children to come out of their shells and join in fun new games. Giving children great outdoor learning experiences provides them with opportunities to talk to new children that perhaps they wouldn’t have spoken to indoors.

Understanding risk
An outdoor environment provides children with more opportunities for risk taking, playing adventurously motivates children to extend their own boundaries and explore. Children can be involved with play on a much larger scale whilst outdoors and in ways that are different from indoor play. They can learn to problem solve and make calculated decisions such as ‘can I climb this tree’ or ‘should I jump from this height’.

Well-being
Allowing children to have the freedom to play outdoors helps them to feel happier and calmer because being outdoors means that children can naturally soak up vitamin D; which is said to help improve moods and promote positive mental attitude. The outside environment is the perfect place for children to burn off energy giving them the opportunity to concentrate more on focused activities.
Encourages independence
Allowing children to play outdoors gives them a sense of freedom to make discoveries and explore by themselves or with their friends. Without adult supervision children will learn how to take turns, negotiate equipment and pick themselves up if they fall over, resulting in children learning how to be independent whilst building self-confidence.

Playing outdoors in nature is one of the very best opportunities children can be given. They will benefit greatly as they grow varied connections and rich appreciations of the natural environment. Here at Mighty Oaks Little Acorns, we have wonderful outdoor spaces, the Rising 2’s garden at the front of the building, the large playground at the back, which includes an undercover area, a mud kitchen/growing area and our dedicated Forest School which has a small stream and bug hotel. We use all these areas daily in all weathers, our staff understand and are passionate about the importance of providing valuable learning experiences outside.

If anyone has any spare willies we would be really grateful if you would donate them?

What are the children exploring this term?

The Pre-School children will be investigating and exploring the story ‘The Three Billy Goats Gruff’, using props and dramatic play to recreate the story, giving children the opportunity to learn about characters, plot lines, how stories are structured and how they end, including making up our own endings. We will continue to cook daily and enjoy Forest School sessions on a Tuesday and Thursday.

The Rising 3’s will be focusing on healthy eating and the children will have the opportunity to explore a variety of food, with cooking activities daily, they will be using food to explore shapes.

The Rising 2’s are using the story ‘The Hungry Caterpillar’ to offer provocations and stimulate interest with the children.

The new black board placed outside every morning will have details about each rooms planned activity (adult led) the provocation set up in each rooms sensory tray and snack that children will be preparing and cooking for themselves.

Car Seat Safety
A member of the public has brought to the management's attention that children may not be properly restrained in cars outside Mighty Oaks Little Acorns, we would like to take this opportunity to share the law on car seats.

Taken from: https://www.gov.uk/child-car-seats-the-rules

Using a child car seat or booster seat. Children must normally use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first. Children over 12 or more than 135cm tall must wear a seat belt. You can choose a child car seat based on your child's height or weight.

We kindly request that children who attend Mighty Oaks Little Acorns have their finger nails kept short as children can easily accidentally scratch other children during play and this can be upsetting.

Lunch boxes
Due to allergies we have a no nut policy at Mighty Oaks Little Acorns. We also request that fizzy drinks and sweets are not put into children’s lunch boxes as we are keen to promote healthy eating. We really love seeing children enjoying fruit and vegetables and it is important if children bring grapes in their lunch boxes they are cut in half length ways to avoid being a choking hazard.