

## Sure Start to Being Healthy

**On Saturday 22nd January we held our “Sure Start to Being Healthy Day” and it was a great success.**

We were joined by the local Dental Health Team from East Rd who were able to check 48 children’s teeth and register them with a local dentist. A speech therapist was also available to give advice and tips to parents on weaning their child off their dummies as well as putting on a fantastic story session that all the children really

enjoyed. The children were encouraged to prepare their own healthy snacks and smoothies, and these went down a treat.

We had a variety of activities throughout the day to keep the children busy, such as model making, water play and painting self portraits. As this day was so successful, we are hoping on organising similar events in the near future, look out for our leaflets and posters within the centre for future events.



*Congratulations to the raffle winners, who both received a healthy teeth pack*

### **Here are some of the comments left by the parents and children:**

“My children loved all the activities – water play, making models and drawing pictures.”

“Me and my sister enjoyed the snacks and the painting.”

“It was a good opportunity to be able to visit a dentist. I am really very impressed by the service you people provided.”

“It really impressed me that dental health team at Longsight Sure Start really cares about children’s teeth which I have never seen anywhere else before.”

## Why play outside?

We are so lucky to have such a wonderful outdoor area at Aisha which offers opportunities for a wide range of activities. But WHY is outdoor play so important?

- Young children need to move!
- If children don't play outside they are being deprived of essential childhood experiences.
- Outdoor space allows for movement and large scale working.
- Physical development in young children is essential to the development of learning and emotional well being.
- Many children find the outdoors a better place to play than indoors.
- Movement and fresh air helps the body and brain develop muscles and bones.
- Running around helps to prevent children from becoming overweight.
- The outdoors offers learning experiences which cannot be provided indoors.
- Living things can be observed in their natural habitats
- Weather, seasons and the effects of nature can be observed and experienced first hand.
- The outdoors offers activities in a much larger, bolder, messier and nosier way!

Children learn best through making sense of the world. The outdoor environment is an essential component of the world.

Remember, there is no such thing as bad weather, just bad clothing. **Please provide your child with appropriate outdoor clothing as well as a spare set of clothes in case your child needs changing throughout the day. If your child is in nappies you must ensure they have a supply of nappies and wipes each day.**

*It is also a requirement of the E.Y.F.S ( Early Years Foundation Stage) that children have access to the outdoors.*

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## Make Your Own Instruments!



Children love making noise and listening to music. Why not join these two together and get creative. You and your child can have hours of fun making these easy musical instruments which will encourage play and creativity

### Guitar

Empty shoe box  
Rubber bands  
Ruler or stick  
Paint/glue and glitter

Start off by adding some colour to the box by painting some pretty patterns or using glitter and glue for some sparkle. Allow to dry before stretching the rubber bands around the box. Attach the ruler or stick to the back of the box on one end to act as the arm of the guitar.

To play, strum or pluck the rubber bands.

### Shakers

Toilet roll tubes  
Dry beans  
Celotape  
Glitter and glue/paint

Decorate the cardboard tube with either paint or glue and glitter. Use tape to closed one end, then fill about 1/3 full with dry beans. Tape the remaining end closed. Now you and your child can have lots of fun making your own music.

## Dates for your diary

8<sup>th</sup> March  
Shrove Tuesday

17<sup>TH</sup> March  
St Patrick's Day

### Contact Details

Have you changed your home address, mobile number or home number lately? If so, could you please inform us ASAP.  
Thank you

## Contact us:

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1515 / 7

[www.aishachildcare.com](http://www.aishachildcare.com)