



Helpful links

HEALTHY FOOD SWAP IDEAS

[Horsham Wellbeing
Hub.](#)

<https://www.mind.org.uk>

DATES FOR YOUR DIARY

...

2nd - 6th - National
Gardening Week

5th - 11th - Bike Week

8th - World Oceans Day

15th - National Clean
Air Day

21st - Summer Solstice

29th - National Camera
Day

Please see our Health
and Wellness
declaration [here.](#)

Next Stay and Play

6th July - at Littlehaven

13th July - at North
Holmes

What have we been up to ... ?

If anyone sees the sunshine, could you please send it Mrs. Shanley's way! She is still shivering in her office and is in desperate need of it's warmth.

Jack and Jill would like to welcome Mrs. Stepe back into the setting after 12 years (a fact that makes her feel very old). She can be found a few times a week in the new role of ...

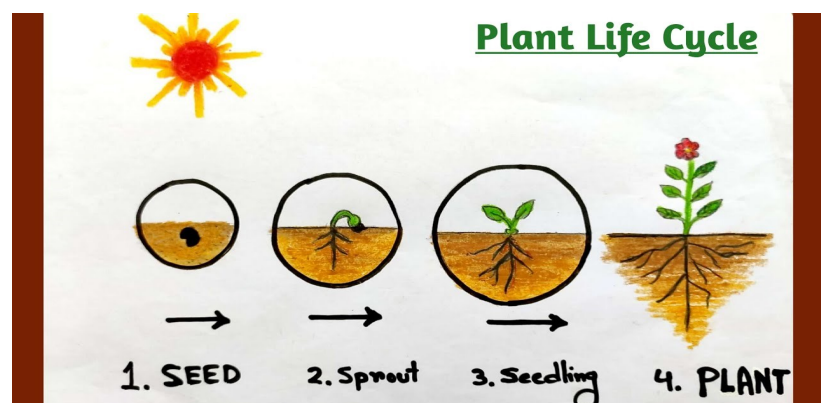
SEN (Special Educational Needs) Support Worker.

Don't forget - Sun cream before arriving to sessions & remember hats!!!

What's up next ... ?

The children are looking at life cycles and are hoping to witness the cycle of caterpillars to butterflies, as well as investigating the cycles of other plants and animals.

We are very excited to be able to repeat an activity last done about 12 years ago with Mrs. Stepe ... We will be drawing around the pregnant form of our very own Mrs. Allen, to explore the human life cycle with the children. We offer a huge congratulations to Mrs. Allen on her wonderful news and thank her for great timing!!



We are thrilled to be able to continue to provide the children with activities from external sources; [Music Bus](#), [Kicks](#) and [Happily Ever After](#). The children always find these sessions exciting and stimulating and we are happy to be able to support other organisations.

Support us this month by ...

Jack & Jill Childcare



Age Appropriate Self-Care (click link in the pics)

HOW TO RAISE A HELPER

Household tasks for toddlers:

- ✓ ADD CLOTHES TO THE DRYER
- ✓ PUT NAPKINS ON THE TABLE
- ✓ GIVE FOOD & WATER TO PETS
- ✓ WIPE SURFACES & SPILLS WITH A SPONGE OR CLOTH
- ✓ CRACK EGGS & MIX INGREDIENTS
- ✓ WASH VEGETABLES
- ✓ HELP UNLOAD GROCERIES
- ✓ PUT AWAY CLOTHES & SHOES
- ✓ USE A HAND BROOM & DUSTPAN
- ✓ WATER PLANTS & ARRANGE FLOWERS
- ✓ POUR INGREDIENTS & CEREAL
- ✓ BRING DISHES TO SINK (AND WASH)

HOW TO RAISE A HELPER

♡

- 1 SAY YES TO OFFERED HELP OR WHEN YOUR CHILD SHOWS INTEREST
- 2 BASE TASKS ON DAILY ROUTINES AND GIVE ONE MORE STEP
- 3 KEEP HELP PREDICTABLE WITH DAILY ROUTINES
- 4 MAKE A SIMPLE CHECKLIST TO SUPPORT INDEPENDENCE
- 5 OFFER A CHOICE BETWEEN TWO OPTIONS TO HELP
- 6 MAKE IT FUN!

Donations ... 'Junk' for the craft area.

Please remember - Indoor shoes should be brought to every session!

All children need a spare set of clothes in their bags.

IF WE HAVE LENT YOUR CHILD ANY CLOTHING COULD YOU PLEASE REMEMBER TO RETURN THEM.

Please could your children come to their sessions with closed toe shoes - open toe sandals create a higher risk of tripping over while charging around the playground.

WATER ONLY in the children's drink bottles please.

Please remember - *We go out in all weather!*
'There's no such thing as bad weather, just bad clothing choices!'
Please ensure your children come with relevant attire.

For information and guides to **School Readiness** click [here](#).

Encouraging conversation at home ...

Things to think about in Jackrabbit Troop -

"A kind word is like a Spring day!" - Russian proverb

Discuss with your little Jackrabbit ...

Life cycles ...

Things to think about in Jackal Club -

"A single act of kindness throws out roots in all directions and the roots spring up and make new trees." - Amelia Earhart

Discuss with your Jackal ...

Life cycles and other cycles found in nature, such as The Water Cycle.

For a wonderful resource for conversation starters with children around the topic of 'different types of relationships' [click here](#).

From the whole team at Jack & Jill Childcare, we wish each of our families a wonderful month ahead.