



Clough Nursery Unit  
Parents' Letter  
April 2021

Dear Parent,

Welcome back to Nursery for our final term. What a strange year it has been! However, our children are very resilient and have coped well with all the challenges and changes of the year.

As Spring progresses and the weather gets warmer (hopefully!), we enjoy as much time as possible outside at play. Please continue to send a coat with your child each day and also put on sun-cream if the sun is shining, as well as sending a sunhat to avoid sunburn.

We are all hoping for an end to the uncertainty of life which Covid has brought. Please see included some ideas for families to do, actions to help parents look after themselves and their families in these challenging times.

Our theme as we return to Nursery is **April Showers**. We will be thinking about **rainbows and frogs**.

On Thursday 15<sup>th</sup> April we will enjoy a visit from *Hullabaloo* to watch the show "Jack and the Beanstalk". *Jo Jingles* will join us for some musical sessions on Wednesdays 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> April.

Please remember if your child is showing any signs of sickness please keep them at home until they feel better. If your child has been vomiting they must be kept at home for 48 hours after last sickness.

We are glad to be back to Nursery and look forward to enjoying our last term together.

Thanking you,

J. Scott

# ACTION APRIL

Actions to help parents look after themselves and their families in challenging times

<p><b>Monday 12<sup>th</sup></b> Choose 1 song and arrange a family dance-off</p>	<p><b>Tuesday 13<sup>th</sup></b> Take turns to notice 3 things around you that are beautiful</p>	<p><b>Wednesday 14<sup>th</sup></b> Send someone a message to show you really appreciate them</p>	<p><b>Thursday 15<sup>th</sup></b> Make a rainbow salad</p>	<p><b>Friday 16<sup>th</sup></b> Play Musical Statues</p>	<p><b>Saturday 17<sup>th</sup></b> Bake cupcakes and decorate them as gifts for each other</p>	<p><b>Sunday 18<sup>th</sup></b> Take a mindful walk together and notice what you see, hear and smell</p>
<p><b>Monday 19<sup>th</sup></b> Cross your arms and give yourself a hug</p>	<p><b>Tuesday 20<sup>th</sup></b> Notice the shapes, colours and smells of a new family meal</p>	<p><b>Wednesday 21<sup>st</sup></b> Introduce a family "Daily Pause" to be calm together</p>	<p><b>Thursday 22<sup>nd</sup></b> Before bedtime, share what has gone well during the day</p>	<p><b>Friday 23<sup>rd</sup></b> Create a collage of things that make you happy</p>	<p><b>Saturday 24<sup>th</sup></b> Be kind to yourself and others</p>	<p><b>Sunday 25<sup>th</sup></b> Take turns to share a happy memory</p>
<p><b>Monday 26<sup>th</sup></b> Do something for the environment</p>	<p><b>Tuesday 27<sup>th</sup></b> "Surprisercise" yourself. Find unexpected ways to move your body</p>	<p><b>Wednesday 28<sup>th</sup></b> Learn a new skill together as a family</p>	<p><b>Thursday 29<sup>th</sup></b> Tell someone you love how much they mean to you and why</p>	<p><b>Friday 30<sup>th</sup></b> Hold an awards ceremony to celebrate acts of kindness</p>		


