

Summer Fun!

The Great British Summer is in full swing! One minute we have beautiful sunshine and the next it is raining.

Summer is a great time to get out and about, get some fresh air and be able to take a well-earned break but it's important to look after your health and keep an eye out on others around you.

Be Prepared!

Check the weather forecast

When the sun comes out:

Use SPF 30+ sunscreen and be sure to reapply every 2 hours

Wear a hat and sunglasses

Stay Hydrated

Stick to the shade between 11am and 3pm

Expect a downpour (or 2!!!)

Pack a waterproof or umbrella

Wear light layers



Extreme heat and changes in weather can have negative effects on elderly people, babies and children, people with long - term health conditions and pets.

Remember to check in with family, friends and neighbours

Be alert to signs of heat exhaustion, heat stroke or dehydration

Make sure pets are not left in hot cars

Walk dogs at the coolest points of the day



Healthy Eating

Picnics and BBQs are great ways to spend time with friends and family. Here's some ideas healthy picnic and BBQs

- Rainbow veggie sticks
- Grilled chicken or veggie skewers
- Quinoa or couscous salad
- Wholemeal wraps filled with salad, lean meats, or falafel
- Fresh fruit salad or fruit kebabs

For more budget friendly ideas try this website <u>here</u>

Remember!

Keep food fresh and cool Cook thoroughly

Make sure cooked food and raw food is kept separately

Ensure hand hygiene



Water Safety

Water activities are a great way to enjoy the long summer days, cool off and get active. Whether you're heading to the beach, exploring lakes and rivers or visiting an indoor or outdoor pool, remember to take steps to keep yourself safe.

- Swim with others
- Check signage and follow the guidelines
- Enter the water carefully

 be aware of the
 temperature, depth
 and any other hazards
 around you
- Wear a life jacket when doing activities like Paddleboarding, Kayaking or out on a boat.
- Don't drink and swim alcohol increases the risk of accidents.
- If you get in trouble in the water - stay calm and float

To find out more about water safety click <u>here</u>





DID YOU KNOW?

The EYFS Statutory Framework follows 4 guiding principles which shape early years practice.

- Unique Child
- Positive Relationships
- Enabling environments
- Learning and Development

Children leaving for school in September? The EYFS journey does not finish there.

The reception year is the final year within the EYFS. This sets the foundation for children's transition to year 1. Within the reception year, children will have 2 statutory assessments

- Reception baseline assessment

 This assesses children's early
 mathematics and literacy skills and
 communication and language within
 the first 6 weeks of reception
- Early Years Foundation Stage Profile assesses children's development against the Early Learning Goals across the 7 areas of learning and development.

These assessments help teachers and parents understand how the child is progressing and support transition to year 1.

The update EYFS statutory framework for group and school-based providers is available for download here https://assets.publishing.service.gov.uk/media/687105a381dd8f70f5de3ea9/EYFS_framework_for_group_and_school_based_providers_pdf

This will come in to force from 1st September 2025

Want to get the most out of your off-the job learning?

Plan your time and work with your Employer and Development Coach to plan learning activities Stay organised - Keep track of your learning. Reflect on what you have learned.



Creating a quality off-the-job entry

Start with your intent - what did you want to or need to learn Add your implementation - record what you did Finish with your impact - reflect on what you learned.



Tip: Use sentence starters to help you

"This has taught me"

"From this I have learned"





Continued Professional Development (CPD)

Focus on Theory: Jean Piaget 1896 - 1980

Piaget's developed the belief that children go through stages of development and suggested that there are 4 stages of development.

Sensory Motor Stage (0 - 2 years)

- Learning through senses and movement
- Exploring the world by touching, sucking, grabbing and looking
- Developing object permanence

Preoperational Stage (2 - 7 years)

- Using language and imagination
- Engaging in pretend play
- Difficulty in seeing things from others viewpoint

Concrete Operational Stage (7 - 11 years)

- Start to think logically
- Understand concepts such as size, weight and number
- Formal Operational Stage (12+ years)
- Talk about abstract ideas
- Plan ahead and solve problems
- Auto education

Children learn and develop through exploration and discovery. Through the characteristics of effective learning, we promote active learning, encouraging and supporting hands-on learning.

Piaget's influence on the EYFS

Piaget's theory recognised that children learn through stages and at different rates. Within the EYFS we use the Development Matters Guidance to support us with recognising how to support children at different stages, not just their age. He believed that children learn best through play, being active and exploring. These are key aspects within the EYFS with play being seen as essential for learning and children learning and developing through the characteristics of effective learning.

Take a look at this video to find out more

https://www.youtube.com/watch?v=IhcgYgx7aAA&t=407s





Celebratory Days!

14th August Pakistan Independence Day

https://www.twinkl.co.uk/event/pakistan-independence-day-3-2025

15th August Indian Independence Day

https://www.twinkl.co.uk/event/indian-independence-day-2025

15th August VJ Day

https://www.twinkl.co.uk/event/vj-day-2021-2025

24th - 25th August Notting Hill Carnival

Awareness Days!

1st - 6th August World Breast Feeding Week

https://www.who.int/campaigns/world-breastfeeding-week/2025

6th August National Play Day

https://www.playday.org.uk/about-playday/

14th August Financial Awareness Day

31st August Overdose Awareness Day

Animal Awareness Days!

8th August International Cat Day
10th August World Lion Day
12th August World Elephant Day UK
14th August World Lizard Day
16th August World Honeybee Day
26th August International Dog Day

Summer Bank Holidays

4th August (Scotland)

25th August (England, Wales, Northen Ireland)



Health and Wellbeing

Measles

According to Gov.uk, there have been 529 confirmed cases of Measles in the UK. With the rise in cases, it is important to be aware of the signs and indicators.

The first signs and indicators of measles include:

Cold-like symptoms, high temperature, runny nose, cough and sore eyes. Small white spots may appear in the mouth.



A few days later the rash starts to appear, on the face, behind the ears and then to the rest of the body. To find out more, visit https://www.nhs.uk/conditions/measles/

To find out more about MMR vaccine visit https://www.nhs.uk/vaccinations/mmr-vaccine/

Useful contacts...

Mind- Support with mental health 03001021234

Food Bank locations -

https://www.trussell.org.uk/ emergency-food/find-a-foodbank

Samaritans - Call 116 123 or email jo@samaritans.org

NHS 111 - Call 111 or visit NHS.uk/mental-health

CALM - Men's mental health support Call 0800 585 858

Police - call 999 in the event of an emergency or 101in a non-emergency situation

Papyrus - Suicide prevention line call 0800 068 4141 or text 88247

Refuge - Domestic violence support for Women call 0808 2000 247

Respect - Men's advice line for those experiencing domestic abuse. Call 0808 801 0327

Local Mental Health support by postcode https://hubofhope.co.uk/



Learning with us, you can get your hands on a TOTUM card!

NUS Apprentice Extra is now TOTUM
Apprentice! The only discount card
for apprentices in the UK, TOTUM
Apprentice has loads of new benefits
with hundreds of new discounts, brand
new app, new and improved website,
PASS proof of age ID (available on
renewal) and FREE taste card & Coffee
Club!

Find out more here https://totum.com/campaigns/apprentice-extra-is-now-totum-apprentice



Strut Safe is a volunteer -operate a nonjudgmental support line who you can contact if you are going home alone until you are safe. The organisation offers a safe space for individuals, and their overall goal is to make sure people get home safely. You can call strut safe if you are worried about making a journey alone, and the call handler is there to keep you company from travelling from one point to another. Calls to Sturt Safe are almost always free if you have inclusive minutes within your phone package. Calls to 03 numbers are charged at normal calls rates depending on your mobile provider. Take a look at the information for contact details and opening times of Sturt Safe here https:// strutsafe.org/

Safeguarding

What's happening in your area?

Scotland

Pastor jailed for 'removing demons' sex attacks

<u>Click here to read more</u>



Yorkshire and the Humber

Social media predator sentenced to 20 years behind bars

Click here to read more

North East

Malnourished girl 'known to social services'

<u>Click here to read more</u>

North West

Burnley paedophile jailed for 11 years and three months

Click here to read more

East Midlands

Award-winning children and young people's service relaunched to reach seldom-heard communities

Click here to read more



New ninja sword legislation and surrender scheme in memory of Ronan Kanda

Click here to read more

East of England

Three arrests after boy hit by car and attacked

Click here to read more

South West

Teacher accused of child sex offences granted bail

Click here to read more

South East

Appeal following indecent exposure near Tunbridge Wells

Click here to read more

London

Child grooming in London at 'catastrophic' levels

<u>Click here to read more</u>



Have you ever wondered what next?



Safeguarding is everyone's business, and your role is important to help ensure the safety, wellbeing and protection of children and others.

The Designated Safeguarding Lead (DSL) takes the lead responsibility for safeguarding within an Early Years Settings, and it is a statutory requirement that every Early Years Setting has a DSL in place. The DSL must have specific training to allow them to take on the role.

The DSLs role is to:

- Recognise the signs of abuse and neglect
- Take action to protect children
- Keep accurate records
- Work in partnership with parents
- Make referrals to and work in partnership with other agencies and attend relevant multiagency meetings
- Support staff in recognising signs of abuse and neglect
- Ensure that safeguarding, child protection and staff allegation policies and procedures are adhered to

 Ensure staff are trained in safeguarding and child protection and keep themselves and staff up to date with changes to legislation, guidelines and trends.

If you are interested in finding out more about this role, speak with your settings DSL or you will find further information in the article here https://www.nurseryworld.co.uk/content/features/safeguarding-part-4-role-of-the-dsl-taking-the-lead/

Thinking of a different career path?

Children's Social Workers provide assessments, intervention and support to ensure the safety and wellbeing of children and families, ensure that children's long-term development is supported and children are protected from harm or abuse. They work in partnership with nurseries, schools, health professionals, police and other agencies.

There are different routes you could consider when choosing to become a Children's Social Worker:

- University
- Apprenticeship
- Other routes such as

Graduate training schemes

Developing skills and experience within Social Worker Assistant Roles or Family Support Roles.

Transferable skills

You are already developing transferable skills to support your career progression! Children's Social Workers need to be able to:

- Effectively communicate with others
- Work as part of a team and as part of a multiagency approach
- Have empathy and show emotional intelligence
- Work within professional boundaries
- Understand safeguarding and child protection matters

To find out more visit https://
nationalcareers.service.gov.uk/jobprofiles/social-worker

Careers Avice and Guidance

Considering further learning or a change of career direction? The UCAS website has lots of helpful tools and advice to help you explore careers, understand apprenticeships and find out about the qualifications and skills needed for a range of different career paths https://www.ucas.com/careers-advice

This month we have heard from an apprentice who has recently passed EPA.

Here's what they said...



"I have been working at Busy Bees Leamington Spa since 2010. I am mum of three children and looking after my dad. I completed my level 2 qualification years ago. I decided to have qualifications in level 3. It was good and a very hard learning experience for me, because English is my additional language. I passed all three of my English exams first time. I gained lots of knowledge and built confidence. It wasn't easy but I did it, because of my manager, my assessor and my work colleagues. They helped me a lot and motivated me every second, when was feeling worried and I thought that I couldn't do it. I know it is hard when you have got family, go to work and do level 3 work in your own time, but it is worth it. I passed my discussion second time, and I got stuck in the multiple-choice questions. Finally, I passed my level 3 qualifications. And I am proud of myself.

My children supported me during my learning experience. I would like to say special thanks to Teresa Clarke, Gayle and Mark Hudson who helped and support me with training. Please believe in yourself and never give up." We would love to hear your ideas and suggestion of content you would like to be included in our future editions. Please scan the QR code to share your thoughts and ideas:



