Summer Holiday Activity Timetable

July 22nd - August 16th 2019
Welcome to Hitherfield Children’s Centre

Dear Mums, Dads and Carers

Welcome to Summer at Hitherfield Children’s Centre! This leaflet provides information about our programme of activities for you and your family between Monday 22nd July – Friday 16th August.

All children 8 years and under with their parents are welcome during the holiday period. In order to promote safety and appropriate levels of supervision of all the children at all times and a positive experience for all, please note the ratio is up to 3 children per adult, except on trips when the ratio is no more than 1 adult per 2 children.

Please take care to read the details with regard to the timing and location of activities. Unless otherwise specified our sessions will be held at either the main site at Hitherfield Road or at Hillside Gardens as follows:

- Mondays & Tuesdays - Hillside Gardens
- Wednesdays - Off site trip
- Thursdays & Fridays - Hitherfield Road

Do look out for information on our Great Days Out on Wednesdays. Please try to sign up early, as appropriate, to avoid disappointment.

Each week will have a theme as described overleaf. We will be using familiar books, stories and rhymes as a base to support a wide range of great activities. There will also be lots of alternative activities for you and your child to take part in together, either in or outdoors.

Whether you are keen on staying nearby or striking out and taking a trip further afield this summer, we hope you will still be able to spend some time with us.

We look forward to spending a great summer with you all!

What’s On?

As well as a great timetable of activities you will still be able to access all the advice, information and family support that you need. Please call or drop in at the office for more information.

Baby Group - Fridays 9.30am - 11.30am
26th July, 2nd, 9th & 16th August
• Fun and learning for all babies aged 0 to 12 months.

Milk Spot - Wednesdays 09.30am - 3.30pm (by appointment only)
24th & 31st July, 7th & 14th August
• Experienced and caring midwives provide sensitive advice and support to promote a successful and happy breastfeeding experience for you and your baby.

Baby Weaning - Wednesdays 12.30 - 2.30pm 3rd July, 7th August,
• Sessions for information and support to help you with your baby’s transition from milk to solid foods.

On Thursdays we will also be using the space in the School Field and Trim Trail to ensure maximum learning and enjoyment for everyone! This will be especially beneficial in terms of familiarising your child with the environment if he/she is due to start Nursery at Hitherfield Primary School in September, so do come and join us!

Contributions: Unless otherwise stated, a contribution of 50p per child per session would be very much appreciated. This goes towards the cost of the things we use during the sessions. Parents and carers are also invited to bring a piece of fruit, which we prepare for all the children to share together with a choice of milk or water at the end of each session.

*Things to Remember: Please make sure that you and your child are suitably dressed for the weather conditions and that they are able to take part in the activities. You may wish to bring a change of clothing as some activities can be messy!
Week One

Monday 22nd - Friday 26th July

Busy Builders

This week we are Busy Builders. As we play together we will learn about how different materials such as wood, card, paper and metal work in different ways and how we can fit them together and decorate them to make something new.

Activities like this provide wonderful and fun opportunities for learning and for the development of important work and life skills including:

- Creativity and imagination.
- Problem solving and creative thinking
- Partnership working
- Perseverance, motivation, ability to overcome disappointment
- Independence and ownership; the right to evaluate, rethink and make changes
- Practice in the use of a range of real life tools and resources.

We will also have some great stories, songs, rhymes and games each day to complete the theme.

Week 1. Busy Builders

Monday 22nd July 9.30am - 12.00pm (Hillside)

Someone Bigger - Have a go at making a kite just like Sam’s in this wonderful story. Will you be able to control your kite like Sam, and make sure you stay firmly on the ground?

Tuesday 23rd July 9.30am - 12.00pm (Hillside)

The Three Little Pigs - Use different materials to design and build a house just like the pigs. Will your house be strong enough to keep the Big Bad Wolf out?

Wednesday 24th July 9.30am - 4.00pm

Great Day Out

PRINCESS OF WALES MEMORIAL PLAYGROUND, KENSINGTON GARDENS

Please see separate flyer for more information.

Thursday 25th July 9.30am - 12.00pm (Hitherfield)

Fun on the Trim Trail - Physical activities and games on the Trim Trail at Hitherfield School.

Friday 26th July

- Baby Group 9.30am - 11.30am (Hitherfield)
- Parents and Children Together 9.30am - 11.30am (Hillside)
Week Two
Monday 29th July - Friday 2nd August

Sand, Water and Messy Play

This week we are going to be working with sand, water and other materials including paint and soil to understand how they work. We will also be doing some work with food.

Messy Play encourages children’s natural curiosity and provides fun opportunities to explore and compare different materials using all the senses.

Messy play provides all children with significant learning in maths and science, the opportunity to learn new words and a positive approach to new things.

Activities like this provide wonderful and fun opportunities for learning and for the development of important work and life skills including:

- Creativity and imagination
- Problem solving and creative thinking
- Partnership working
- Perseverance, motivation and the ability to overcome disappointment
- Independence and ownership; the right to evaluate, rethink and make changes
- Practice in the use of a range of real life tools and resources.

We will also have some great stories, songs, rhymes and games each day to complete the theme.

WEEK 2. SAND, WATER AND MESSY PLAY

Monday 29th July 9.30am - 12.00pm (Hillside)
Making Mud Pies - lots of water, fresh soil, leaves and twigs; mixing it all to the perfect consistency. What could be better?

Fun With Playdough - follow the simple recipe to make your own playdough.

Tuesday 30th July 9.30am - 12.00pm (Hillside)
Cooking - mixing and kneading is always great fun. Could there be something really delicious to eat at the end?
Splashing in Puddles - Don’t worry if it doesn’t rain, we can always make plenty of our own! Don’t forget wellingtons or strong shoes.

Wednesday 31st July 9.30am - 6.00pm
GREAT DAY OUT - COACH TRIP TO SOUTH-END BEACH
Please see separate flyer for more information.

Thursday 1st August 9.30am - 12.00pm (Hitherfield)
Fun on the Trim Trail - Physical activities and games on the Trim Trail at Hitherfield School.

Friday 2nd August (Hitherfield)
- Baby Group 9.30am - 11.30am (Hitherfield)
- Parents and Children Together 9.30am - 11.30am (Hillside)
Week Three
Monday 5th August - Friday 9th August

Round and Round The Garden
Most children enjoy being outdoors and love digging in the soil, getting dirty, creating things and watching plants grow.

Gardening offers great opportunities for personal development and for learning new things first hand such as:

- Why plants need water to grow and which plants are weeds and why they have to be removed.
- How plants grow and change over a period of time to produce some of the fruit, vegetables and flowers we enjoy.
- The effects that animals, insects and the weather can have on plants and the growing environment.

Through taking part in shared activities together children also develop socially and emotionally. They will learn to cooperate with each other and follow simple instructions to successfully achieve goals. Children develop an increased sense of responsibility, self-confidence, diligence and achievement from caring for plants and the environment. Children will enjoy appreciating different shades of colour, shapes, smells, tastes and textures in the plants they will see.

Being busy in the garden is a great way to stay fit and healthy while having fun and being productive.

We will also have some great stories, songs, rhymes and games each day to complete the theme.

Week 3. Round & Round The Garden

Monday 5th August 9.30am - 12.00pm (Hillside)
Tuesday 6th August 9.30am - 12.00pm (Hillside)
Thursday 8th August 9.30am - 12.00pm (Hitherfield)

This week, weather permitting, we are going to be focusing on activities with a gardening theme. The children will enjoy learning about the garden, what grows there, which animals and insects live there and the essential things needed to sustain those things. The children will develop independence and confidence in social, emotional and physical skills as they spend time in the garden tending plants and growing fruit, vegetables and flowers.

Unless otherwise specified our gardening activities will be at Hillside Gardens. Here are some of the things we will do:

- Weeding and watering
- Recording changes as the plants grow.
- Gathering and tasting the fruit and vegetables we have grown.
- Planting seeds to grow at home
- Understanding the garden environment

Wednesday 7th August 9.30am - 4.30pm
GREAT DAY OUT - GARSONS FARM

Please see separate flyer for more information.

Friday 9th August
- Baby Group 9.30am - 11.30am (Hitherfield)
- Parents and Children Together 9.30am - 11.30am (Hillside)
Week Four
Monday 12th August - Friday 16th August

Active Tots

This week we are going to be having great fun taking part in physical activities and games. There will be age appropriate individual challenges and team games for children, parents or carers.

Different kinds of physical play is very important for all children (and grown ups too!) and supports the following areas of development:

Physical Development - Apart from staying physically fit and healthy, children also learn to develop hand and eye coordination, accuracy and agility. Physical activity helps to stimulate healthy appetites and supports good rest and sleeping routines.

Social and Emotional Development - Children will learn important life skills such as build relationships, taking turns, lead or initiate activities. They will learn to appreciate their responsibility of being a good friend and promote mutual enjoyment.

The role of trusted adults is essential to provide positive guidance, support and interaction from trusted adults who can instil the importance of listening to instructions, understanding rules and the importance of cooperation.

Praise from a parent or carer will boost a child’s confidence and independence, so we hope you will be able to join in the fun!

Week 4. Active Tots

Monday 12th August 9.30am - 12.00pm (Hillside)

Ball Skills
- Catching, throwing, rolling, football games.
- Hit and Run! Bat and ball games.

Tuesday 13th August 9.30am - 12.00pm (Hillside)

Wheels, Wheels, Wheels!
- Working with trikes, bikes, scooters and trolleys to steer, turn, push and pedal. Bring your own wheels and we could ride around the park!
- Make a pit stop for some light refreshments and off you go again! Pimp your ride with ribbons, stickers and streamers.

Wednesday 14th August 10.00am - 2.00pm (Hitherfield)

Mini Olympics
- Sporty fun and games for mums, dads, children and carers. Run the obstacle course and see if you can beat your personal best time!
- Parent and child relay races and tug of war.

Thursday 15th August 9.30am - 12.00pm (Hitherfield)

Fun on the Trim Trail
- Physical activities and games on the Trim Trail at Hitherfield School.

Friday 16th August
- Baby Group 9.30am - 11.30am (Hitherfield)
- Parents and Children Together 9.30am - 11.30am (Hillside)

Hitherfield Children’s Centre will close from Friday 16th August for the Summer Holidays and will reopen again on Wednesday 4th September.
One of the main ways in which we meet and engage with families is through the provision of a wide range of play activities and opportunities that are appropriate for all children aged between 0-5 years. We believe that play is an essential way in which children learn and develop. Therefore facilitating play opportunities and positive experiences for children and supporting families to understand its significance is fundamental to our work.

Through play children can learn to manage their own emotions and develop an increased awareness of the needs of others. Children learn to be creative, discover new things about themselves, their peers and their environment; all the time growing greater in independence and confidence, knowledge and understanding about their own identities and the diverse community in which they live.

Through play children develop skills in concentration, co-operation and problem solving. Positive play opportunities create a platform for children to express themselves freely. Play also helps to encourage the development of rich imagination and the opportunity to learn and practice using new words in context, therefore building their vocabulary, enabling them to articulate their thoughts, feelings and ideas.

We provide opportunities for play to take place safely indoors and outdoors, as this is where children are able to freely explore, experiment and discover different environments during different seasons and in different ways. Outdoor active play particularly supports the development of physical strength, agility and wellbeing.

For most children play is natural and uninhibited, but each play experience can also be enhanced with guidance, support and interaction from trusted adults. Our timetable reflects our commitment to empowering parents to support and enhance their children’s growth and development. We have a variety of activities which will offer your child the opportunity to practice existing skills, try new things and learn in a range of different ways.

We ask that during our stay and play sessions all adults are focused on their children, ready to provide the necessary support and encouragement they need to ensure that their play is a positive and satisfying experience for everyone. Therefore the use of mobile phones, cameras and other devices that might be a distraction are not permitted during our sessions. Please supervise your children at all times to ensure that they are safe while they are learning and having fun.

Taking part in activities with other children on a regular basis will create positive memories, help your child to make new friends and develop the necessary social, emotional and communication skills in preparation for nursery school and beyond.
Children’s Centre Diary Dates.

Hitherfield Children’s Centre will be closed from Monday 19th August until Friday 30th August.

We will reopen on Wednesday 4th September at Hillside Gardens with a Parents and Children Together Stay and Play session from 9.30am - 12.00pm, where you will be able to pick up a copy of our new programme of services and activities from September to December.

We wish all our families a safe, happy and restful summer break.
We look forward to seeing you all again in the new term.

How to Find Us

Buses: 50, 57, 109, 118, 133, 159, 201, 250, 333, to Streatham Hill Station or Nos. 2, 68, 196, 201, 322, 415, 432, 468, 690, to Tulse Hill Station. P13 to Hillside Road.