

Wishing you and your families  
a happy and fun filled summer.

**Mairead**

A warm welcome to our Summer edition of All Aboard. This edition has transition in the air! We have supported our children in DP2-3 yr. olds grow and develop all year and now is their time to start their pre-school journey. We wish them well as they embrace their new pre-school adventures in September. As children and parents, we are also transitioning back to some normality and we have loved welcoming you back to face to face services in CVSS. We have lots to reflect on in this edition, have a look at our Curious Climbers and the fun we had den building as part of our Forest School accreditation. Embrace the wonder of the Magic Cupboard and see how the children were at one with nature in our Woodland Wonders. There was also lots to keep us active with our Fitness Fun and Disco Kidz. Infant Mental Health week was also celebrated by ensuring we have no 'baby blindspot' as we in CVSS recognise the importance of supporting the emotional health and wellbeing of our babies right from the start. We also invite you to continue learning and try out our Makaton sign of the month "to

drink". Before I finish there is one final transition and that is me. I am temporarily leaving my post in CVSS to undertake a new opportunity for 18 months. They say friends are the family you get to choose and what a great family I have had in the staff team over the past 9 years. In this time of change the amazing CVSS team will continue to offer the high-quality programmes, services and support to the children and families of Clogher Valley. Finally, a huge "thank you" to you our children and parents, for your engagement in services, feedback and interest in all that we do in CVSS. It is the families and staff in Clogher Valley Surestart that make this such an enjoyable and rewarding job to be in. I will let Winnie the Pooh have the final words: "How lucky I am to have something that makes saying goodbye so hard".

**The new school garden**



Pausic, one of our CVSS Dads spoke to Ita on Men's Health issues to promote Men's Health Week. You can watch it on our FB page . Thank you Pausic for taking the time to speak about this important topic.



**Notices**

**Your Rubbish is our treasure**  
As you know at Clogher Valley Surestart we love to recycle and create wonderful projects and pieces of art from recyclable goods. We would like to ask you to please keep us in mind if you have recyclable materials we could benefit from: these can range from Electrician/plumber reels, pipe off cuts, bends, bendy wire, twine, bailing string, pallets, tyres, bike wheels, wood off cuts, Perspex off cuts, card boxes, etc.

24 HOUR  
**Domestic & Sexual Violence Helpline**  
**0808 802 1414**  
Open to all women and men affected by domestic & sexual violence  
Support to 07797 802 839 • 24hrsupport@dhulphnrc.org

**Support Together**  
Support for people living with long term health conditions

ParentingNI  
**Positive Parenting Top Tip**

**#14** Be patient with your children and give them a chance to complete tasks the right way.

**Infant Mental health week**  
**7-13th June 2021**  
**CVSS ensure there is no 'baby blind spot' in the services we provide**  
**Offering Practical and Emotional support**  
**Please contact us:**  
**02885549898 or**  
**Facebook messenger**

**COVID-19: HELP SAVE LIVES**  
WASH YOUR HANDS  
KEEP YOUR DISTANCE  
WEAR A FACE COVERING  
DOWNLOAD Stop COVID NI

**Lifeline**  
0808 808 8000

**July message of the month**



**Crawlers to walkers**  
**Babblers to talkers;**  
**Talking is as important as walking**

Walking is actually a really important skill for your baby's language learning. Walking babies can pick up things that interest them and carry them over to you. This might encourage you to talk to them more, using new words and sentences. When your baby does start to walk or toddle, let them explore their new world and show you what they're interested in and don't forget to talk to them about everything they discover!  
(Source: BBC Tiny Happy People).  
If you would like to find out more, visit: <https://www.bbc.co.uk/tiny-happy-people/science-and-facts>

**Farewell to Mairead**



On the 1st of May 2012, Mairead McMullen became the next CVSS Project Manager. After 9 years of being part of the CVSS Team and leading the way to helping families in the Clogher Valley, Mairead is taking a secondment and will be leaving CVSS to take up a new role as the Western Trust Child Care Partnership Manager.

Mairead will be missed by the whole team and our CVSS families and we wish her all the best in her new venture.

## Curious Climbers (Walking to 2yrs, 4-week programme)

At this stage children need lots of time and space to practice their physical skills as well as lots of support and encouragement as their coordination and balance is just emerging!!



## Resetting and Transitioning from virtual to Face to Face

Take a few minutes to pause, think and reflect. You as parents have had your world turned inside out during 2020. Now is the time to embrace the relaxation of restrictions and start re-connecting with family, friends and of course CVSS Services. The virtual reality which became part of our normal life during the past year allowed us to continue to be part of work, school and our community. Indeed, it was how we stayed connected to you our CVSS families. Now however we have entered into the realm of virtual fatigue and we crave face to face contact.

The past year has been challenging and for many this has had an impact on our emotional health and well-being. In June we celebrate Infant Mental Health Week and if we think about our babies born during Covid 19 and how their reality has been so very different in terms of interaction and their everyday experiences. Do not worry however as babies are resilient and do bounce back and we in CVSS are here to support you every step of the way.

This is a time of transition for all of us and as we adapt to new routines and get back to some normality, take this at your own pace and we as a service will walk with you and provide any support you require.



## Two's Forest School

This Month the Two's Company Staff and children had the opportunity to work alongside Brian Poots from the Northern Ireland Forest School Association (NIFSA) who was showing us how to implement forest school learning within our setting at Clogher.

The children experienced, den building, outdoor crafts and had snack around a camp fire, by incorporating these innovative approaches to learning the children were encouraged to develop their curiosity

and motivation to learn, giving them the freedom to undertake an element of risk, learn about keeping safe and most importantly **HAVING FUN OUTDOORS!**

## Forest School Den Building with Brian

Brian is showing the children the equipment needed to make a Den before going to collect their own resource. The children had to work as a team to problem solve, design and build the den's together. The children relaxing and enjoying time in the Den's with each other.



## Magic Cupboard (2-4yrs, a 6-week programme)

Open up your imagination and let the wonder of the "magic cupboard" take your child on an exciting journey and a rainbow of senses through play!!



## Woodland Wonders (All ages)

A 4 week programme, using the wonderful woodlands, awakening senses, tuning into the outdoor wonders through the lens of our children. Creating collages, documenting together, realistic awareness of the world around us. Artistic inspiration through nature, outdoor time for all the family to enjoy!!



## Makaton

CVSS Makaton sign of the month for July is 'to drink'



Makaton is a language programme using signs, symbols and speech to encourage communication skills. To find out more visit [www.makaton.org](http://www.makaton.org)

Check our Facebook to learn a new sign each month with Patricia

CVSS parents have just completed a six week online Makaton signing for babies programme.



Over the summer period we have a busy schedule of activities for ages birth-4yrs and for parents so make sure you check out our D4D. Some things to look out for are:

- Summer Activities
- Baby Massage
- Baby Reflexology
- Little Green Fingers
- FunDaDmentals



In the words of Louisa May Alcott "don't be afraid of the storms, as this is how we learn to sail our ships". If you need any advice or support please contact the CVSS team on 85549898 or PM on our FB page or via the website.