

Y Bont

Issue 78
ISSN 1464-4282

Clybiau
Plant
Cymru



KIDS' CLUBS

www.clybiauplantcymru.org

Summer 2021



Here comes the sun!

In this issue...

- * Regional News
- * Tesco Bags of Help
- * Street Games

...and more

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Dear Out of School Childcare Club Member...



opportunities, and a look forward to what we can do to support play opportunities in the months to come.

We have written to each new Member of the Senedd to ensure there is an appreciation of the essential part the Out of School Childcare sector plays in the Welsh economy and in supporting the health and wellbeing of children. We will continue to represent the sector strategically and working closely with the Senedd in its new term.

In the spring we proudly launched our **new Vision, Mission & Strategic Goals** to support the Out of School Childcare Sector to survive, revive and go on to thrive over the next 3 years.

Our vision is a Wales where children play, and communities prosper.

Our mission is to be the voice of Out of School Childcare Clubs in Wales, supporting children's right to play and quality childcare that is sustainable, affordable and meets the needs of children, their families and communities.

We will through the following values and behaviour **champion** and **protect** the sector, **collaborating** with partners and delivering **knowledgeable communications**. Our strategy is executed through embracing and living the values, goals and ways of working set out in the Wellbeing of Future Generations (Wales) Act 2015, through enabling the sector to deliver a **healthier**, more **prosperous** Wales, a more equal one that has a **vibrant culture**, a sector supporting **cohesive communities**.

To read more visit our website, <http://bit.ly/CPCCK-Strategy-2021>

I hope that by now you have taken up the Free membership opportunity and signed up as a member of Clybiau Plant Cymru Kids' Clubs. We were delighted with the results of our satisfaction survey this year, and are delighted to be continuing to support you this year.

If you have not yet taken advantage of our FREE membership for 2021-22 (for Out of School Childcare Clubs), head to the website www.clybiauplantcymru.org/members.asp to join / renew!

Welcome to our summer edition of Y Bont packed full of ideas for a **Summer of Play**, this edition focuses on the importance of play for children, a reflection on the year gone by and its lost play

See what other Clubs have said on the next page.

Weekly E-Shot

How are you finding our weekly e-shot? We felt like we were sending our members so many emails, that they might not be hitting the mark, so we have tried our best this last quarter to cut down on the number we send.

Instead, we are sending out a weekly roundup email on a Monday, and any additional updates are going out by our Facebook page www.facebook.com/clybiau and on our news page on the website, <https://www.clybiauplantcymru.org/news.asp>

Anything important in between times will be sent out as a separate email, but we hope that this way is better for you! Got any feedback? Email info@clybiauplantcymru.org and we will do our very best to respond to what our members want!

We need your help! Nominations for our next Board of Trustees are now being accepted. You should soon receive information by email (if you haven't already) about joining our Board of Trustees.

At a time when we are looking back the last 18 months and planning for revival over the next period, we need a team of dedicated supporters to help push the organisation forward and continue to support the sector.

Your involvement would be a minimum of 4 meetings annually over 3 years, and outside of that, you can be as involved as you want and are able. But it is very important that we have representation of the views, desires and issues facing the Out of School sector from across Wales in order to continue to fight your corner, as we have done for the last 20 years, but never more so than over the last 12 months.

If you are willing and able to be involved, please contact us 029 2074 1000 or membership@clybiauplantcymru.org

The theme for Playday 2021 on Wednesday 4th August is **"Summer of Play"**. We plan to fully embrace the idea and promote street games, getting children out playing and exploring new games and old. We hope that you will join us and provide activities in your community, support the opportunity for not only children but whole communities to get out there and share their play, enjoy that contact that has been lost over the last 16 months. Keep an eye out on our weekly emails and social media for more information.

Enjoy your summer!

Jane O'Toole,
Chief Executive Officer



Growth data

- 162% Growth in Clubs since 2001 (589 -1543)
- 3.38% Decrease in Clubs 2020-21 (1597 -1543)
- 112 Clubs closed (71 settings) 3,048 places
- 100 Clubs lost (72 settings), 3,719 places

Language

- 73% of Clubs are English (2020: 70%)
- 16% of Clubs are Welsh (2020: 16%)
- 11% of Clubs are Bilingual (2020: 14%)

Governance

- 307 Voluntary Managed Settings (2020: 340) (7% down yoy)
- 90 Lleoliad a Redir gan Ysgol (2020: 96)
- 421 Private Settings (2020: 416)
- 31 'Other' Settings (2020: 31)



Training

- 3,142 attendances at training, mentoring, workshops (2019-20: 5,295)
- Over 91,000 attendances at 22,300 sessions since 2003

All about us!

It's been a strange and uncertain time but, together Clybiau Plant Cymru Kids' Clubs and you, our member clubs, have still managed to have a successful time! Here, and on the next few pages, we share with you some fascinating information and data about what we have achieved together!

Evaluation

- Content: 4.6/5
- Pace: 4.8/5
- Training: 4.3/5
- Trainer: 4.6/5
- 88% will implement what they have learned
- 91% would recommend our training



"Well done for adapting your training courses & webinars by going on-line. Thank you for all your support by email and zoom meetings during this crisis."

- Learner



Fees

- Average Breakfast Club Fees= £4.41 (2019-20: £4.03)
- Average After School Club Fees= £8.09 (2019-20: £8.02)
- Average Holiday Club Fees= £23.23 (2019-20: £23.65)

"Very approachable, entertaining and understandable teachers. Thank you. :)" - Learner

Achieved this Year

- 1,542 Clubs Supported; 849 Settings (2019: 1,597 Clubs, 889 Settings)
- 45,505 Childcare Places Supported (2019: 44,429)
- 31 Clubs Opened; 19 Settings (2019: 34 Clubs, 23 Settings)
- 1,036 New Childcare Places (2019: 847)
- 9 New Enquiries; potential 158 Childcare Places (2019: 23 Clubs, 416 Places)
- 212 [55] Clubs closed/lost (144 [39] Settings) 6,767 [1.649] places
- 17 Clubs working towards registration (2019: 23)
- 17 Clubs achieved registration (2019: 18)
- 6 Clubs achieved CIO Status
- 49% of Clubs are in Membership (2020: 46%)
- £293,438.14 brought in for Clubs



2020-21 Membership Satisfaction Survey

110

Member Settings responded (82 last year)



26% response rate



Accessed services in a different way this year, including at online webinars, by increased use of email support, video-calls with staff and increased use of the website and resources.

69%

were members for 5 years + (72% last year)

98%

had access to relevant information and resources through the website, newsletter and email.

(95% last year)



100%

Have taken up, or intend to take up the free membership offer for 2021-22.

94%

(82% last year)

Say membership to Clybiau Plant Cymru Kids' Clubs is value for money, and would recommend to others

94%

have been given appropriate advice to set up and/or run the childcare business legally.

(76% last year)

100%

Satisfied with service :)

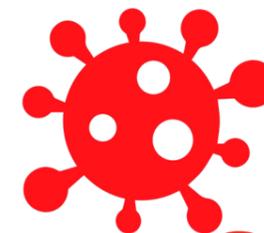
(79% last year)



99%

Say staff have been polite, professional and have responded to requests in a timely manner.

(94% last year)



97%

Had their needs met by Clybiau Plant Cymru Kids' Clubs during the Covid-19 pandemic



85%

Say training offered has been quality, varied and accessible.

(76% last year)

In your words...

"Clybiau are always there for us and are very supportive no matter how minor the query and how ridiculous it might sound you give us the confidence and reassurance we need to run the club."

"We have had amazing service from Clybiau and would highly recommend your services. The addition that would help us is adding the L2App to your delivery as a lot of our staff are young and have a quick turn around 18months-3 years."

"Your team has kept in touch and made us feel part of the family through lockdowns. Much appreciated. Thank You."

"The past year the support from these guys has been phenomenal, they have kept me sane and supported my clubs through the most horrendous and worrying times."

"The forms and guidance notes policies and procedures etc in Stepping out have continued to provide a professional and understandable set of briefs. These have proved invaluable over the years and particularly now during Covid. Thank you/Diolch."

Lots of emails, links, info, training given remotely, you have made your presence known during the pandemic."

"Great increased phone calls, increased information keeping setting up to date, Great communication came through when it was much needed."

"I feel thoroughly supported by our Childcare Business Development Officer; she always makes time to help when she can and her help and advice has been second to none. I would thoroughly recommend you to anyone in the childcare business."

"We're a new club - we ran our first pilot in October 2020. Our Childcare Business Development Officer has been an amazing support for the club. She has given great advice, assisted us with many of the things we needed to do and has attended all our online club meetings outside of working hours. We are now CIW registered and will be running in Easter half terms. We wouldn't be as far forward with the club if we hadn't had her support."



West Wales

Registration Success for Childsplay

Clybiau Plant Cymru Kids' Clubs would like to congratulate Swansea multi-provider Childsplay on becoming CIW registered back in March with their new provision Childsplay St Davids. Business owner Sam and her team worked tirelessly throughout lockdown to prepare the setting for registration in order to open and offer full day care provision for children and their families in the area. Funding support from Swansea Council enabled the setting to continue to work towards CIW registration whilst temporarily closed due to Covid-19 and prepare the room ready for the children to attend. Developing new provision in the midst of a pandemic was not without its obstacles, but with perseverance and determination to support families and children, Sam and her team have been able to open the provision which will no doubt go from strength to strength over the coming months. Good luck to the Childsplay Team on these exciting times ahead!

Congratulations settings in Carmarthenshire

Congratulations to all the clubs in West Wales who have successfully become Charitable Incorporated Organisations (CIO) and Care Inspectorate Wales (CIW) registered this year. Clubs have been consistently reporting positive engagements with the CIW online and registration processes and we are so pleased, that with varying degrees of support, we have been able to support so many to become registered.

Please remember that once your CIW registration is confirmed, not only does it demonstrate quality to parents and funders but it also enables you to register for initiatives that improve affordability for parents such as The Childcare Offer and Tax-Free Childcare, increasing sustainability for your setting. It may also give you access to more funding. For more information on funding streams available in your area please do not hesitate to contact us.

All the settings we have supported this year have also benefitted from Clybiau Plant Cymru Kids' Clubs free membership and

we are delighted that this has enabled us to share even more of our fully editable, bilingual policies, procedures and forms for our settings as well as a huge range of other resources. Some of the support we have been able to offer our newly registering/registered Settings has included –

- Cash flow forecasting tutorials
- Staffing job descriptions for Playworkers/ Playleaders, and Escorts
- Covid Policies
- Collections/ drop off policies
- And much more!!

If your Club is in need of any updated bilingual policies now really is the time to get in touch. It is likely we will already have a fully bilingual and editable policy ready for you to download instantly for FREE. If we don't, the team will gladly help develop one with you so please contact your friendly West Wales Childcare Business Development Officers for further assistance at info-ww@clybiauplantcymru.org

Grow Your Own Feast West Wales

Hendrefoilan Wraparound based at Hendrefoilan Primary School in Swansea were the first of our 3 pilots to receive their first Grow Your Own Feast workshops.

"At Hendrefoilan Wraparound all the children enjoy being outside, so to have an area to plant their seeds would be fantastic. They would enjoy watering and watching their garden grow, also they would learn how to take care of our plants, best thing of all we all get to eat what we grow for our snacks. Most of our children really just like to get muddy, and also, if we had a garden this would encourage wild life into our area, which the children love to watch."

Mayals Wraparound and After School Club and Sunbeams After School Clubs are our other two pilot clubs for the project. All Clubs received a 'Foraging with Kids' book and resources to help their garden grow. Follow us on facebook, twitter and visit our website for lots of ideas on growing, and outdoor cooking, including ideas for a celebration of growing and of summer and nature with children.



Funding for Clubs in Swansea

Out of School Settings in Swansea have been benefitting from funding support over the last few months to overcome the challenges of the Covid-19 Pandemic through Swansea Council's 'Cwtch' funding. Aimed at CIW registered settings, grants applied for have enabled many settings to access financial support towards sustainability, outdoor equipment, sheds and storage, well-being projects such as yoga, cultural diversity projects, improvements to premises such as new heaters and garden planters. Over £96,000 was awarded to the Out of School Childcare Sector in Swansea last year, with further funding available to CIW registered settings again for 2021-2022 through Swansea Council's Children and Young People's Fund. Any Swansea CIW Registered Settings interested in applying please contact your Childcare Business Development Officer on 07966 792416.

Need to contact us?

You can contact the West Wales team by phone on 01269 831010, by email: info-ww@clybiauplantcymru.org by post: Unit 2 Clos Gelliwerdd, Cross Hands, Carmarthenshire. SA14 6RX.

Meet the Club!

Sketty Kids Club - Swansea

What Childcare services do you offer?

Sketty Kids Club provides a safe, friendly and fun club for children. There are different activities available like arts and crafts, games, outdoor games and group games. We continued to offer our After School Club during lockdown, providing care for key worker children.

When did you open?

Sketty Kids Club opened in 1997.

What is or has been the biggest challenge to date and how did you overcome this?

The last year has been our biggest challenge to date, particularly in relation to older children who have, at times, felt restricted and isolated due to not being able to mix with friends from different consistent groups whilst in our care. To overcome this, we spent lots of time outdoors and gave older children the responsibility to support the younger children with tasks such

as hand washing and sanitising and leading on group games. This gave them confidence and made them feel part of the club.

Staff were equipped with knowledge and information on how to best support children during the pandemic which was a strange and unpredictable time to work through.

What is the best thing about working in an Out of School Childcare Club?

Working with children in a childcare setting is a very rewarding job, particularly over the last year. It makes you feel like you are supporting the community, helping children with their mental health and making sure they have fun whilst in a safe environment. Safety is

paramount for all our children and staff. In order for the club to run smoothly it is imperative we work together as a team, particularly through difficult times. I could not achieve this without the staff and I am very grateful for all their hard work.

What do children most like to do when they are in club?

Children like the arts and crafts and playing with friends and siblings.

Without the support and funding, we have received we would not have been able to continue providing this essential childcare. I would like to say on behalf of the club THANK YOU!

Hendrefoilan Wraparound Celebrate their New Cabin

Children and Playworkers at Hendrefoilan Wraparound and Holiday Club in Swansea have been celebrating the arrival of their new cabin! After receiving funding from Swansea Council earlier this year, the Club set out to purchase the biggest cabin they could have, to create an extra special space for children

within the grounds of their Setting. Surrounded by trees and nature, the cabin gives the children the opportunity to move freely between indoors and outdoors; enhancing their love for gardening and being outdoors with a little bit shelter from the Welsh weather! Bev Burgess, Business owner of the Setting worked tirelessly

to achieve this extra space for the children and funding support from Swansea Council enabled her to finally achieve her goal. Bev and the children have big plans to surround the cabin with flowers and vegetables and will be working with Clybiau Plant Cymru Kids' Clubs as winners of our Tesco Centenary Grow Your Own Feast competition.





North Wales

Conwy Safeguarding Training

Out of School Childcare Clubs in Conwy – you are invited!

In October and November 2021, we will be holding two All Wales Basic Safeguarding courses across 3 evenings.

The course has been designed to convey key values and principles in the safeguarding of individuals and to provide those who provide care or support with the basic foundation knowledge.

If you would like to secure your space, head over to the training section of our website, <https://www.clybiauplantcymru.org> or contact your Childcare Business Development Officer in the office on 01492 536318 or info-nw@clybiauplantcymru.org

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Need to contact us?

You can contact the North Wales team by phone on 01492 536318, by email: info-nw@clybiauplantcymru.org by post: 19, Princes Drive, Colwyn Bay LL29 8HT

Congratulations to the proud Grandparents!

Many congratulations to the proud Grandparents at Big Ben's Adventure Club, Tiny Tots Day Nursery on the birth of their baby guinea pigs, what a wonderful surprise! Speedy, one of the guinea pigs at Big Ben's Adventure Club of Tiny Tots Day Nursery was taken to the vet as 'he' was feeling unwell with 'trapped wind', but what a surprise when they found out that Speedy was in fact a young lady who was expecting little guinea pigs. Pictured is Speedy, the wonderful Mummy and her babies.



Deganwy Out of School Club's Garden



Deganwy Out of School Club, Conwy have been busy developing their outdoor area. The outdoor area to the rear of their building was re-surfaced last year with Rubber Mulch as it had started to become a trip hazard due to wear and tear.

To the side of the building there is a large area that was fenced off from the children and had waist high grass. Janet Smith (Club Manager), Nicky Roberts (Company Secretary) and a few volunteers have worked hard alongside Blooming Marvellous to design the new area with landscaped sandpits, raised flower beds, a story corner and sensory garden.

The club have made use of the area to develop both play spaces for the children, planting herbs and scented flowers to enhance the children's senses, a mirror on the wall, a colourful hopscotch on the floor,

wooden toadstools, windchimes and even a totem pole with different insects, all of which have further enhanced the area and encourage the children to take their reading books out to the garden to enjoy the quiet area. The use of colour in the garden is really effective and brightens the whole area.

The children have been busy painting bird and fairy houses which are displayed on the garden walls and have donated some of their old wellies to use as planters.

The garden area has been a huge hit with the children since the club re-opened after the Covid-19 pandemic as they have been spending majority of their time outside. The club are currently fundraising and looking for funding streams to support them to purchase more outdoor toys such as bikes and equipment to keep the children busy in the next warmer months.

Summerhouse Out of School Club, Rhyl

The Summerhouse Out of School Club in Rhyl, Denbighshire is registered with the Care Inspectorate Wales for 34 children. They have just had a new outdoor area with fabulous equipment. The children are thoroughly enjoying themselves learning and playing.

The Summerhouse garden is always so much fun, and there's lots of opportunities to enhance the children's learning and development and plenty of opportunities for fun activities. The children have really enjoyed working out how to connect the shapes, some have worked alone and others in a group to figure out how they connect and solve the problem.

The pictures show the children have a great time building with bricks, where they can learn all about shapes, texture, height and balance. They're also enjoying physical activities with the round hoops and playing in the mud kitchen. It's wonderful to see the children enjoying themselves linking and even wearing the shapes!

Thank you, Summerhouse Out of School Club for sharing the children's experiences with us.

If you would like your club to be in our Y Bont magazine then please contact your Childcare Business Development Officer.



Winning Tender

A huge congratulations to Meithrinfa Ffalabalam in Bangor Gwynedd on winning the tender to provide the full day care provision at Ysgol y Garneidd. Clwb Ffrindiau Ffalabalam will be offering Breakfast Club, Cylch Meithrin, Wrap Around Care, Afterschool Care and Holiday Provision in a purpose-built cabin on the school site. The cabin has been funded by Gwynedd's Large Capital Fund Scheme. The Club are in the process of being registered and look to be opened by the summer holidays.

Well done all involved and good luck for the future.





South East Wales

Cwtch Grant Success

In January Welsh Government provided funding to Local Authorities to support sustainability to the Childcare Sector who had been affected by the Covid-19 Pandemic. In South East Wales Childcare Business Development Officers worked directly with 18 Settings and offered advice to many more. Of those 18 Settings a combined total of around £125,000 has been awarded! This is such fantastic news and working with the sector during the pandemic we have seen how difficult it has been with some on the brink of closing. These grants have been a lifeline for most and will stand them in good stead to survive and thrive.

Clybiau Plant Cymru Kids' Club have offered webinars providing guidance on financial systems and funding applications. We hope this was useful to those Settings who attended. If you would like support with funding applications and the financial systems needed to evidence in grant applications, please contact your Regional Childcare Development Officer.

Chinese New Year Celebration at Zoopers

"Welcome to the Year of the Ox! 'Kung Hei Fat Choi' and 'Sun Leen Fai Lok' (Cantonese). Both of these phrases are used to greet each other during the new year period. It means good fortune to you and happy new year.

This year, it fell on Friday 12th February 2021. Chinese New Year or Spring Festival is the grandest event in the Chinese calendar which lasts for 15 days. It involves traditional blessings, family reunions, dancing lions and fireworks.

At Zoopers Breakfast and After School Club, we celebrated the Chinese New Year with the children, they had noodles (which symbolise longevity) and prawn crackers (which has the same sound as laughter and happiness). A Playworker brought in chopsticks to demonstrate how they are used. The children enthusiastically embraced the challenge and had great fun trying to eat the noodles with them. She also brought in a book explaining the twelve animals of the Chinese zodiac and helped the children to identify which zodiac animal year they were born into. At the end of the session, the manager, Viv handed out 'Lai See' (lucky red packets) containing chocolate money and a positive message for the children, wishing them good luck for the year ahead.

Playworker, Zoopers



Summer of Fun in Vale of Glamorgan

Vale of Glamorgan Play Team are planning a summer of fun for children in the county to make up for the year of play that they have missed out on. There will be events over the county, and the team are aiming to round the summer up with a Children's Festival where it is rumored that Santas elves may also be setting up shop. Events like this are planned to be held across Wales, so keep an eye on your local hubs for news of any plans for a Summer of Fun in your area, with the possibility for Clubs to incorporate visiting events/activities during Holiday Club if there is something in your area.

Make sure you are also advertising the play opportunities available in your Clubs over the Summer!

Need to contact us?

You can contact the South East Wales team by phone on 029 2074 1000, by email: info@clybiauplantcymru.org by post: Bridge House, Station Road, Llanishen, Cardiff. CF14 5UW

Oak Hill ASD Newport follow up from Easter 2021

If you have been following the journey of Oak Hill ASD Childcare Provision in Newport South East Wales, then you will remember that we updated you in our previous Y Bont following the October Half Term Pilot. The Club has been through an incredible time during the global pandemic, and following upon the success of the pilot, the committee, and the childcare team's hard work, we are pleased to inform you that the Club has now become a fully Registered Childcare Provision with Care Inspectorate Wales (CIW) and has successfully run the registered provision during part of the Easter School Holidays.

As the Charity Incorporated Organisation supports the provision as a voluntary managed committee, and with the cost implications greater than any other Holiday Provision, they are continuing with the hard work and have been successful in applying for The National Lottery Awards for All. This will support the provision to deliver one to one support for each child/young person during May half term and they are currently

working towards Children in Need funding to support the delivery of the provision during 4 weeks of the Summer Holidays.

The Committee is working towards a fundraising strategy to plan the sustainability of the provision. This will ensure that the additional cost occurred through higher staff ratios and specialised resources are not impacting on the parents' fees for childcare. The aim of the provision is to ensure that parents are able to access affordable childcare for their child/young person. If for any reason you or your organisation would also like to contribute financially towards this noble cause, and continuity in the provision of quality care, please do not hesitate to contact our team via email.

We will continue to keep you updated with their progress, however if you are interested in supporting this Club as a member of the support team or volunteer committee member please do not hesitate to get in touch via email oakhillasdchildcare@gmail.com

Grow Your Own Feast

Clybiau Plant Cymru Kids' Clubs are very pleased to have been awarded Tesco Centenary Grants in Mid and West Wales and South East Wales to deliver a 'Grow Your Own Feast' initiative to Out of School Childcare Clubs. The project seeks to give children fun, interactive ideas, resources and workshops to get outdoors, growing, harvesting and cooking their own feast and making healthy food choices of their own. Settings within Mid, West and South East Wales were asked to enter a competition to be one of our pilot Settings and would receive three workshops from one of our excellent Training Officers who would support them to "Grow Their Own Feast" culminating in a party where the foods served came from what they had grown as part of the project. The winners would also receive a free copy of Adele Nozedar's book on foraging.

Settings entered a short piece on why they wanted to be involved in the project and the winners were selected. In South East Wales the winners were:

- Zoopers, Newport, Puddleducks, Blaenau Gwent
- Allysgol Corneli Sger Out of School Club, Bridgend
- Y Bont, Bridgend
- Little Keyppers, Cardiff
- Archway Court Out of School Club, Newport

Work has begun on providing the initial workshops and reflecting on growing spaces. Zoopers in Newport have received their first workshop and have provided really positive feedback:

'The Owner and Playworker thoroughly enjoyed the workshop with Craig, and felt that it could have been longer as they enjoyed it so much. The information was very helpful to use with

the children and are keenly looking forward to putting it into practise. The Playworker was very excited to be honest and very motivated to put things into practice. The next steps for the Club are to look into low-cost containers and using what we already have within the Setting. Some ideas have been generated from the workshop and the Club are going to be hanging quite a few containers from fencing that is already in place, this will give more space to grow different types of plants within the Club. As there is still a frost at night the Club are eagerly waiting until the frost eventually goes to start their growing patch, and some permissions are needed from the church relevant to the Club to access some element of the garden.

The Owner and Playworker spoke to a few children and they are looking forward to being a part of the project and working outdoors with the Playworkers. The Club staff and children are preparing to plant some strawberries, tomatoes, carrots etc but are waiting for frost free nights. Everyone is excited at the prospect of eating what they will have grown'.

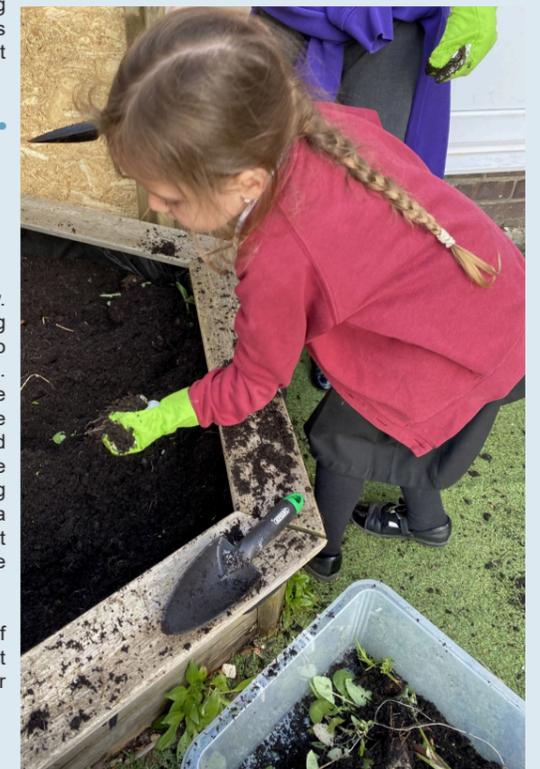


Also Archway Court have been developing their outdoor spaces!

'We have found the workshop really helpful as we aren't very experienced within our gardens. This has given us some knowledge to be able to support the children while we are planting. The team at Clybiau Plant Cymru Kids' Clubs is also there if we need any support or to be able to ask any questions. The children have enjoyed starting the project, getting the area ready for us to begin planting. They have been able to give their own ideas as to where we should plant things and what types we should plant. They have all taken on a role within looking after the plants and take turns in making sure they are okay and if they need water. We are on growing watch and they can't wait to see something emerge from the soil. We have begun to develop our outside area ready to plant them in our planters, the children have designed a gardening area, with a bench and cosy sitting area as they want to be able to draw the

vegetables and flowers as they grow. I think the children are enjoying finding out where their food comes from and to be able to see it once it starts growing. The parents and grandparents have been getting involved as we have some grandparents giving us tips and tricks to help us on our way. We are thinking about making and sending little packs home (some seeds and a little pot) as the children want to start planting at home and it will be a nice way to start them off independently'.

We will feedback in our next edition of Y Bont on the progress of the project and hear from some of our other competition winners.



Training

Playvolution Pledge

18 years, that is all the time that you get to be a child. 18 years before being classed an adult that comes with the expectation of taking on the responsibilities that come with being an adult.

If 18 years is all a child gets, we, as Playworkers, owe it to children, to ensure that those 18 years are filled with plenty of opportunities for them to play, have fun, make friends and do all the things that makes being a child so special.

For this to happen there are a few things, as Playworkers that we need to remember:

- Our role is to **support** and **facilitate** play opportunities
- Focus should be on planning for the play, not planning the play. **Let the children choose what they want to do.** Play is the work of children, THEY ARE the boss!
- Provide an enriched environment full of loose parts (springboards) that provide

ample opportunity for exploration, creativity and play.

- To be patient, adaptable and listen to the children we work with. Listen to their actions and their words and provide them a space free from judgement where they are supported to make good decisions and can be themselves, warts and all.
- All children are fabulously unique individuals and whilst they should be provided with equal opportunities and included in the Setting, adaptations may need to be made to ensure that their individual needs, play needs and play preferences are met.

So, make a pledge with us, to ensure that we are providing opportunities that create those best and memorable moments for all children that we work with. That we are standing up for children's right to play, advocating for play and promoting play and the benefits of play. What will your Settings pledge to children's play be?



National Playday 2021

Clybiau Plant Cymru Kids' Clubs are excited to be planning our provision for this year's National Playday. As we continue to adjust to the ever changing new normal, it is important that we ensure that children consistently have access to their right to play.

The Playday on Wednesday 4th August sets to kick of "Summer of Fun" for 2021 with a theme of the same name. We plan to fully embrace with this idea and promote street games, getting children out playing and exploring new games and old.

Once again, we will be sharing all our Playday activities and opportunities to engage through our social media. If you haven't already, make sure you like and follow our Facebook page, www.facebook.com/clybiau

The Hundreds and Thousands of Hours Lost of children PLAYING in 2020

During the past year we have heard and seen countless media coverage of how children have lost out on Education, on seeing their family and friends during The Covid Pandemic but very little on how much children have lost out on being able to play.

I saw a post on social media recently that really hit home about how much children need play, it said "If a child can do advanced math, speak 3 languages or receive top grades but can't manage their emotions, practice conflict resolution or handle stress, none of the other stuff is going to matter"

Children need their education but they also **NEED** and have the right to Play, through education children learn academic things however through play children learn vital, vital Life Skills for not only whilst they are children but skills that carry them into adolescence and adult life. These would be things such as learning to assess and manage their own risk taking, which is essential to their survival and coping mechanisms. Effectively managing their own risk will contribute to their holistic development, their self-esteem, their confidence and most importantly, their resilience, which will enable them to face and overcome everyday obstacles and uncertain situations. They are constantly naturally learning through play.

They are able to learn how to form bonds with others, how to negotiate with others and who they like and don't like. They are able learn how to work as a team and work out what they like and don't like doing with their time. They are also able to work out how to be themselves

and handle stress. These are just a few of the skills children naturally learn through play. As Playworkers we know how the development of children is improved through play and how it helps them develop as a person.

I've worked out that if a child on average came to Breakfast Club for an hour each morning and 2 hours at After School Club each day term time in a year, that's 585 hours they would spend at our Clubs in a year - that's 585 hours they missed out on playing in the last year. That doesn't include Holiday Clubs, playing during school lunch times and playing with their friends socially outside of school and Clubs. If we included this time, last year children lost out on THOUSANDS of hours playing. All the key things we talked about earlier in this article lost for a whole year!

With things getting back to normal or the 'new normal' we have to make sure children are able to play, even with restrictions in place there are little things we can do to keep us all safe but keep playing.

Some tips that could help your Setting:

- Play outside as much as possible
- Use loose parts that can be recycled after each session
- Box up equipment and use every 72 hours
- Give them space and time to re-adjust
- Be understanding and accepting of their behaviours - they may express themselves differently after the year they have endured.
- Provide play that will help them to understand their emotions - they have a lot to deal with as well as us.

Advocating the right to play

In today's society Children are having less and less freely chosen self-directed play and are taking part in more organised activities. As children many of us would have experienced freely chosen self-directed play, this would have included playing out in the street, explored and going on adventures, building dens and playing street games with friends. Sometimes our parents didn't know where we were and more often than not, this was a good thing. Whilst out on our own we had to make all the decisions for ourselves dealing with risk by crossing roads and developing independence.

This is why as Playworkers we must provide the children of today's society with the same adventures that we had growing up. We must try our best to provide a compensatory play environment, allowing children to deal with risk for themselves, as we did growing up.

Article 31 of the United Nations Convention on the Rights of the Child states ALL children have the right to rest and leisure and to be able to participate freely in **play** and recreational activities

General Comment 17 also recognised and highlighted the vital need for children to be given, **time, space and permission** to play. So how can we, as Out of School Childcare Clubs, underpinned by the Playwork Principles and the UNCRC ensure that we are doing this in order to provide children with the best opportunities and also ensuring that we are meeting children's needs and rights?

We must endeavour to provide a quality play provision, where children are able to engage in freely chosen, self-directed play that contributes to their healthy holistic development and well-being Playworkers should be encouraging independence, allowing the children to feel as though they are standing on their own two feet. This approach will equip children with the necessary skills to remove themselves from tricky situations, or resolve it in the best possible way, there may not always be an adult ready to step in to help. This in turn will provide better play opportunities for children enriched with risk and challenge.

The Benefits of Outdoor Play for the Healthy Development & Wellbeing of Children and Young People

Children and young people **NEED** to experience lots of outdoor play opportunities in order for them to develop their social, physical and emotional skills & behaviours. The freedom of outdoor play will massively contribute to their survival skills, their knowledge and awareness of their environment; the testing and pushing of their boundaries - enabling them to learn their own strengths and limits and to find out where they fit in the world etc.

Whatever the outdoor space, there will be opportunity for us to bring in the Playwork Curriculum; providing for the Playwork Curriculum is essential to the children's healthy well-being.

Children need to experience and be exposed to the following play aspects and concepts - and play settings must work to provide for the Playwork Curriculum in order to maximise the children's experiences and the developmental benefits of play.

New Staff at Clybiau Plant Cymru Kids' Clubs!

In May, Clybiau Plant Cymru Kids' Clubs happily welcomed 5 new members to our team across Wales.

Two new Training Officers have been employed as part of our Progress for Success work to deliver Level 3 Award in Transition to Playwork (from Early Years) qualifications: Jacqui John will be based in our West Wales office, and Emma Salter will be based in our South East Wales office. They both join our experienced Training Officer from North Wales, Cath Smith, who is now a full time Training Officer supporting the Progress for Success project.

We have recruited two Project Administrators to support the Progress for Success project, as well as other administrative requirements for the organisation: Jodie Clarke and Niccy Ling will both be based within our South East Wales office.

And last but by no means least, we have welcomed our new Welsh Language Childcare Business Development Officer to the team, Sian James, who will be based within our West Wales office but who will be supporting the Work Welsh Project across the whole of Wales.

It is always lovely to have new faces joining us, and we are sure they will be assets to our organisation and supporting us to meet the needs of the Out of School Childcare Sector across Wales!



Foraging with Adele Nozedar

TESCO
Bags of Help

Hello there! Isn't it amazing that, as soon as we get into June, everything seems to start going faster? The birds that were chirping at dawn just a few weeks ago are starting to have babies of their own. The days are starting earlier, and the nights are getting longer. The lambs in the field are almost grown up, not charging around or falling over nearly as much as they used to just a little while ago, but much steadier on their little legs!

As we are spending more time outside, too, it's getting more likely that we'll get cuts, scrapes and bruises. However, it's very easy to make a soothing balm from daisies; not only that, but I am a firm believer that anything we make ourselves from the natural world around us is going to be even more powerful because of the extra bit of magic that we give it. I have included instructions so that you can make your own very special balm.

Other wild edibles out now that you might want to try include sharp, tangy lemon sorrel leaves and also one of my favourites, elderflower cordial. It's the blossoms that you use to make it; they will ripen at differing times in different parts of Wales, but the main thing you need to know is to pick them on a warm sunny day whilst they are completely dry. Below is the recipe for you to make at home.

Grow Your Own Feast Foraging



Daisy Bruise Balm

We are more likely to get bruised during the summer months when we spend more time outdoors – which is when Daisies are in plentiful supply.

What you need

- 200 ml jar
- open daisies
- sunflower or vegetable oil
- beeswax or solid coconut oil



What you need to do

- 1 On a sunny day, fill a 200 ml jar full of dry, open daisies, pressing them down a little.
- 2 Pour sunflower or vegetable oil to cover the daisies, put the lid on the jar and leave on a sunny windowsill for exactly one week
- 3 Strain the daisies using a fine metal sieve, keeping the oil. The daisies can go in the compost.
- 4 Gently melt the same amount of either beeswax or solid coconut oil with the oil (this measurement doesn't need to be perfect)
- 5 Pour the liquid into small jars, cool, and mark the contents clearly. Keep in the fridge, ready for use.
- 6 To use, simply rub a small amount of the balm onto any bruises you get.

Health and safety tips

- Check the area you are foraging for any sharp or dangerous objects.
- Remember to check the daisies for any small insects.
- Whilst all elements of the balm are edible, it is not meant to be eaten especially as there is a very slight risk of botulism if the Daisies are left in for 10 days or more before straining.



Fun fact/top tips

The Welsh name Llygad y dydd means eye of the day because the flower starts to close up when it starts to get dark or cold.
The Daisy is also known as 'Bruisewort' as it was used to soothe bruises.

Clybiau Plant Cymru Kids' Clubs
Bridge House, Station Road, Llanishen, Cardiff CF14 5UW
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Registered charity 1093260

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Grow Your Own Feast Foraging



Elderflower Cordial

Elderflowers come into flower in late spring in country hedgerows and city parks/gardens. Collect the blossoms when the heat of the sun is on them.

What you need

- 1.5kg white granulated sugar
- 1.7 litres boiling water
- 20 blossom heads of elderflower, gathered as described, above
- 50g citric acid (available online)
- 2 unwaxed lemons, sliced
- You will also need a large food-grade container (most supermarkets sell really good 20 litre ones, including that all-important lid, very cheaply)



What you need to do

- 1 Dissolve the sugar in the boiling water and leave to cool.
- 2 Add all the other ingredients and leave for 24 hours, making sure the container is covered.
- 3 Strain with a sieve and pour into clean sterilized bottles. A good way to store your cordial is in plastic half-litre bottles. Leave a few centimetres of space and freeze, thawing out when you need it.



Health and safety tips

- Adults should supervise dissolving the sugar in boiling water.
- Be aware that the live yeasts in elderflower cordial will want to make the drink fizzy and bottles left at room temperature can explode!
- Take your elderflower cuttings from a variety of trees so that berries are able to form on each tree. They are needed by birds and animals in the autumn.



Fun fact/top tips

Elder or Sambucus Nigra has been around since the last Ice Age (12,000 years ago). Elderflowers and berries have long been used in folk medicine as healing remedies particularly for respiratory health.

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Cymraeg



FREE Welsh Posters for member settings

Using just a little bit of Cymraeg within your childcare setting can make a big difference. We would like to highlight our FREE Welsh language posters entitled 'Nôl i'r Ysgol' (Back to school), and 'Chwarae' (Play) for your settings. Please download your FREE copy of these posters, and others, here – <http://bit.ly/Work-Welsh-Posters>

Settings who have been supported to increase their use of the Welsh language have given the following feedback:

"We enjoyed watching the webinar as a team and it's good to know that only by changing little things within the club we can include quite a lot of additional Welsh in the sessions."

"The children have enjoyed demonstrating their Welsh ability."

"Thank you so much for sharing the webinar with us, it has helped us by encouraging us to basic incidental Welsh throughout the setting."

"Really enjoyed the webinar and we feel so much more confident using Welsh in our setting."

If you would like to support from our new Welsh Language Childcare Business Development Officer to increase the use of Welsh within your setting please contact your regional office:

Cardiff Office:
info@clybiauplantcymru.org
Colwyn Bay Office:
info-nw@clybiauplantcymru.org
Cross Hands Office:
info-ww@clybiauplantcymru.org

Please contact us for further information on other ways to increase the use of Welsh within your childcare setting. Your Country needs you... we need you...to achieve our 1 million Welsh speakers by 2050 #activeoffer #siaradcymraeg #chwarae #Play #millionwelshspeakers

Clybiau Plant Cymru Kids' Clubs continues to take an active role in promoting the Welsh Language and assisting the Welsh Government's target of a million Welsh speakers by 2050 through the Work Welsh project and our ongoing commitment to empowering people to use more Welsh.

It is our commitment to increase use of the Welsh language, allowing children and families to access play opportunities and childcare in their preferred language, preserving the language for future generations.

New Camau course

The National Centre for Learning Welsh has developed a new online Welsh course enabling learners to learn and increase their use of Welsh in the comfort of their own home and at their own pace.

<https://learnwelsh.cymru/work-welsh/camau/>

Welsh link: <https://dysgucymraeg.cymru/cymraeg-gwaith/camau/>



Cwrs Camau 2021

- Cwrs hunan-astudio ar-lein
- Lefel Mynediad (addas i ddechreuwy, a rhai sydd wedi cwblhau Cyrsiau Blasu)
- Tua 20 awr o ddysgu annibynnol
- Dysgu Cymraeg i'w ddefnyddio gyda'r plant
- Ynganu'r Wyddor, lliwiau, dyddiau'r wythnos a rhifo
- Dysgu gorchmynion a chyflwyno arddodiad
- Wedi'i ariannu'n llwyr

Camau Course 2021

- Online self-study Welsh course
- Entry Level (suitable for beginners, and those who've completed Taster Courses)
- Approx 20 hours of independent learning
- Learn Welsh to use with children in settings
- Pronouncing colours, days of the week and numbering
- Learning commands and introducing prepositions
- Fully-funded

Am fwy o wybodaeth ewch i / For more information visit:
<https://dysgucymraeg.cymru/cymraeg-gwaith/camau/>

dysgucymraeg.cymru
learnwelsh.cymru

'Fun'draising Ideas

Grow Your Own Feast Fundraising

Have you seen our social media posts and resources from our Grow Your Own Feast pack yet? Follow us on Facebook (www.facebook.com/clybiau) or visit our website for more information.

All our growing and harvesting effort could culminate in a Celebrate Your Own Feast event that could also be used to help fundraise for your club.

It doesn't matter how little or how much you've managed to grow, it's a good excuse to celebrate the miracle of nature and come together to enjoy it (even if you have to buy some of the food). Of course, the scale of the event will depend on how Covid 19 is still impacting our country, but at the very least children in the setting should have an opportunity to celebrate their dedication and efforts.

Decide who to invite and design invitations. You could organise:

- a tour of your growing space
- cooking and tasting demonstrations (we have wonderful recipes in our Grow Your Own Feast resource pack of delicious dips and ones perfect for outdoor cooking)
- fire cooking circles or a sit-down feast
- a video or photograph presentation to showcase your own growing journey
- award ceremony for children and others who have helped along the way
- plant your own e.g. sunflower for guests to take home or involve children/guests in seed gathering or sharing so more produce can be grown sustainably next year
- music, games, singing and dancing to celebrate.

- To raise funds you could:
- sell seeds or plants
 - pay a fee for a table or for entrance or take part in any cooking/tasting demonstrations.

If you supply food on an occasional and small-scale basis, it is unlikely you will need to register but you do need to refer to the Food Standards Agency guidance [Providing food at community and charity events | Food Standards Agency](#) [Accessed 13 04 21]



Support us while we support you!

Online shopping through www.easyfundraising.org.uk/clybiauplantcymrukidsclubs doesn't cost you any extra, but allows us to receive up to 15% of all purchases made from the 400+ stores listed, meaning we have more funds available to continue supporting clubs like yours.

e-news

As a member club you can access past editions of our e-news funding bulletins in the members' area of our website at www.clybiauplantcymru.org and, if we have an email address for you, future editions will be sent to you directly. Send your email details to membership@clybiauplantcymru.org to ensure you receive your electronic copy.



Business Support to help Sustainability

In June our Money Money Money! Finance and Funding Part 1 and Part 2 webinars aimed to help you get your finances in order and apply for funds if needed. This summer/autumn we will also be delivering a marketing themed webinar to help boost your numbers. If you were/are unable to attend, get in touch with your Childcare Business Development Officer who can provide alternative support.

We also have a whole range of resources on the members area based on these themes:

Financial Planning, Financial Systems and Sustainability	Marketing
Includes support with e.g.: • Preparing and keeping accounts • The importance of completing end of year accounts • Undertaking a SWOT Analysis • Cashflow forecast template and pre-recorded webinar	Marketing resources on the members area of our website include: • Use It or Lose It/Help! Template for Clubs facing closure to gain community support. • Information about finding your Unique Selling Point and how to create a professional public image (email/telephone) • Template fliers for registered Settings • Newsletter template and top tips for creating a newsletter • A guide for how to develop a marketing strategy • A pre-recorded webinar to support you to develop a social media profile and utilise it effectively

We also have a range of pre-recorded webinars in English and Welsh including:

- Financial Planning – Cashflow Forecasts,
- Financial Systems and
- Social Media Marketing including how to set up Facebook and Twitter accounts.

You can request any of the webinars below by emailing us at webinar@clybiauplantcymru.org

Magic Little Grants Fund - open until 31st October 2021

The aim of the Magic Little Grants Fund is to support organisations to access a grant by completing a short application form. The funding is being provided thanks to the players of People's Postcode Lottery. [Magic Little Grants \(localgiving.org\)](#) [Accessed 19 04 2021]

The Magic Little Grants Fund provides UK charities and community groups the opportunity to access funding to deliver a range of projects which fit one or more of the below funding themes:

1. Improving mental wellbeing
2. Enabling community participation in the arts
3. Preventing or reducing the impact of poverty
4. Supporting marginalised groups and promoting equality

5. Improving biodiversity and green spaces
6. Enabling participation in physical activity
7. Responding to the climate emergency and promoting sustainability
8. Increasing community access to outdoor space

Organisations are required to meet the following criteria to apply:

- You must have an annual income under £250,000.
- Your planned project must meet one of the funding themes listed above.
- Operating within England, Scotland, or Wales
- Projects run by statutory organisations are not eligible.

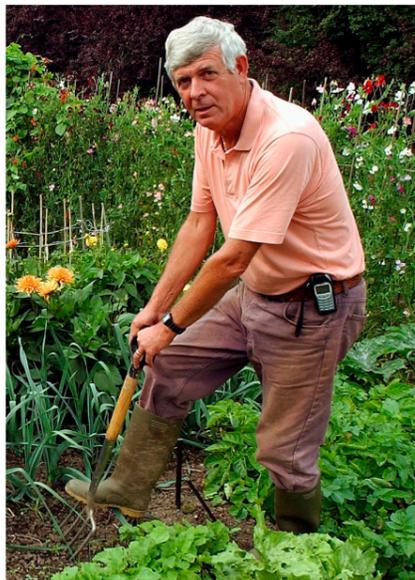
Projects

In the Garden with Terry Walton

As we reach high summer it is payback time for all that spring time planting and sowing! The crops are reaching maturity and harvesting is underway. This is the best time in the garden when we can feast on our home-grown produce. The salad plate is filled with lettuce, radish, spring onions, beetroot, cucumbers and tomatoes. The hot meals are filled with potatoes, carrots, cabbage and beans. All in the world of gardening is fine.

To ensure these crops keep producing at their peak and providing tasty nourishing crops these must be looked after. In times when it's dry they need liberal amounts of water and they must be fed at least twice per week. My main feeds come free by using comfrey and nettles, gathered locally, and put them in a drum of water. These after two weeks make a smelly but very rich natural feed for all crops. But like us they need a treat in their diet and I have to purchase seaweed extract to give them a change in diet. All this regular feeding will extend the cropping season and give bountiful harvests.

I am often asked when you know a vegetable is ready to harvest. This is usually self-evident as your eye will tell you that a tomato is ripe or a bean is big enough to eat. However crops growing below the soil are invisible! If the tops are big strong and healthy there is a reasonable chance that below the surface there will be a crop. It is always worth checking and scraping the earth away from the crown of a carrot will be a dead giveaway. Potatoes can only be checked by digging one and if a decent amount of white



tubers are present then the rest will probably be the same. Experience is the best judge!

The main pleasure in the garden at this time of the year is, whilst taking your morning coffee you can gather some crops for your mid-morning snack. The tastiest crop to me is the garden pea which when popped from its pod is super sweet. A crunchy carrot to accompany this is sheer delight. This followed by a sun warmed ripe tomato brings an all new meaning to fine dining!



Grow Your Own Feast with Clybiau Plant Cymru Kids' Clubs
Giving children fun, interactive ideas, resources and workshops to get outdoors, growing, harvesting and cooking their own feast and making healthy food choices of their own.

Thanks to Tesco Centenary Grants, we have an exciting 'Grow Your Own Feast' initiative for Clubs. We are encouraging Clubs to grow, harvest and cook their own celebratory feast that they can share with their families and communities and also share experiences with us on social media to encourage others: the first seeds sown, harvesting and outdoor feasts!

We've developed some great gardening and cooking activities and are also really excited to share some foraging ideas developed by Adele Nozedar that you can all get involved in too. It wasn't that long ago that people needed to gather wild plants to survive for food and medicine and these wild plants still help us today.

Look for 'Grow Your Own Feast' on our website to check out some of the activities we've already developed and follow us on facebook/twitter.

Cooking Ideas for our Grow Your Own Feast Project

With the plants in your gardens growing rapidly in the warmth as the summer approaches, now is the time to look ahead and start planning what you are going to do with your produce and what your celebratory feast will look like. It is a good time to start experimenting with flavours and combinations in order to make some tasty dishes for your feast.

If you don't have a date planned for your feast already, why not look to hold it during British Food Fortnight (www.lovebritishfood.co.uk) which takes place every year during the last week of September and the first week of October, the traditional time of the harvest festival.

Hopefully you have now had the chance to join in with our project via our Social Media channels. We hope you have been inspired to try foraging in your local area with tips and guides from Adele Nozedar (www.breconbeaconsforaging.com) and also visited Terry Walton's allotment in the Rhondda Valley via Twitter (@theterrywalton) for some inspiration on what to grow and how to grow it.

Remember, as allotmenters have done for years, the importance of Reduce, Reuse, Recycle. We want to see your innovative uses of recycled materials in your gardening, cooking and decorating activities, so remember to tag us in your social media posts.

Connecting and Supporting Out of School Childcare Clubs and Communities, funded by The National Lottery Community Fund

Three Regional Childcare Business Development Officers – Becky, Janine and Sandra are available to help you with:

- Business skills sessions including finances and funding, promoting your Out of School Club, and policies and procedures.
- Termly 'Network Webinars' - see below.
- Care Inspectorate Wales (CIW) registration to demonstrate quality to parents and funders and to enable them to register for initiatives that improve affordability for parents such as The Childcare Offer and Tax-Free Childcare.
- Action plans developed from quality assessments (Out of School Assessments or OSCAs) to build on strengths and support with the CIW Quality of Care Review.
- Strengthening your governance and limiting individuals' financial liability.

Please contact your Childcare Business Development Officer or Regional Team if you would like to find out more about the support available.

Cardiff Office:
info@clybiauplantcymru.org
Colwyn Bay Office:
info-nw@clybiauplantcymru.org
Cross Hands Office:
info-ww@clybiauplantcymru.org



Join our network webinars from the comfort of your own home!

Our termly network webinars are an opportunity for Clubs to get together and discuss relevant topics that have been raised by you. We have a range of varied online network events you can book on at <https://www.clybiauplantcymru.org/training-events.asp>

We kicked off in January with our 'Becoming a CIO' webinars for voluntary managed clubs. In March our main themes for network webinars were how the Out of School Assessment (see below) can help with your Quality of Care Review for CIW (which must be update in time for SASS this summer) as well as for continuous improvement of your Setting, along with a visual display of the different play types and spaces children need. Other webinars focused on finances and funding and later in the year we will also be delivering a marketing themed webinar.

Our Out of School Assessment (OSCA) is a self-health check for your childcare business, helping you recognise what you do well and where you could improve.

It is a simple checklist type questionnaire requiring you to reflect on different aspects of your business such as play provision, training and quality, financial management and promotion. It also supports your Quality of Care Review for Care Inspectorate Wales which needs to be updated for CIW's SASS due June 2021.

The completed OSCA can then inform an Action Plan so you can keep working to make your childcare service the best it can be.

We can support you at every stage and provide guidance and resources to aid any needs identified. If you would like information on the OSCA and help to develop an action plan, including reflecting on your play provision, please contact your Childcare Business Development Officer, Regional Office or complete online <https://forms.gle/AYYo6yNX6h8PXRZh7>.



Community Foundation in Wales, Children and Young People's Fund

In 2020/21 Clybiau Plant Cymru Kids' Clubs commenced a STEM based project with voluntary managed Out of School Childcare Clubs in Rhondda Cynon Taf in South East Wales, funded through the Children and Young People's Fund. Unfortunately, due to the outbreak of Covid-19 in March 2020, the final few In-Club workshops were not able to be delivered, with plans initially made to complete these later in the year. As we now know, the Pandemic had other plans, and so we were left trying to work out how to best support the

project aims (enthusing children about STEM and supporting quality play experiences in Out of School Childcare Clubs) within current restrictions.

Throughout early 2021, our Training Officers were working hard pulling together some fun, hands-on activities based around science into bilingual activity cards to form the basis of a New 'Science Zone' pack. The Out of School Childcare Clubs involved in the original project have received copies of these bilingual

cards, and have also been sent a selection of resources to support science-based play activities within the Clubs.

The bilingual activity pack is now also available to all member Clubs across Wales via the membership area of our website!



Stuck for a starter?

Try our Spring Onion Dip with cheese and crackers!

What you need

- 3 shallots, peeled and halved (you can substitute with 1 onion, peeled and quartered)
- 6 spring onions, trimmed
- ½ tbsp rapeseed oil (olive or vegetable oil is ok)
- 100g Greek yogurt
- 1 small garlic clove, finely grated
- 2 tablespoon chives, finely chopped

in a food processor with the yogurt, garlic and half the chives until smooth.
3. Season. Serve sprinkled with the remaining chives.



What you need to do

1. Drizzle the shallots and spring onions with oil and roast at 80oC/160oC fan/gas 4 for 25-30 mins or until golden and soft.
2. Leave to cool, then blitz

Planetary Promise

Prior to the Covid-19 pandemic support to the Out of School Childcare sector and training delivery was achieved almost exclusively face to face resulting in over 54,000 miles travelled by our staff each year. That figure does not include the miles Learners have also travelled to attend sessions, and with almost 88,000 attendances at training courses between 2003-2020, this number is likely to be significantly higher. Alongside the mileage as an organisation we also use large amounts of printing which has both ink, toners and paper use, over 10,000 sheets used annually.

Funding through The National Lottery Community Fund, Climate Action Boost project has given us the financial capability to take the time to review our IT infrastructure, to streamline our processes, and to reduce our consumption of consumables such as paper and ink, and ultimately improving our commitment to preserving the environment for the future.

As part of this work you will have seen

between April 19th – 23rd we joined with other organisations who have received funding from The National Lottery to make our Planetary Promise. The campaign is all about the little things we can all do as individuals, communities and organisations to be more environmentally sustainable.

Our Planetary Promise is to;

- Save paper
- Reduce our energy consumption
- Reduce our carbon footprint
- Preserve the planet for the future.

View our short video at <http://bit.ly/Planetary-Promise>

We all have a part to play in reducing our environmental impact, and together we can all make a positive impact, what will your Planetary Promise be?

Share your Planetary Promise
#PlanetaryPromise



Party Time

Children have shown immense resilience over the course of the Pandemic, but have missed out on so much. As well as the missed hours of play, and missed experiences with friends, children have also missed out on parties – their own and other peoples, school discos, Christmas parties, Halloween trick or treating/party...

What better way to recognize and celebrate the resilience children have shown and to thank them for being the super stars that they are, than by throwing a great party? Throwing a party/disco can:

- Act as a birthday party for all children – have a 'planning session' with the children where you talk about the things they would have liked to do for any missed birthdays during the Pandemic, and find ways of incorporating elements of these ideas into your plans. Include a birthday cake and sing happy birthday to everyone (or happy 'unbirthday' if you want to take a leaf out of the Mad Hatter's book!)
- Make every child feel special. You could achieve this purely through making sure all children have an input into the party. You could lay out a 'red carpet' and have staff make a fuss off everyone as they arrive celebrity-style. Or you could have

small 'thank you' (birthday) gifts for each child to take home

- Give children an opportunity to get involved, get creative and have a sense of ownership over the event. Involve children from the start by giving them a budget and letting them plan the party themselves. They can form 'decorating', 'catering' and 'entertainment' teams, arranging a menu, play-list, games, theme/s and decorations. They could even create invitations that could act as advertising for other potential attendees.
- Provide an excellent marketing tool for your service: advertise the party ahead of time to increase bookings and use it as a way to really sell the great provision that you offer. If the children are planning the party themselves, update your social media page with the 'latest information hot off the press' and then make sure you share the feedback about the success of the party with your community too!

Top tip! We have a bilingual card within our new 'Grow Your Own Feast' pack, funded by Tesco Bags of Help, that focuses on hosting a celebration event and the things you might want to include (e.g. making your own bunting). Find the pack on our website!

I think whatever your circumstances, you will have found the past year challenging. Yes of course there have also been those moments of light and 'silver linings'; the re-assessing of life's priorities, increased time with children, being forced to slow down and reflect on what really matters. But there is no getting away from the fact that we have been through, and are continuing to live through, a collective trauma: all weathering the storm that is Covid-19, albeit in our "different boats". And children have very much been experiencing their own challenges, confusion, loneliness, worry and 'missing out': from the babies who have missed out on early socialisation at baby groups, to children missing their school friends, to teenagers missing out on major life events (exams, proms) and independence.

As a mother of two children, aged 6 and 4, I have frequently reflected on (and worried about) the impact of the changes and restrictions that we have faced over the last year on my daughter and son. Working from home, whilst I feel lucky to have retained my job and income, has not been without its challenges, as many other parents will know. Not only have there been the standard half-naked-child-appearing-during-video-call moments, but I feel like my work has become much more of a palpable thing for them. When they were in school or childcare, they knew 'mummy was working' but it wasn't quite so in their face as it has been when I've been sat upstairs with them in the house.

'Mum Guilt' is a commonly used term and I think I have never used it quite as much, or felt it quite as strongly, as I have in the past year. I have had the general worries in terms of education, particularly around whether other parents would be doing more/better homeschooling and whether my children would suffer as a result. But I have also worried about how much they have missed in terms of play: going to parks, indoor attractions, new places and most importantly spending time with their friends, who they have fiercely missed.

Since my daughter turned 4 I have used a Care Inspectorate Wales (CIW) registered Holiday Club based on a small farm in Pencoeed, called Dexters. As well as being excellently managed in line with regulations, the unique location of

What Out of School Childcare means to my family

Naomi Evans, South East Wales Regional Manager

the Club and its child-centred play ethos has meant that Dexters has provided everything that a parent (and child) could want, and more.

Prior to the Half Term Week, the Owner of the Club emailed parents with the usual fun packed itinerary along with reassurances and information about the infection control measures that had been put in place. There was a small part of me that felt a little anxious in the morning dropping them off, as they were both a bit quiet and out of the habit of being out of the house, but I needn't have worried.

I am trying to find the words to sufficiently express the difference that attending the Club had on my children... I knew that they would have a good time, as they always do, but I don't think I had fully appreciated how bored they had gotten with day-to-day life in our house, and how much they had missed seeing other children their own age, until I saw the difference in both of them when I picked them up at the end of the day.

I arrived to find two fresh faced, very muddy, bright eyed, rosy cheeked grinning children. The first thing that my 4-year-old son announced, very proudly, was "Mum, I made a new friend!!!" and they both spent the whole journey home, along with most of the evening, laughing about slipping in a giant muddy puddle, talking about making pancakes, and explaining the rules of some of the games they had played in the field. It was like they had had their energy, excitement and passion for play restored and in turn I felt like my heart was going to burst with happiness to see them both so full of joy.

I work within an organisation where the importance and benefits of Play are regularly discussed, particularly with respect to the advantages offered to children within quality play

environments in Out of School Childcare Clubs like Dexters. I think this moment in February Half Term though was the most strongly I have ever felt this, and witnessed it first hand and so close to home. Yes, education is important. And yes, I am very glad that the schools have opened again. But this past year hasn't just been about a loss of in-school education; children have missed out on countless hours of all consuming, social, explorative, child-led and exhilarating play. Clubs, run by qualified Playworkers who truly understand play and the Playwork Principles, provide children with those much needed quality play experiences, where they challenge themselves, learn about the world, mentally work through things and reflect, take risks, learn to manage conflict, make friends and countless other skills.

Yes, childcare provides me as a working mum with the hours I need to do my job without the gnawing mum guilt of knowing that my kids are bored or arguing or having way too much screen time; and so I can focus more on playing with them when I am not working. But knowing (and seeing) just how much my children get out of being there, is worth so much more than the needs it fulfils for me as a working mum. Dexters made such a positive difference for my children's mental health and wellbeing this February, and they are already counting down to when they can go again!

I would like to thank all of the Playworkers who have been working so hard over the past year to support children's mental health and wellbeing, whether that has been in person or remotely during closure. I know this year has been tough, but please know that you make such a positive difference for parents like myself, and our children. Thank you.

The Benefits of Playing Outdoors

I have many happy memories as a child of playing outdoors; my brother and I were lucky to live in a cul-de-sac, and in those days, people with cars parked them on their drive, so the children in the cul-de-sac were able to play in the road. There were quite a few of us of a similar age in our cul-de-sac, we enjoyed skipping, chasing each other, tag, hopscotch, cricket, football, and riding our bikes. We also had gardens, and the local farmer would let us play in the field and there were woods nearby. What fun! We'd play gymnastics, hide and seek, rounders, swinging on a rope swing, balancing on tree stumps, collecting conkers, climbing trees ...; yes, we took risks, which of course increased our confidence.

I'm very aware that many children don't have the opportunities now that we had when we were young, playing in the cul-de-sac or in

the woods and fields; however it is still very important to ensure children have lots of time outside to play, and make wonderful memories; and more so this summer following the difficult year we've had with the Covid 19 pandemic. The benefits to children of playing outdoors are immense, below are just a few of these:

- Improves problem solving skills e.g., by stretching my arm and lifting my leg, maybe I can climb a bit higher, is the rope thick enough to swing on?
- Nurtures their creativity e.g. I used to make little furniture with conkers sticking them together to make a tiny table, do leaf rubbings to see what pattern I could make;
- Developing motor skills e.g. gross motor skills – I would jump, balance, skip, run, ride my bike and many more; and fine motor skills – like when I'd collect conkers, pick up leaves, draw

our hopscotch.

- Increasing their confidence e.g., playing with my friends, I would learn to share, be part of a team, taking turns whilst playing cricket, gymnastics, hide and seek;
- Happiness e.g., we'd laugh, skip, chat, be noisy and most of all enjoy ourselves;

Whilst writing this, I'm smiling and remembering all the great times we had playing outside. Even now I love the outdoors, walking, doing the gardening, taking our granddaughter to the park. We live and work in a beautiful place in Wales, it's not far to get to the coast or go to a park. If in your setting and you haven't got much space outdoors, use what you have and make the most of being outdoors, painting, drawing, stretching, jumping, be creative but most of all enjoy it, make memories and have fun.

The Playwork Curriculum

Fire - Camp fire stories, BBQs, enamelling, cooking, kiln, candle making, fire-pit, burning rubbish...

Water - Polythene slide, fights, hose, filling bins/pool, watering plants/vegetables, water bombs, swimming, sailing boats, tie and dye, making and diverting, streams, pools and waterfalls, trips to rivers / beach, using pipes/guttering etc. to create waterways...

Air - Windsocks, paper planes, kites, balloons, helicopter/dandelion seeds, frisbees, flags, banners, windmills, zip wire, weather vane, wind chimes, pumping tyres/balls, jumping off high places, earth balls...

Earth - Clay, gardening, pot-planting, growing vegetables and plants, digging holes, sand pit, mud pies, mud fights, bug hunting, ant farm, making tunnels...

Identity - Face painting, make-up, hairstyling, dressing up, making outfits, masks, taking photos, making video/film, marking cultural festivals, role play, mirrors, montages, using skin tone paints, pastels...

Concepts - Conversations about war, birth, death, democracy, justice, peace, crime, punishment, culture, time, space, marriage and religion; creative play or role-play on any of these using loose parts/props etc. animals – alive and dead...

Senses - Music – all types; blindfold/trust games; herbs, spices, flowers; interesting

and aesthetic sights and sounds and shapes; perfumes and other smells; making colours, making collages; Food-tasting, cooking... varieties of natural textures and colours; different types of lighting, darkness...

Varied Landscape - Structures and structure building, different heights/levels, hills, mounds, trees, platforms, bridges, pits, swings, garden, aerial runway, ditches, tunnels, quieter areas, places to sit, to hide... Open and natural spaces...

Materials - Sports equipment, kiln, TV, computers, oven, BBQ, video, games consoles, pots, pans, tools, soft toys, parachute, inflatables, props galore...

Building - Den-making, sand play, structure-building, camps, fence-making, designing areas, model-making, taking apart electrical equipment/bikes go-kart/trolley building, float-building for carnival...

Change - Designing of areas, structures, redecorating, murals, pavement art, pond-digging, stream re-routing, digging tunnels...

Focuses - Theme/ teams days, BBQ, campfire, inflatables, special events including open days, visiting specialists (arts, dance, circus skills...) New and unusual resources (e.g. coloured lights, luminous paint, unicycles, didgeridoo... Choices - Suggestion box/board, consultations, conversations... wide range of possible options with free access by all...

Alternatives - Trips off-site, residential trips, dance classes, sleepovers, sleep-outs, outdoor pursuits...

Tools - Hammers, screwdrivers, saws, nails/ screws, drills, chisels, craft knives cutters, staplers, forks/spades, pliers, hoe/rake, shovels, crowbar, axe, brushes, needles, nuts/bolts, clips/pegs, sieves, measures, spirit level...

Loose parts - Tyres, wood, ropes, tubs, barrels, sheets, blankets, bricks, breeze blocks, pallets, boxes, vessels, wheels, trolleys, mats, crates, cushions, ladders, poles, sticks, tape, pegs...

Risk - Zip wire, rope-swing, fire, sharp tools, high structures... climbing, balancing, biking, wrestling, jumping...

Note: Through play children learn about risk. This is an essential element of confidence and competence building, necessary for personal development, flexibility and survival. Throughout their life's, children will be confronted with hazardous situations and it is during their play that children choose to encounter risk, learn to assess it and develop skills to manage it. Through trial and error, they discover their limitations and realise their potential for undertaking challenge. Children are inquisitive and curious, with an innate and compelling drive to explore the unknown, and to experiment and test themselves. **FIRST HAND EXPERIENCES ARE ESSENTIAL** to the



development of the children's risk assessment skills.

Two essential play opportunities that children should be exposed to are Fire Play & Den Building...

Fire Play - Children should have the opportunity to experience 'Fire Play'. We don't mean playing at throwing lit firelighters around or waving flaming sticks, although some children will experiment in this way! But we should be introducing fire into their play. It is essential that children get first hand experiences of fire, to enable them to understand the dangers and how to keep themselves safe. Playworkers show them how to be safe around a fire - and contain it so they gain the skills and confidence to effectively risk assess for themselves.

Start Small: Learning to strike a match and put it out safely / Lighting Candles / Fire Buckets / Tea-light Cooking on Aluminium Trays / Fire-Pit & Fire-Pit cooking...

Ideas: Writing wishes/messages on paper or sticks to burn in the fire. Creating a fire song and/or dance, with rhythmic accompaniment. Using fire ash, earth and water to create ceremonial face paints. Using charcoal from the cold fire to draw with...

Den Building - Children love to build dens; the experience excites them and feeds their imagination and creativity. The actual process of building dens promotes their logical thinking, their problem-solving skills, literacy and numeracy skills and negotiating with the environment etc.

Children explore and experience different

situations, such as the darkness, how it feels to be in closed spaces and a range of feelings and emotions.

They will build dens on their own to experience isolation and with other children - it is an excellent social play opportunity as the children will utilise their individual skills and practice team work; they will negotiate and problem solve, make decisions and develop their practical and physical skills.

Some of the benefits of playing outdoors in all weathers include the sunshine - which will ensure that the children are getting enough vitamin D to gain many health benefits, including bone growth, muscle function, strength & stamina; and the sunshine supports children to concentrate, and can contribute to enhancing the synapses in the brain.

The sensory experience of listening to and engaging in different weathers, such as the wind, rain, and snow. Discovering about seasons and the changes that happen in the environment such as crunchy leaves falling off the trees; and also, Plants - smelling flowers, picking leaves, climbing trees etc. / Animals - stroking, touching, holding, catching etc. / Earth - digging, making mud, building etc. / Water - splashing, pouring, floating etc. / Air - breathing, running against the wind, throwing etc. / Fire - lighting, poking fires, cooking etc.

Other Outdoor Play Benefits...

- Strengthen the children's immune systems
- Reduced risk of near-sightedness

- Balance, coordination and agility
- Increased activity levels, and greater freedom to run, jump, and climb
- Opportunities for hands-on learning about physical forces and concepts
- Reduced stress levels, better moods, and improved concentration
- Learning to manage the new risks that come with different weathers such as drinking lots of water and sun cream when it's hot, or being careful of ice when it's cold etc.
- Better sleep patterns
- Better opportunities to learn social skills, overcome fears, and develop a connection with nature
- The benefits to children playing outdoors are infinite, children will develop many life skills that will see them safely into adulthood.

Also consider; The Covid pandemic has hit our children hard over the past year or so; they have had to make many sacrifices and lost hundreds of hours of freely chosen play time. The majority of the children will now be facing a range of personal issues, including, poor mental health, obesity, low self-esteem, poor social skills and the fear of someone they know catching Covid - just to name a few! So, now more than ever, it is essential that we get them outside playing and be prepared to provide play opportunities that will effectively support them to come to terms with their loss of play and the changes and differences that Covid has brought.

<https://www.parentingscience.com/benefits-of-outdoor-play.html>

Risky Play

It is highly commendable that Wales is the first country in the world which has taken its commitment to the UNCRC's rights of the child, and legislated play in law. Challenges in Wales persist however, and whilst 97% of all parents in Wales think it is important for their child to play outdoors every day, 'nearly a third of children under-five (29 per cent) aren't getting the time outdoors that they need', (Public Health Wales, 2017). In parallel to other research on transactional childhood environments, the material environment is given focus as having a deciding role in this phenomenon, rather than just the social experience (Kytta, 2003). 'Even though children naturally seek to engage in risky play, features of the play environment influence children's play by affording certain types of play activities' (Sandseter, 2009, pg2).

The balance between risks and benefits in children's risky play has been a debated issue in the last two decades, and a growing concern about the shrinking opportunities children have

for challenging outdoor play has emerged (Clements, 2004; Gill, 2007; Hughes, 1990; Jambor, 1998; Lester, 2007, cited by Sandseter, 2009, pg2)

Play can be defined as behaviour which is 'freely chosen, personally directed and intrinsically motivated i.e. performed for no external goal or reward'. (Play Education, 1982, cited by Play Wales, No date, pg3). Risky play further broadens this rhetoric and 'can generally be defined as thrilling and exciting forms of play that involve a risk of physical injury' (Sandseter, 2007, cited by Sandseter, 2009). Crucially, risky play gives children an opportunity to test their own limits, physically, socially, and intellectually, (Little & Wyver, 2008). However, 'The term risk often conveys a negative connotation and definitions of risk frequently adopt a very narrow viewpoint', (Little and Eager, 2010, pg499). Yet, risk is promoted by many as being fundamentally important to successful cognitive and interpersonal development;

Further reading relating to Outside/ Risky Play/ Alternative Play Spaces -

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Little, H. & Wyver, S., (2008) Outdoor play: Does avoiding the risks reduce the benefits? Australian Journal of Early Childhood, 33, 33-40.

Mahoney, J. L., and Stattin, H., (2000): Leisure activities and adolescent antisocial behaviour: The role of structure and social context. Journal of Adolescence, 23, 113-127. Available via [file:///C:/Users/joeln/Downloads/Artikefridid2%20\(1\).pdf](file:///C:/Users/joeln/Downloads/Artikefridid2%20(1).pdf)

Plas Madoc Play, (no date) The Land. Available via <https://twitter.com/PlasMadocPlay>

Play England, (2008) Making space for play. Available via <http://www.teachernet.gov.uk/publications>

Play England, (2016) Why temporary street closures for play make sense for public health. Available via <http://www.playengland.org.uk/wp-content/uploads/2017/07/StreetPlayReport1web-4.pdf>

Play Wales, (no date) Rationale for a National play policy for Wales. Available via <http://www.playwales.org.uk/login/uploaded/documents/Play%20Policy/Play%20Policy%20Rationale.pdf>

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Children actively seek out chances to test themselves and develop their abilities: they are eager to get to grips with the world around them, so they will inevitably encounter some risk of harm, in any environment. (Ball, Gill, Spiegel 2008, pg10)

Key findings from the Play Sufficiency questionnaires in one Local Authority in Wales found that the majority of children played at home, on local playing fields, at the fixed play area, or on the streets. 19% of children and young people stated that play was prohibited or restricted i.e. no ball games, or kite flying, and '59% reported that the main barriers to children playing were busy roads', (Carmarthenshire County Council, 2016, pg8)

This is one of many reasons; and the Out of School Childcare sector is crucial in facilitating and enabling play which otherwise might simply not be able to occur. Academic literature promotes a need for risky play opportunities for all children and although this is largely embraced in the open access sector can sometimes be more of a challenge for closed settings.

We would like to know what, if any barriers are facing our settings when considering promoting a Risk Benefit approach to managing risk in your settings. Is promoting risk something your club welcomes or finds a challenge? Please do let us know through your local Childcare Business Development Officer!

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Thank you, my superheroes

"When you become a parent, it doesn't come with a manual" this is something you always hear when you have children. You read all the literature, the top tips and all the advice that more experienced parents bestow on you but being a parent is hard and even those of us who have all the experience of being a Playworker can never be prepared enough for the responsibility of raising the most precious beings in our world. Then a pandemic happened and there was nothing to ever prepare us for that. As a parent to a 14, 7 and 4-year-old, like most other parents I have "parent wins" and "parent fails" but the past 12 months have been a huge roller-coaster of emotions with my children and if I wasn't already immensely proud of them, this year that pride is through the roof.

When we first went into lockdown I naively thought, we've got this, we will play, my Playwork experience will get us through and for the first few months it did. We built dens, we went on nature walks, we baked and danced and laughed. Then my 7-year-old started to get frustrated and angry and his behaviour became challenging. I was patient, I was calm, I tried, I cried. At times I became frustrated too and didn't handle it in the best way. Mum guilt was worse than ever because while I was being a Childcare Business Development Officer and advising Settings on how to provide play

within new restrictions to support the children attending, my children were struggling. Clybiau Plant Cymru Kids' Clubs as my employer were and still are incredibly accommodating and allowed me to take leave when I needed it to support my children as well as my own wellbeing, as well as to work my hours in a flexible manner around additional breaks.

On one of my little boys' difficult days I told him- "I know you're finding this hard, mummy has time off, let's think of some fun things we can do", and with all the anger he could muster he shouted at me "I just want to play with my friends". I felt as broken as him in that moment, not least because I too was missing my friends so could certainly emphasise with him, but also because it didn't matter what fun activities I came up with, the thing he was intrinsically motivated to do was not available to him. His right to play was gone and as his mum I couldn't completely fix that.

We are lucky we live in the same street as his school friends, so after speaking to the other mums we decided to chalk the car park in half. We made paper planes and set up football goals for them to play penalties, we brought out the scooters for races. Everything we could think of to comply with social distancing. They didn't do any of it! They sat on each side and played

alongside each other, they played individually but in proximity. Their moods lifted. For them they didn't need lots of toys or lots of equipment or structured activities, they just needed to be in each other's presence.

As the pandemic continued, so did the ups and downs, but I learned to let my children take the lead. If distance learning was too much for them, they were given the option to stop. If they wanted screen time they could have it. Did they suffer academically? I don't think so, all three progressed. Would it match up to standardised testing? Probably not in all areas, but they have lived through a pandemic so any progress is a win, and having love and security and feeling heard makes all the difference.

My children, as with all children throughout the country, have missed out on so much and in the process have proved what we all know, children are resilient. But just because children can be resilient, that doesn't mean they shouldn't be acknowledged and celebrated for this. I want to thank all children for what they have endured so fantastically throughout this but I would like to especially thank my children- Ciara, Dougie and Ben. You have been so amazing and I am so incredibly proud of you every single day. I love you all the world and back again.



Thank you, Playworkers!

Throughout Covid-19, Playworkers and Childcare Practitioners have done an incredible job of supporting children and their families across Wales: offering childcare for children of critical workers and vulnerable children during lockdowns, keeping in touch with children through innovative ways to support their health and wellbeing and connectedness, jumping through ever-changing hoops to re-open and remain open where possible, implementing a multitude of different policies and procedures to adhere to guidance and to keep children safe, supporting parents/carers to return to work or in some cases facing extended periods of low/no income due to inability to re-open, negotiating with landlords and working hard behind the scenes to try to ensure that re-opening will be possible at a later date to continue supporting communities.

The stress of the Pandemic may have been exacerbated by concerns over ability to re-open services, or ability to re-open with the same staffing levels, and there may be continued apprehension over this for some time. Retaining qualified staff, where it is sustainable to do so, is likely to be a priority for all Managers, as well as trying to ensure that your staff feel recognised and valued, but there are likely to be financial limitations to the incentives you can offer as an employer to support job satisfaction and retention.

There are several ways as an employer you may choose to thank your staff for their commitment and hard work:

1. Employee Reward Schemes - whilst you may not be able to afford bonuses or pay rises, have you explored employee

reward schemes as a way of thanking staff and recognising their hard work (e.g. Perkbox?). If you insure through Morton Michel, staff and their families are able to access a discounts portal including over 600 discounts and offers (e.g. clothing, cinema, dining out). There may be similar benefits on offer through other insurers that would be worth looking into to ensure you are making the most of the opportunities available.

2. Access to training to continue professional development (CPD)- encourage staff to take up training opportunities, either qualifications (e.g. Playwork at Level 2/3/5) or other training to enhance their professional development. There are often training opportunities available through Clybiau Plant Cymru Kids' Clubs, and there may also be opportunities through your Local Authority. Depending on who you insure with, there may also be additional training opportunities through your insurance. Morton Michel Policy Holders, as an example, are able to access multiple user-licenses for their staff to access over 60 RoSPA accredited and CPD-certified online training courses through Flick Training. These courses include GDPR, Covid-19, manual handling (safe lifting of children), autism awareness, domestic abuse and many more.
3. Saying thank you – as lovely as it would be to be able to pay out bonuses, within the Childcare and Play Sector this is not typically possible. However, simply ensuring that you thank staff is a way of acknowledging their hard work and can help them to feel valued. Where a

staff member does not always fulfil their potential, thanking them for a specific task they have done well, outlining what was good about it and the difference it has made, can encourage more positive behaviour and motivation. Thanking staff who consistently work hard and taking the time to say that you have noticed how much they are doing, how hard they are working and saying that you really appreciate it, can be the difference between a member of staff feeling valued, or not.

4. Responsibility – recognising staff dedication, hard work and/or specific skill set through providing an opportunity to lead on a new idea, task (e.g. marketing strategy/ holiday activity plan / fundraising event / mentor for new staff) or activity can be good for staff morale and personal development.
5. Public praise – include 'Shout Outs' or 'Employee of the Month' photos in parent waiting areas, or on social media, to provide additional recognition of great practice, as well as demonstrating to parents/carers that you have an excellent workforce
6. Hold an 'Awards Night' (perhaps a 'bring your own bottle!') that celebrates good practice, including qualifications achieved. Awards could even be humorous in nature, depending on what you think would be preferred by your team.
7. Rewards/gifts, either to recognise and thank individuals (e.g. great practice, achieving qualifications) or the team as a whole (e.g. treats in the staff room, or an extra day of paid annual leave)

Our First Network Hub

Throughout the Covid-19 pandemic we developed and delivered webinars that were designed to support the Out of School Childcare sector to survive and revive. These have covered topics such as 'Re-opening after Covid-19', 'Playwork after Covid-19', 'Becoming a Charitable Incorporated Organisation' 'Marketing' and 'Financial Systems'.

April saw the launch of our new 'Network Hub' an informal time and place giving childcare providers the opportunity to meet virtually and discuss specific topics.

Our first Network Hub, 'New ways of working sustainably' looked at unique selling points. Every childcare provider aims to give the highest quality childcare that they are able to and try to remain sustainable.

Sustainability is not just a financial objective, in an age where we are all aware of the

impact that we have, sustainability is also an environmental objective. The first network hub was held on April 22nd, World Earth Day, with the focus of the meeting on how childcare settings could make a sustainable change.

During the network hub the attendees were asked to reflect on the service they provide and to rate how sustainable they thought they were along with what unique selling point they felt they had.

Staff from Big Ben's Adventure Club and Clwb San Sior attended and shared how the 'unique selling point' in their settings was making a positive impact in both financial and environmental sustainability areas.

While both settings are similar in their approach, with the children participating in growing fruits and vegetables and looking after animals, the areas in which they work are very

different; Big Ben's Adventure Club has a large amount of land (2 acres) while Clwb San Sior has a small area, which backs straight onto a mountain sheer face (so there is no scope for expansion). They explained that no matter the size of a setting with thought and planning what they do could be done in other clubs and that the produce was used both in the club and as a way to fundraise.

Attendees were also asked what they felt they could do to improve their setting but were nervous to try and to identify what was holding them back. Support was then given through discussion as to how obstacles and challenges could be overcome enabling confidence to begin making the changes.

Our Network Hubs are for Managers, Leaders and Playworkers in Out of School Childcare settings, we hope you join us soon.

Why do you do what you do?

Whilst Out of School Childcare Clubs have clear benefits in supporting the Welsh economy, for many Playworkers, the answer to the question above revolves around the benefits and positive impact that Clubs have for children. Our last edition of Y Bont focused on the many benefits that play has for children, and we have had some great feedback from a few Settings about the difference re-opening has made for the children they care for.

Does the way you advertise your Setting get across the passion that you and your staff have for play? Marketing is central to the success of any business, and with the evolving economic climate and changes to work patterns/places, it is essential to ensure that information about the fantastic play opportunities and experiences you offer children is being disseminated to all potential services users. Are you advertising on a wide enough basis? And are you doing so in a way that will attract parents/carers and children themselves, so that they want to use your services even if parents/carers are continuing to work from home?

Think of unique, eye-catching ways that you could advertise your services in terms of the quality of play experiences:

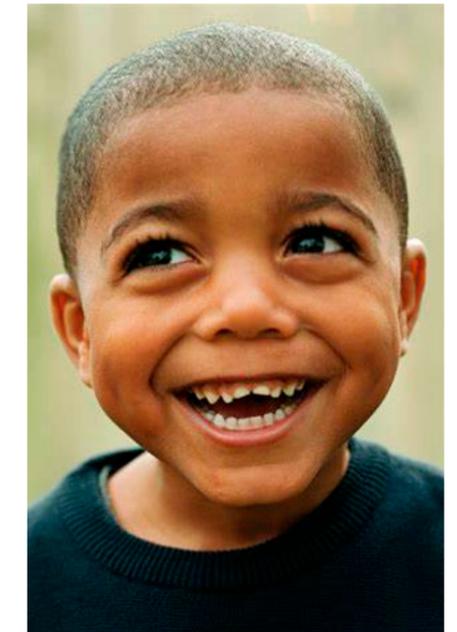
- Brief videos on Facebook showing your venue and play opportunities on offer
- Quotes from parents/carers and children

about what they get from using your Setting

- Colourful activity plans ahead of holiday periods with plenty of fun, interesting and varied ideas
- Involve children – what do the children that attend like the most about coming? What are their favourite memories? What do they think the best themes and activities for future sessions would be – find out and make these the basis of future adverts
- Would theme nights help to draw in more of a crowd?

We know the benefit to children offered by Care Inspectorate Wales registered Out of School Childcare Clubs, with qualified Playworkers who are passionate about play – make sure your community knows about these benefits too! With the changes brought about by Covid-19 to working patterns, now is the time to have an overhaul of existing marketing strategies and bring things back to basics: as Playworkers, why do we do what we do?

We have a host of marketing resources available on the members area of our website, including our 'Use it or Lose it' template, and remember our Childcare Business Development Officers are here to support you with any marketing queries you may have.



HR Timeline

1st April 2021

National minimum wage

National Living Wage was extended to workers aged 23 and over and increased to £8.91 per hour. Rates as at 1st April 2021:

- £8.36 for 21 to 22 year olds
- £6.56 for 18 to 20 year olds
- £4.62 for 16 and 17 year olds
- £4.30 for apprentices.

New statutory rates

Statutory Maternity Pay (SMP), Statutory Paternity Pay (SPP), Shared Parental Pay (ShPP), Statutory Adoption Pay (SAP) and Statutory Parental Bereavement Pay (SPBP) increased to £151.97.

Statutory sick pay (SSP)

SSP increased to £96.35.

6th April 2021

4th April 2021

Maximum compensatory award

The maximum compensatory award for unfair dismissal increased to £89,493 (from £88,519) where the effective date of termination was on or after 6 April 2021.

A week's pay

The maximum amount of a week's pay (used to calculate statutory redundancy payments) increased to £544 (from £538) where the effective date of termination was on or after 6 April 2021.

IR35

Off payroll working extended to large and medium sized private sector employers. For more details, visit <https://www.gov.uk/guidance/april-2020-changes-to-off-payroll-working-for-clients>

PENP

Changes to the formula for Post-Employment Notice Pay (PENP) come into force for calculations where an employee's pay period is defined in months, but their contractual notice period or post-employment notice period is not a whole number of months. For more information, visit <https://www.gov.uk/government/publications/changes-to-the-treatment-of-termination-payments-and-post-employment-notice-pay-for-income-tax/changes-to-the-treatment-of-termination-payments-and-post-employment-notice-pay-for-income-tax>

EU Settlement Scheme

Deadline for EU citizens and their families who arrived in the UK before 11pm on 31 December 2020 to make an application under the EU Settlement Scheme in order to retain the right live and work in the UK. For further details, visit <https://www.gov.uk/settled-status-eu-citizens-families>

1st July 2021

30th June 2021

The Coronavirus Job Retention (Furlough) Scheme

Government grant for Furlough scheme reduces and employers must begin to contribute 10% of furlough pay for unworked hours.

1st August 2021

The Coronavirus Job Retention (Furlough) Scheme

Furlough Scheme ends.

*Details around Furlough correct at time of writing, please check the latest information at <https://www.gov.uk/guidance/claim-for-wage-costs-through-the-coronavirus-job-retention-scheme>

30th September 2021

The Coronavirus Job Retention (Furlough) Scheme
Government grant for Furlough scheme reduces and employers must contribute 20% of furlough pay for unworked hours.

Dates to be confirmed!

- New law prohibiting confidentiality clauses in contracts or settlement agreements from preventing disclosures to the police, regulated health and care or legal professionals to be introduced
- New law requiring confidentiality clauses to set out their limitations to be introduced
- Laws on criminal record disclosures to be amended, reducing the disclosure period for sentences lasting four years or less
- Redundancy protection for new parents to be extended
- New law introducing right for all workers to request a more predictable and stable contract after 26 weeks' service to be introduced
- New law to increase break in continuous employment from one week to four weeks to be introduced
- New law preventing deductions from 'tips' to be introduced
- New legislation to clarify employment status tests to be introduced
- New law introducing tribunal sanctions where organisations commit repeated breaches to be introduced
- Extension of shared parental leave to grandparents

Acas issues advice on Holiday and leave during Coronavirus

<https://www.acas.org.uk/coronavirus/using-holiday>

Holiday entitlement

In most situations, employees and workers should use their paid holiday ('statutory annual leave') in their current leave year. This is 5.6 weeks in the UK.

This is important because taking holiday helps people:

- get enough rest
- keep healthy, both physically and mentally

Being flexible about holiday during Coronavirus
Employers, employees and workers should be as flexible as they can about holiday during the Coronavirus (COVID-19) pandemic.

It's a good idea to:

- talk about any plans to use or cancel holiday during Coronavirus as soon as possible
- discuss why holiday might need to be taken or cancelled
- listen to any concerns, either from staff or the employer
- welcome and suggest ideas for other options
- consider everyone's physical and mental wellbeing
- be aware that it's a difficult time for both employers and staff

If you're a furloughed worker

Employees or workers who are temporarily sent home because there's no work ('furloughed workers'), can request and take their holiday in the usual way, if their employer agrees. This includes bank holidays. Furloughed workers must get their usual pay in full, for any holiday they take.

Carrying over holiday

During the Coronavirus pandemic, it may not be possible for staff to take all their holiday entitlement during the current holiday year.

Employers should still be encouraging workers and employees to take their paid holiday. Employees and workers should also make requests for paid holiday throughout their holiday year, if possible.

The government has introduced a new law allowing employees and workers to carry over up to 4 weeks' paid holiday into their next 2 holiday leave years. This law applies for any holiday the employee or worker does not take because of Coronavirus, for example if:

- they're self-isolating or too sick to take holiday before the end of their leave year
- they've had to continue working and could not take paid holiday

They may also be able to carry over holiday

Employers' Update

if they've been 'furloughed' and cannot reasonably use it in their holiday year.

Some employers will already have an agreement to carry over paid holiday. This law does not affect any agreements already in place.

If an employee or worker leaves their job or is dismissed and has carried over paid holiday because of Coronavirus, any untaken paid holiday must be added to their final pay ('paid in lieu').

Bank holidays

Bank holidays are usually part of the legal minimum 5.6 weeks' paid holiday. Employers can still require employees and workers to take paid holiday on a bank holiday, unless they're off sick. They must give employees or workers notice.

Employees and workers can also ask to take a day's paid holiday on a bank holiday. If the employer agrees, they must get their usual pay in full.

If employees and workers are not sure if bank holidays need to be taken as paid holiday, they should:

- check their contract
- talk to their employer

If bank holidays cannot be taken off due to Coronavirus, employees and workers should use the holiday at a later date in their leave year.

If this is not possible, bank holidays can be included in the 4 weeks' paid holiday that can be carried over. This holiday can be taken at any time over the next 2 holiday leave years.

Agreeing how extra holiday is carried over

If employers do not already have an agreement in place, they can decide whether they'll allow extra holiday (more than the 4 weeks' paid holiday) to be carried over.

Extra holiday may include:

- the remaining 1.6 weeks of statutory annual leave
- holiday that's more than the legal minimum

Employees and workers should check their employment contract or talk to their employer to find out what they're entitled to.

Reaching an agreement

If the workplace has a recognised trade union, or there are employee representatives who work with the employer on these matters, the employer should involve them in agreeing changes. If any agreement is made, it's a good idea for it to be in writing. Employers should get legal advice if they're not sure whether to allow extra holiday to be carried over.

Previously booked holidays

An employee may no longer want to take time off they'd previously booked, for example because their hotel cancelled the booking. Their employer can insist they still take the time off, but it's good practice to get agreement from the employee. If the employee wants to change when they take this time off, they'll need to get agreement from their employer.

Requiring staff to take or cancel holiday

Employers have the right to tell employees and workers when to take holiday. They cannot do this, however, for any employees or workers who are on:

- sick leave
- family leave, for example maternity leave

If an employer needs to tell staff when to take holiday

An employer could, for example, shut for a week and tell everyone to use their holiday entitlement.

If the employer decides to do this, they must tell staff at least twice as many days before as the amount of days they need people to take. For example, if they want to close for 5 days, they should tell everyone at least 10 days before.

Cancelling pre-booked holiday

Employers can also cancel pre-booked paid holiday. If they decide to do this, they must give staff at least the same number of days' notice as the original holiday request. For example, if an employee has booked 5 days holiday, the employer must tell them at least 5 days before the holiday starts that it's cancelled.

This could affect holiday staff have already booked or planned and cause upset. So employers should:

- explain clearly why they need to do this
- try and resolve anyone's worries about how it will affect their holiday entitlement or plans

Keep up to date with the latest changes at www.acas.org.uk

Play Outdoors, Connect with Nature

We were delighted to be awarded Tesco Bags of Help Awards for our 'Play Outdoors, Connect with Nature' Project based in areas of Pembrokeshire, Carmarthenshire and Blaenau Gwent. As levels of obesity continue to climb and society has restricted children's play opportunities (even before lockdown), this project encouraged children and their Playworkers in Out of School Clubs to get outdoors, be active, enjoy adventures and connect with nature, encouraging play and cooperation in fun, healthy ways.

Prior to the lockdown in March 2020, 61 Playworkers and 435 children enjoyed Den Building, Nature Zone and Games Galore Workshops. Clubs will retain a wealth of bilingual play activity ideas they can introduce on an ongoing basis, many of which were developed in partnership with Wales' 3 National Parks and Gower Area of Outstanding Natural Beauty.

Comments from Playworkers included:
'Lots of new ideas for us'

'Lovely to see the children playing outside even in bad weather'
'Wonderful with the children and good to see an example of ways children of mixed ages can work together'
'The children loved it. It has given us lots of ideas'

As we have been unable to deliver workshops over the last year, we instead developed a range of videos and activity resources to support our Clubs with funding from Tesco

Bags of Help, Ray Gravell and Friends Trust and the Co-op Foundation with some examples below.



Bom Dŵr Water Bomb



KIDS' CLUBS

Ffordd syml o gyflwyno'r elfen dŵr i amgylchedd chwarae



A simple way to introduce the element water to a play environment

Bydd arnoch angen:

- Sbnjys cartref
- Bandiau lastig
- Siswrn
- Dŵr
- Powlen/Jwg
- Dihirod' - dewisol

What you need:

- Household Sponges
- Elastic Bands
- Scissors
- Water
- Bowl/Jug
- 'Baddies' - optional

Beth i'w wneud:

1. Casglwch eich adnoddau
2. Torrwch y sbwnjys yn ddarnau o drwch a hyd cyfartal.
3. Cymerwch 6-8 strïbed o'r sbwnj a'u gwasgu at ei gilydd yn y canol
4. Trowch y band lastig g'wmpas canol y sbwnjys i'w sicrhau nhw oll wrth ei gilydd.

- Gosodwch eich 'Dihirod' mewn rhes a'u peledu â'r Bomiau Dŵr i amddiffyn eich castell :)
- Gwnewch dargedau i chi gael ymarfer anelu

30 munud / 30 minutes

Canolig / Medium



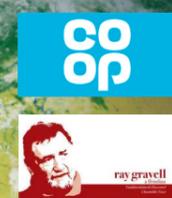
* Goruchwyliwch a chefnogwch blant llai wrth iddyn nhw ddefnyddio'r siswrn

* Supervise and support smaller children while using the scissors

What to do:

1. Collect your resources
2. Cut the sponges into equal thickness and length.
3. Take 6-8 strips of the sponge and press together at the centre
4. Twist the elastic band around the centre of the sponges to secure them all together

- Place your 'Baddies' in a row and blast them with the Water Bombs to protect your castle :)
- Make targets to practice your aim



www.clybiauplantcymru.org

Barcud wedi'i hailgylchu Recycled Kite



KIDS' CLUBS

Ffordd syml o gyflwyno'r elfen aer i amgylchedd chwarae



A simple way to introduce the element air to a play environment

Bydd arnoch angen:

- Siswrn
- Glud
- Ffon fesur
- Pen marcio
- Llinyn
- Rhuban
- Tâp
- O leiaf 2 fag plastig wedi'u hailgylchu (mae bagiau mwy yn gweithio'n well)
- 2 ffon denau (1 yr un hyd â'ch bag, 1 tua 10cm yn fyrrach)

What you need:

- Scissors
- Glue
- Ruler
- Marker pen
- String
- Ribbon
- Tape
- At least 2 recycled plastic bags (larger bags work better)
- 2 thin sticks (1 the same length as your bag, 1 around 10cm shorter)

30 munud / 30 minutes

Canolig / Medium



* Goruchwylio y plant gan ddefnyddio offer torri bob amser
• Hedfanwch y barcud bob tro mewn mannau agored clir i ffwrdd o goed a cheblau pŵer uwchben.
• Goruchwyliwch y plant drwy'r adeg

* Supervise children using cutting implements at all times
• Always fly a kite in clear open spaces away from trees and overhead power cables.
• Supervise children at all times

Beth i'w wneud

I wneud y ffrâm:

1. Croeswch y ffon lai dros y ffon hirach ar ffurf llythyren T fach.
2. Sicrhewch y ffon gyda'i gilydd gan ddefnyddio'r llinyn a'r glud.
3. Clymwch ruban i'r ddau ben i'r ffon i greu ffrâm.
4. Ysgwydwch y ffrâm i sicrhau ei fod wedi'i osod yn ddiogel.

I wneud yr hwyli:

1. Torrwch y dolenni plastig oddi ar eich bag.
2. Torrwch ochrau eich bag plastig fel ei fod yn dod yn ddarn gwastad.
3. Gosodwch ffrâm y barcud ar y darn gwastad o blastig i sicrhau ei fod yn ffitio.
4. Gan ddefnyddio'ch ffon fesur a'ch marcwr, mesurwch 2cm yn lletach na'r ffrâm ac yna amlinellu'r siâp.
5. Torrwch ar hyd y llinell hon.
6. Yna, torrwch 2cm i mewn ym mhob cornel.
7. Dechreuwch ar un ochr a phlygu'r plastig sy'n weddill dros llinyn y ffrâm.
8. Gan ddefnyddio tâp, sicrhewch yr ymyl wedi'i blygu i'r hwyli. Gorchuddiwch yr hyd cyfan â thâp i atal y gwynt rhag dod rhwng yr haenau.
9. Ailadroddwch nes bod yr holl ymylon wedi eu sicrhau wrth yr hwyliau.

I orffen:

1. Clymwch y rhuban i bob pen a'u huno yn y canol (fel y dangosir yn y llun isod)
2. Atodwch eich pêl hir o linyon / rhuban at y canol.
3. Ychwanegwch gynffon i'ch bag o'r bagiau / rhubanau nas defnyddiwyd ac rydych chi'n barod i hedfan eich barcud!

What to do:

To make the frame:

1. Cross the smaller stick over the longer stick in the shape of a lower-case T.
2. Secure the sticks together using the string and glue.
3. Tie ribbon to each end of the stick to create a frame.
4. Give the frame a shake to make sure it is fixed securely.

To make the sail:

1. Cut the plastic handles off your bag.
2. Cut the sides of your plastic bag so it becomes a flat sheet.
3. Lay the kite frame on the flat sheet of plastic to make sure it fits.
4. Using your ruler and marker, measure 2cm wider than the frame and then trace the shape.
5. Cut along this line.
6. Then, cut in 2cm at every corner.
7. Start on one side and fold the excess plastic over the string of the frame.
8. Using tape, secure the folded edge to the sail. Cover the entire length with tape to prevent the wind from coming between the layers.
9. Repeat until all edges are secured to the sail.

To finish:

1. Tie ribbon to each end and join in the middle (as shown in the picture below)
2. Attach your long ball of string/ ribbon to the centre
3. Add a tail to your bag from the unused bags/ribbons and you are ready to fly your kite!



www.clybiauplantcymru.org

Meet the Team

-Playing Out with the Elements!

As this edition is celebrating all that is elemental play, we thought that it would be a great opportunity to learn a little more about our team and their play preferences. Check out some of the fun we all have enjoyed present and past. Maybe it will inspire you to try something new and give the children you support a range of new activities. Some of these activities, and other great element-based play ideas, can be found in our 'Playing Out with the Elements' Workshop – you can find more information about this great workshop within the Training Directory on our website. If you need support, or are interested in purchasing a workshop, please contact us at info@clybiauplantcymru.org

What is your favourite water-based activity/game?

"Gloop is such a great stress relief for all ages, adding more or less water to change the texture, adding colours and natural objects such as leaves and sticks/stones. Lots of gloopy fun!"

"Surfing and swimming in the sea, and water fights with my children"

"Swimming - pool or sea, I just love being in the water!"

"Water fights and playing with bubbles!"

"My children and I love making bubbles"

"Crabbing with my boys, playing in the sea, jumping in muddy puddles, water fights, throwing stones into the sea"

"Gotta be a water fight!"

"I love experiments, particularly things that make my kids shriek with laughter (mentos in fizzy drinks is always a winner). My daughter loves getting a bunch of different 'ingredients' and seeing what different combinations do"

What is your favourite air-based activity/game?

"Rope swing, created by my dad when I was a child (he made it in the garage and we played in there on very wet days) and my children also used it in the tree in our garden and had hours of fun."

"Flying a kite and kicking leaves in the air"

"Paper airplanes – me and the boys can play this for hours!"

"Exploring the natural environment"



"Building dens, collecting and painting rocks, playing in the mud"

"Mud painting – cheap and easy and totally environmentally friendly"

"Making bird feeders, growing cress, picking strawberries and jumping in muddy puddles!"
"Anything muddy!"

"Making a mud potion in the forest"

What is your favourite fire-based activity/game?

"Using a candle and melting wax crayons, I would spend hours in the shed watching the colours melt into one another creating patterns and then hardening into new shapes for the crayons. This can be developed further into small moulds and create new crayons out of short stubby old ones."

"Making fires at dusk for cooking and marshmallow toasting"

"Making smores"

"Campfires and toasting marshmallows with tealights, using fire to create pictures"

"Always love a campfire, outdoor popcorn making is always popular with my children"

"Sparklers in the garden, burning garden waste and then cooking sausages on the fire"

"Cooking on a campfire when it's getting dark"

"Some of my happiest moments of the past few years have been sitting on the beach around a fire with my kids, usually with my friends from work, listening to the chatter and looking up at the stars. The beach is very much my happy place, and campfires are so atmospheric! The kids love putting sticks in the fire then drawing pictures on the rocks"



"I love making and flying kites on the beach"

"Going on a zip line, and swinging on a tyre"

"Rope swings are my absolute favourite"

"Making an obstacle course/track with lego, and then using straws to blow a small ball (or malteaser) through the track – we time each other and the winner gets the bag of malteasers!"

What is your favourite earth-based activity/game?

"Making grass dens out of the grass cuttings in the park, also playing hide and seek in the mountain ferns."

"Muddy walks when it's raining and you don't feel like going out – but it's always more fun than you expected"

"Nature walks, climbing trees (watching my kids climb trees... I am far too old and would hurt myself!)"



Street Games

Hopscotch

Hopscotch is one of the games you can play on concrete, but where does the name "Hopscotch" come from? This street game has been around since the 17th century. Where the game is referred to as "Scotch-Hoppers," where a "Scotch" means the line which separates the numbered boxes. The object of the game is to hop up and down the chalked-out court without breaking the rules.

What you need:

- 1 or more people
- Outdoor chalk
- Rock or coin

What you need to do:

1. You will need to chalk out your court
2. The first player stands at the start.
3. Throw a coin or rock into the first square (number 1) so it lands somewhere inside the box.
4. The player hops in each square except the one with the rock/coin in it.
5. The player must hop to the end of the court and back again, picking up the rock/coin up as they come back. Remember you will need to balance on one foot whilst you pick up the rock/coin, if it is a single square.
6. Start from the beginning but throw to the second square and so on, so forth.

Note: If it's a single square, hop on one foot, for a double square, land on two feet.

A player loses their turn if they:

- Step on a line
- Miss a square with their rock /coin
- Lose their balance

If a loss of turn occurs, then the player can begin their next turn where they last left off.



Marbles

The object of a game of marbles is to roll, throw, drop, or knuckle marbles against an opponent's marbles, often to knock them out of the circled area and win the marble. A marble is a small hard glass ball that is used in a variety of children's games and is named after the 18th-century practice of making the toy from marble chips.

What you need:

- To play this game, you will need the following:
- Lots of Marbles around the same size (the more marbles you have, the longer the game will last, the fewer the marbles you have, the shorter the game will be).
 - Several players
 - One 'Shooter Marble' for Every Player (a shooter marble is generally slightly larger than normal marbles and according to tradition, should be your favourite marble (although this is not required).
 - A Length of string or chalk

What you need to do:

1. Lay out your string in a circle on a hard surface, or chalk out the area. The circle should be anywhere from 1m to 3m in diameter. The larger the diameter of the circle, the harder the game is.
2. Scatter your smaller marbles into the circle randomly.
3. Launch your shooter; hold it between your fingers and flick with your thumb.
4. Each player's first shot will be shot from outside the string circle.
5. If you knock a marble out of the ring, you set it aside, and count it as one point.
6. After a shot, do not remove the "shooter" from the circle.
7. On your next turn shoot from the last place where your "shooter" landed inside the circle.
8. If your shooter landed outside of the circle, you should take your next shot from any point outside of this circle.
9. You may knock another player's "shooter" out of the circle, giving them the disadvantage of having to shoot from outside the circle.
10. At the end of the game, when all the marbles are out of the circle, the person with the most marbles wins.

When you are playing marbles, you first need to decide what version you are going to play.

For instance, are you going to play for fun, or are you going to play for keeps? I highly advise against playing for keeps, as it generally removes friendly competition, and ruins the spirit of the game. Regardless of what version you choose to play, the rules are the same.

Hope you enjoy this game! Remember, it's not about winning. It's about having fun! Be a good sport, and have fun!

French skipping

French Skipping is a classic street game that helps develop balance and co-ordination. Children will have hours of fun performing a series of traditional jumps, testing each other at different heights whilst chanting Skipping rhymes and songs. The earliest reference to skipping dates back to the 1600's. Elastics skipping began in Britain in the 1960s, brought from the USA and ultimately originating from China or Japan.



What you need:

- Thick strong elastic anything between 5m and 7m (or tie lots of elastic bands together); tie both ends together.
- Two people (or chairs) put their feet inside the rope and stretch them out, standing far enough apart for the third person to jump between them.
- A sturdy floor.

What you need to do:

1. This game resembles regular skipping rope in that you jump a lot, but you jump in a pattern and the elastic is tied at both ends.
2. The third person, or jumper, faces one of the people holding the elastic and jumps in a pattern of left, right, inside, outside and on the elastic.
3. What pattern you use is up to you, but all the players should use the same one.
4. The game is started with the elastic around the ankles. Once the jumper does the jump correctly, the elastic is moved up to the calves. Then to the knees, then the thighs. Usually, it doesn't get any further than that.
5. Once you miss, it is someone else's turn.
6. Preferably three or more players, but it can be done with one or two.

Always remember to follow the latest guidance from the Welsh Government and social distancing. In the mean time you can still enjoy these games with those who are in your bubble.

