

June Newsletter 2026



Time to think about you

June is always a time where we are all racing to the end of the Summer Term, preparing our children for the next step whether that be that they are leaving us to go to school or moving rooms/settings.



You can't pour
from an empty
cup.

SELF-CARE ISN'T SELFISH. IT'S NECESSARY.

This time is precious, but we must not forget that whilst we are all busy ensuring that the children in our care are given the very best, our own personal well-being is equally important.

Remember the saying '**you can't pour from an empty cup**'. Caring for yourself is not extra, it is essential.

Many of us, especially in the early years sector, put ourselves last. Because young children rely on us, we often feel we must give 100% all the time, even when we are exhausted and stressed. Over time, that pressure can take a serious toll on our mental health and wellbeing, often without us noticing until our bodies force us to stop. It is no surprise that so many people become unwell at weekends or during holidays, when the pace finally slows.

Please take this time to stop and think, *what are you doing for you*. Self-care is not selfish. It is necessary. Please tell us what strategies work for you so we can share with others, KBEYSPH@northfleet-nur.kent.sch.uk

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness "mindfulness". Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life.

For more information; [Mindfulness - NHS](#)

In the meantime, we have several different webinars and networks that we are running up to the end of the summer term that you may be interested in. We also have a mini survey on what further CPD/training you would be interested in.

We are open all year round, so we would love to hear from you. We are planning on visiting some settings and holding some webinars/Chill and Chat sessions during the summer holiday period so look out for these in our next newsletter and in our social media platforms.

Achievements

A huge congratulations to Neerasha Singh our hub lead on receiving a Member of the Order of the British Empire (MBE)



Neerasha Singh is a visionary leader whose unwavering commitment to inclusive Early Years education has transformed practice across Kent and Beyond. As Headteacher of Northfleet Nursery School, a beacon of excellence rated Outstanding by Ofsted, Neerasha has dedicated her career to ensuring that every child, regardless of background or ability, receives the highest quality start in life.

A huge congratulations to Louise Sutherland on receiving a British Empire Medal (BEM)



Louise Sutherland is the Manager of Peter Pan Playschool, in Bookham, Surrey.

The playschool is a pack away setting in a church hall.

They have a diverse cohort with a wide range of differences including Special Education Needs and Disabilities.

Louise started volunteering as a parent helper in 2005 then joined the team officially in 2006. She then worked as SENCO for a several years before taking on the Manager role in 2017. The setting has diversified over these years and she is really proud of the strong bonds with the different local communities who entrust them to care for their children.

BLOG

Click here to access our latest blog [Supporting Attachment and Emotion Regulation in Early Years](#)

DfE/NSPCC Updates

[More than half of all Childline counselling sessions support children with mental health struggles | NSPCC](#) (JAN 2026)

[New screen time guidance for parents of under-5s - GOV.UK](#) (March 2026)

[Baby and toddler screen time guidance - Best Start in Life](#) (March 2026)

Upcoming Events

Childminders in Thanet

Teddy Bears Picnic

Wednesday 8th July 2026 at 10am

★YOU'RE INVITED!★

Please join us for a friendly meet and greet as we come together to enjoy good company, laughter, and a lovely time outdoors.

EVENT: Teddy Bears Picnic 

DATE: Wednesday 8 July 2026

TIME: From 10:00 AM

LOCATION: Ellington Park, Ramsgate CT11 9TL



Bring your favourite teddy bear and join us for a fun-filled picnic with plenty of smiles, laughter, and cuddly companions!

We would love for you to be part of this special gathering.

RSVP: KBEYSPH@northfleet-nur.kent.sch.uk

We look forward to seeing you there! 🍷🍷



Outdoor Learning virtual Network focus

7 July 2026 at 7pm [Sign up here](#)



IT/Technology in early years virtual webinar/STEM series of virtual webinars

8 July 2026 at 7pm [Sign up here](#)



Childminder Virtual Network

10 July 2026 at 7pm [Sign up here](#)



To join our mailing list please click on the link below

[K&BEYSPH Mailing List](#)

[Meet the team](#)

[Updates](#)

[Hub Events](#)

We are busy extending our networks so if you would like to become involved in some way please contact us using the information below:

KBEYSPH@northfleet-nur.kent.sch.uk

01474 533950



See here for our [privacy notice](#)