



# The Children's Centre

Children, Young People and Families First

Date: 12 August 2010

## Nursery Sports Day Fun at The Children's Centre

The annual sports day for the Pre-School and Toddler (2-3 years) children at The Children's Centre's nursery took place in the playground at their Woodbourne Road site on 21<sup>st</sup> July 2010 as part of scheduled activities for Children's Week.

With the weather being kind, the children undertook an afternoon of traditional sports day activities, including sack races and races such as "The Dressing Up Race" and "The Bucket of Water Race" which are designed to help children with their motor and co-ordination skills. The relay race demonstrates to the children the importance of working together as a team. Parents and other family members came along to cheer them all on! Rachel Staley, Head of Early Years and Playwork at The Children's Centre said "It is important that children are allowed to be competitive in a controlled and constructive environment, and to understand that taking part in an event is just as important as winning."



Children and parents alike enjoyed the afternoon, which was rounded off with all the children receiving a certificate and medal for taking part. One parent said "The day has been excellent, and it could have been even better with a couple more races, but I understand that it's hard to teach children 4 races. My other child doesn't do competitive sport at her Nursery sports day which is a shame as its good practice for real life."



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The Children's Centre provided this activity as part of their Healthier Outcomes Work, which involves working with children and young people to help them to understand how to make healthier choices when it comes to food and being active.

If you would like further information about our flexible childcare facilities and other services provided by The Children's Centre, please visit [www.thechildrenscentre.org.im](http://www.thechildrenscentre.org.im) or call 676076

Ends

For further information please contact Lorna Trevethan on 01624 631919

## Notes to Editor

The Children's Centre develops, manages and pioneers a variety of community initiatives and services aimed at enabling children, young people and families to realise their full potential. We are an independent Manx charity – undertaking our own projects and working with others – to put children, young people and families first.

The Children's Centre Ltd  
Registered charity number 921

## About our Services

As the Isle of Man's leading children's charity, The Children's Centre works directly with over 1,000 children, young people and families each week. We run 15 vital services across the Island, each working to address a different recognised need.

We put children and young people first by offering childcare, play, adventure activities, learning opportunities, residential care and support services to enable them to realise their full potential for the future.

For families we offer support to parents from pregnancy through to dealing with the teenage years. Often little attention is paid to preparing people for this vital role, yet parents are key to giving children a happy and stable childhood. We provide first class services that offer practical advice on a wide range of issues such as: divorce; contact; child behaviour and budgeting; whilst at the same time offering a helping hand, and the opportunity to meet other parents.

Safe and progressive communities give everyone the freedom to flourish and are vital to the wellbeing of children and their families. Our work in communities throughout the Isle of Man aims to ensure that the needs of all children, young people and families are put first, regardless of where they live.

## Press Enquiries

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