

Dear Parents,

Thank you for taking the time to read our newsletter and finding out what we have been up to in 2017 and what is yet to come! Hopefully you will be as entertained as we have been so far this year with all of the fun activities and events at nursery.

Tiny Tots

This month Tiny Tots have been exploring the topic All About Me. The children have had fun making their all about me profiles, which included their hand and foot print and height. The children found it fascinating being measured.

We have been busy using our cooking skills to make pizza faces. The children explored different ingredients and enjoyed putting them on the muffins to create their face. This promoted the children's social skills and fine motor development.

The babies have really enjoyed exploring in the sensory tent, exploring touch, sound and sight by feeling the different textures of materials, exploring with the rain makers, using the sensory lights and looking at themselves in the sensory mirror.



Little Learners

This month the Little Learners topic has been the Human Body and they have all enjoyed finding out about what is inside their bodies and what everything is called.

They have built on their knowledge and understanding skills by exploring a large scale play mat that let them see the major organs inside their bodies and where they are and they used this information to complete some worksheets that we have put on display. They have developed their maths skills by using blocks to measure the size of their hands and have taken part in lots of creative activities making collage people and skeleton hands. On top of this we have had lots of fun outside developing our physical skills and using our bodies in lots of different games. They have really enjoyed finding out what is inside them and are really good at pointing to different parts of their bodies as we play the 'Where's your....' game!



Key Person Consultations

Please can we remind parents about the Key Person Consultations that we are able to provide throughout the year.

These meetings offer an opportunity for the key person and parents to share their observations and to consider the implications of these in terms of planning for the child's learning. They are an opportunity for us to celebrate what the child has achieved and to look for ways of building on their current interests and achievements. They are also a nice insight into how your child has settled after any transitions that they may have experienced.

If you would like to arrange an appointment with your child's key person either ask one of the team, drop us an email or give us a call.

Medication at nursery

If you bring your child into nursery and are aware that they have a temperature and will require medicine, please could you also supply the appropriate medication.



Our medicine is strictly for emergencies only. When we are supplying medication for children, it means that we quickly run out of an emergency store, which is necessary for those children that can experience febrile convulsions.

Unfortunately, if parents are aware that their child will require medication during the day but fail to supply we will have to call for them to come to nursery to administer.

Joining the waiting list for nursery

We are currently holding a waiting list for a Wednesday and Thursday at nursery. If you have a sibling that you would like to enrol at nursery please could you request forms from a team member to enable us to plan and secure the required days.

In accordance with our Admissions Policy we will give priority to siblings of children who already attend nursery.

If you know of friends or family that will be requiring a place between now and April 2018 please advise them to make contact as soon as possible.

Meal Times

Our meal times are as follows:

Breakfast: 08:15-08:45

Morning Snack: 10:00

Lunch: Tiny Tots - 11:30

Cubs & children that are leaving for afternoon school - 11:30

Rangers - 12:15

Afternoon snack: Tiny Tots and Cubs - 14:00

Rangers - 14:30

Tea: Tiny Tots - 15:30

Rangers - 16:00

Staff Celebrations

Eliza, Mollie and Caroline (St Illtyd After School Club) have completed their Level 3 Transition to Playwork Qualification. This will become a mandatory qualification in accordance with the new regulations for childcare for children aged 8 years and over.



There must also be an amendment o a previous 'Congratulations' to Mollie in May of his year...she had completed her Level 5 (Advanced Practitioner) in Childcare, Learning and Development as opposed to her Level 3!

Open Day

We will be holding an Open Day on Saturday 21st October at nursery between 12:00 and 14:00. All families are welcome to come along for an informal gathering.

If you have friends or family that you are aware will be seeking childcare in the near future please bring them along! If they enrol on the day they will receive a 20% discount on their first month of fees and you will be entitled to 20% off a month of fees too!

We will start advertising this on Facebook soon; please could you help us and share our posts.

Stay and Play

We will be holding our next Stay and Play session on Wednesday 1st November. The sessions will be from 14:30 - 16:30.

All families are welcome to come along for all or part of the afternoon to have a taste of nursery life!

Halloween Party

We will be holding our Halloween Party on Tuesday 31st October between 15:30 and 17:00. We have a few places available on that date of you would like to book your child in, or alternatively, you could bring your child along. If you will be attending with your child please could you let a team member know to enable us to cater for your child.

Health and Nutrition

We have been looking at 'The eatwell plate' at nursery and the importance and benefits of a balanced diet. These include:

- A positive impact on learning and behaviour
- Providing the body and mind with the energy it requires to work
- Reducing the risk of dental decay
- Helping to promote healthy skin, hair and nails
- Helping to maintain a healthy body weight
- Providing opportunities to develop social skills



Helping to build a healthy immune system and fight infections
Establish good eating patterns for life
Providing the energy, vitamins and minerals needed for growth and development
Supporting brain function, concentration and can benefit mood
Promote good bowel health and reduces the risk of problems such as constipation
Reducing the risk of heart disease, stroke, type 2 diabetes and certain cancers later in life
Helping to build strong bones

There are five food groups that make up the eatwell plate, which consist of:

Fruit and vegetables - this includes all fresh fruit and vegetables as well as dried, canned (in juice or unsalted water) and frozen varieties. Pure fruit juice is also included in this group. These foods are important sources of dietary fibre and a variety of vitamins and minerals.

How much to give?

From weaning, children should be introduced to a variety of fruit and vegetables. Toddlers should be aiming for five or more portions a day. There are no specific guideline portion sizes for young children but it is suggested to aim for the amount that a child can hold in one hand e.g. 4-5 grapes.

Bread, rice, potatoes, pasta and other starchy foods - these foods provide energy in the form of carbohydrate, fibre, iron and B vitamins.

How much to give?

Young children should be encouraged to consume at least 4 portions of starchy foods per day. This equates to one serving at each mealtime and a snack. Children under 5 should be offered a mixture of white and wholemeal/ grain varieties.

Milk and dairy foods - this group includes foods such as cheese, yoghurts and fromage frais. They are particularly good sources of calcium which is important for bone development and teeth. This group also contains important sources of protein, zinc and vitamins A, and B12.

How much to give?

It is recommended that pre-school children consume around 3 portions of milk and dairy foods each day. Full fat dairy foods should be offered to children less than two years of age, as they need the extra fat and vitamins these provide.

Meat, fish eggs, beans and other non-dairy sources of protein - this group includes lean meat, liver, kidneys and meat products such as sausages and burgers, as well as eggs and fish. These foods are a good source of protein, iron, zinc, vitamin D and B vitamins. Oily fish such as salmon, trout, sardines and fresh tuna are a rich source of omega-3 fatty acids and a good source of vitamins A and D. Alternative sources of protein and iron are pulses such as peas, beans (including baked beans) and lentils. Tofu, quorn and soya mince are also useful meat alternatives for vegetarians.



How much to give?

Pre-school children should consume 2 portions of meat or oily fish daily or 2-3 portions of vegetarian alternatives.

Foods and drinks high in fat and/ or sugar - foods containing fat: margarine, butter, other spreading fats, cooking oils, mayonnaise, cream, chocolate, crisps, biscuits, pastries, cake, rich sauces and gravy. Foods containing sugar: soft drinks, sweets, jam, honey and sugar as well as cakes, puddings, pastries and ice-cream. These foods should not be given too often to encourage good eating habits from an early age.

How much to give?

A small amount at mealtimes is fine. It is better not to offer foods and drinks containing sugar between meals as this is more likely to cause tooth decay.

Fluids

Babies and children have very individual fluid requirements. These can depend on a number of factors such as the weather, age of the child, gender and activities.

As a rough guide, toddlers need around 6-8 cups (100-120mls each) daily and a five year old around 6-8 cups (160-180mls each) daily. Children should be offered a drink at all mealtimes and all snack times and water should be freely available in-between.

We have tried many different routines to enable to children to have access to water freely throughout the day. We think that it is achievable in the Tiny Toys unit if parents provide their own drink bottles on a daily basis, these must be clearly labelled. We have tried using our beakers but the obvious problem with that is cross-contamination as all children are drinking out of each others! We think there is also a risk of this happening even if parents provide their own bottles, but with the controlled measure of each bottle being individual and easily identifiable we can reduce the risk!

We have tried this idea in the Little Learners Unit and it wasn't very successful - but it is a much bigger environment! We are looking for some ideas and feedback on how to achieve a freely available source of water...water fountains maybe or water coolers. Do any of our parents have experience of these and/ or have any different suggestions for us?

Threadworm at Nursery

There has been a letter sent home from a local school that some of our children attend informing families of threadworm.

We haven't had any confirmed cases at nursery but felt it prudent to share with all of our families to enable everybody to be extra vigilant!



We have also put a stop on messy play for a couple of weeks just to be on the safe side. If you find that your child has threadworm please do let us know at your earliest convenience as they do spread quickly and we would like to inform all families to enable them to check!

For more information please go to: <http://www.nhs.uk/Conditions/Threadworms/Pages/Introduction.aspx>

Payment of Fees

Parents will notice that their invoices are sent on the 27th of each month via email. Attached to this email is a link to pay. This facility is useful for parents who are wishing to pay using a credit card, however, there are fees incurred for doing this - these are set by the payment facilitator and not by Fun Foundations.

If parents are paying using a debit card they will also incur a fee. An easier option is to pay via internet or telephone banking, which is also free! Fun Foundations' bank details are on page 2 of the invoice, if parents already use internet banking then you will know that it is straight forward to set up using your debit card and card reader. Once Fun Foundations have been saved following your first payment then transfers can be easily made using your app on your mobile device or on a desktop.

Please can we remind parents that fees must be paid in full within two weeks of receipt of the invoice.

Transition to School

If/ when families are aware that their child will be starting at school please could it be discussed with a team member.

We are working with many local schools to encourage the smooth transition from our setting to nursery school. As part of this, we are encouraging nursery school teachers to visit the children when they are in our setting to enable them to observe the child in a familiar and comfortable environment.

The objective is to provide the teacher with lots of information to enable them to 'get to know' the child prior to the term starting and ultimately enable the child to settle at nursery school comfortably and quickly.

We also complete 'All About Me' reports for children to take with them to school that provides information on the child at our setting - this allows the teacher to know what to expect from each individual.



If we know in plenty of time about school transitions we have the ability to try and arrange transition meetings at nursery and complete the reports to take to school when the new term begins.

Half Term attendance

We are filling up in the nursery and in holiday club for half term and were wondering if you need to book your place...

The plans for the week is to become Nature Detectives! There will be lots of den-building and roasting of snacks by the fire with Eliza and Marie. We will be having an Halloween Party on the Tuesday afternoon, so the children will be creating treats on Tuesday morning in preparation... dressing-up is a must!

Please drop us an email or give Eliza a call to reserve your place!

Christmas Concert

We have booked the venue for the Christmas concert on Wednesday 20th December! It will be in the Town Hall and the concert will start at 16:30 and we will have to leave the hall by 18:00. Please can the children wear a 'Christmassy' outfit.

Please can we ask a few things of our families to help us make the concert as enjoyable as possible...

- If your child is attending nursery on that day please could you bring their Christmas costume in with them.
- If you bring your child to the Town Hall please can you ensure that you bring them between 16:15 and 16:25 already dressed in their costume and be ready to hand them to the team member by the door who will then take them backstage.
- Tickets will be £1 each to cover the cost of the Hall - when you ask a team member for your tickets please pay them with cash in advance.

We will initially be limiting the number of tickets per family to four - if you require more we will put your name on a list and will allocate any extras fairly between the families.

This Christmas week is going to be a very busy and tiring one for everybody as schools are not ending their term until the 22nd :(Along with the concert we have a Zoolab Christmas visit at 10:00 on Tuesday 21st and our Christmas dinner on Thursday 21st.

If your school's term is ending before Friday 22nd December please could you let us know.



Fee Increase

Fees will be increasing in January 2017 by approximately 3.5%

The new fee schedule will be included in the November newsletter.

This is never a decision that we take lightly, however, it is essential to ensure the sustainability of the nursery.

Fee Break

For those parents who have chosen the fee break option at nursery, the following dates are when this can be taken for the remainder of 2017. Please remember that a month's notice must be given to enable the fee break to be actioned. The fee break and bank holiday exemption does not apply to those children that attend nursery for wrap-around care. There is a maximum of a two week fee break per year per family.

Monday 25th December - Friday 5th January

Next year's dates are as follows:

Monday 2nd April - Friday 13th April 2018

Monday 23rd April - Friday 31st August 2018

Christmas term dates for 2018 have are yet to be released.

Change of Clothes

Please could all parents be sure to remember a change of clothes (at least one) and remember to label them. We have a few spare items of clothing that we use in emergencies, however, we really need these returned as soon as possible so we always have a back up should someone require it!

Uniform at Nursery

We have made changes in how our clients can access the on-line shop

- Go to www.eurologo.co.uk
 - Click on the page 'Online Shop'
 - Click on our logo
- The nursery uniform can be viewed prior to joining up and ordering.



Friend Referral Scheme

We have had some great feedback from the friend referral scheme...thank you to all those who have been saying such wonderful things about our nursery!

Please don't forget that if you have a friend or family member that is looking for childcare, ask them to mention your name as a friend referral and we will credit your next full month's fees with a 20% discount. The same discount will also be applied to the new family when they enrol

Facebook Page

Please don't forget about our Facebook page. If you have a spare five minutes please feel free to leave a review.

We have been trying to put more information on our FaceBook page to give parents more of an insight into what we are doing at nursery during the day. We were hoping that this would give parents an insight into how the new nursery app would work when we replace the daily diaries.

Twitter Account

If you have a twitter account please follow us @FoundationsFun. Again, we have been putting more information on Twitter for parents to see what we have been doing during the busy nursery day.

Instagram

We have also created an Instagram account to enable us to share more pictures with our parents. We can be found at Fun Foundations.

Many thanks for your ongoing support 😊