



Early Years' Newsletter Summer 2011

Dates for your diary:

All term time early years provision finishes week start back 26th and 27th April, then reopen again on Tuesday 3rd May. The summer half term is the week of the 30th May. Summer term ends on Friday 22nd July 2011.

Playgroup and crèche parent/carer meeting will be on Thursday 27th June at 10am. There will be an 'Immunisation Red Book' session where you can have your child's immunisations checked that they are up to date. They will also be visiting the ASR Drop In on 12th May between 10-11.30am.

Schools: If your child is starting school and would like some advice about how to apply to schools, please talk to your child's Key person or contact Camden's Family Information Service on 0207974 1679.

Extended holiday provision:
We will be offering extended



childcare provision in the Summer School holidays for 3 weeks from 25th July-12th August. On Friday 12th August there will be the annual 'Family

Coach outing to the seaside.

The May/June half term will be open for 3 days from 30th May-1st June. For further information please contact the Early Years Office.



This is primarily for working/studying families. If you are working you can claim up to 80% of childcare costs, ring 0845 300 3900 for details. If unwaged please bring proof of benefit.

Adults:

From the start of the April 2011, there are several courses and workshops running; Please see Centre and UK online programmes. The Ante/Post Natal Baby Café/ Clinic, is still running on Monday mornings.

Last term parents and childminders attended a 'Story sack' course which was very successful. The 'Adult learning' will most probably set up another short 5 wk course around 'special memories' with your child. If you are interested please speak to EY office.

If you have not yet done so, please could you fill in a Centre 'User Questionnaire!'

Fundraising:

In December, last year, some of the parents staged a 'Winter Panto'; 'Going on a Bear Hunt'. Thank you so much to those parents, the children and staff thoroughly enjoyed it!! In March the children supported the Comic Relief 'Red Nose' Day by coming dressed in their pyjamas and we raised £330.60.



Well done everyone! Later in the term we will, again fundraise for Barnardos by the Playgroup children, staff and parents having a sponsored 'Toddle Walk' in the local park.

Drop Ins: The Adventure Soft Room and 'Gymboree On The Go' sessions will be on again the week starting 3rd May, it will be closed for half term for the week of 30th May and re start the following week.

Early Years Topic

The term topic is 'Jobs and Careers' Through many of the activities planned, children can explore all the different types of work adults do; Vet, Doctor, Bus Driver, Teacher, Explorer etc. We are always encouraging families to



contribute and participate in ideas/ activities and thank all parents/ carers that have done so. If you have any ideas please talk to your child's key person. Please can we remind parents/ carers that in order for children to play freely they need to be in clothes that are comfortable and not their best as sometimes activities can be very messy!

Staff: At present we a student, doing their work



experience here at Sidings, he is a male student and an ex playgroup child! The children and staff are very grateful for his input and like to feel we are encouraging men to think about the Early Years as a career.

Helpful Lunchbox Tips:

Seven best lunchbox tips

Here are seven tried and tested ways to make your child's lunch healthier, more nutritious and more fun:

1. **Make eating fruit fun.**
2. **Cut down on salt.**
3. **Build on your child's tastes.**
4. **Save time:** Lunches can be prepared the night before to save time in the morning..
5. **Freshen up.** Cut-up vegetables sticks can dry out, so it's a good idea to wrap them in some damp kitchen paper to retain moisture.
6. **Cut down on junk.** Avoid too many processed foods as they tend to contain few nutrients and

too much salt, sugar, additives and saturated fat. If your child likes crisps but you don't want him to fill up by eating a whole bag, put some in a small bag or wrap some crisps in foil.

7. Add a personal touch.

Tuck a surprise like a note, stickers or joke in your child's lunchbox or hide a



special treat at the bottom. Pack fun napkins, decorate lunch bags with stickers, draw a face on a banana with



a marker pen or cut sandwiches into novelty shapes using cookie cutters.



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