

Welcome to our October Newsletter!



October 2023

STAFF STRUCTURE

Management

Owner- Sharen Galvin

Managers Sue Beard & Fay Mangion

Deputy Manager – Wendy Lawton

Safeguarding Officers Sue Beard & Fay Mangion

Deputy Safeguarding officer – Wendy Lawton

SENCO- Fay Mangion,

Early Years Practitioners

Pre school

Tulin Ledwith -Understadning the world– Level 3

Ethan Horne – Apprentice

Babies

Laura Baker – Degree in Early Years

Mia Parker - Apprentice

Seniors

Preschool- Fay Mangion

Toddlers- Wendy Lawton

Babies – Janine Wilkinson

Toddlers

Clare Bailey – Level 3

Ethan Button – Level 2

Lily Jones - Apprentice



It has been lovely to see all the children and parents back after the summer holidays. As we are now heading into Autumn and the weather will be getting cold and wet can we ask the children have a coat, wellies, hats etc and spare clothes in case they get wet in the garden, we do have wetsuits that the children can use but these don't protect against everything.

New Staff

We have new staff starting with us!

Laura who is going into the baby unit, she has a degree in Early Childhood studies plus several years of experience.

Also Phoebe is coming back, she will be doing Admin.

You may have already noticed that we have 3 new Apprentices, these are:

Mia in baby unit

Lily in Toddlers

Ethan in Pre-school

We would like to welcome them all to the cre8tive play family.

And last but not least a big welcome back to our Sue who we have all missed immensely as have you parents.

Unfortunately Katelin is moving on to pastures new, she is going into a school which is closer to where she lives, we would like to wish her all the luck In her new role.

Half term is from the 23rd October till 27th October.

Focus of the Month

Fruit and veg

Space and our solar system

Taste of the Month

Bread, Squash

Pumpkins & Pears

Books of the Month

Room on the broom

A squash and a squeeze

Sign of the month

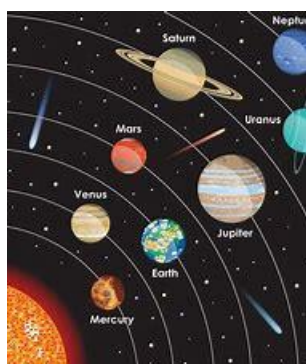


Festivals and celebration

Harvest Festival 1st Oct



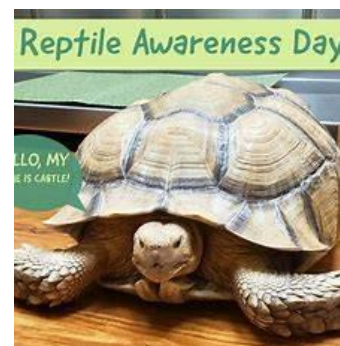
World Space week 4th-10th



National Badger day 6th



Reptile awareness day 21st



Apple day 21st



National Cat day 29th



Halloween 31st



For Halloween if the children would like to dress up they can do but this is not mandatory

- Some children will be going to Hadlum Courton Tuesday 31st October. For those of you who don't know Hadlum Court is a residential home for the elderly. The children visiting will be handing over autumn crafts that they have been busy making and singing their Harvest festival songs they have been practicing. Permission forms for those who will be attending will be sent out, if your child doesn't get to go this time, we visit about 4 times per year, Christmas, Easter and Graduation also so if they haven't been chosen this time it may be their turn next.

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Tips for Storytime at home

- Have Storytime's at different times during the day.
- Lay a blanket / cushions on the floor to make it extra special.
- Encourage the children to choose the book that will be read.
- Talk about the picture and ask the children what might be happening.
- If reading more than one book maybe do a couple of nursery rhymes between books.
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We will soon be asking you if you would like your child to attend in the October half term which is W/C 23rd Oct if you could let us know that would be great.

Can I remind you that we are a nut free Nursery.

Therefore nuts, peanut butter, seeded bread, Homous is not permitted in lunch boxes. Also if you are putting, tomatoes, olives, blueberries can we cut in half length ways, can you also cut sausages along the middle into batons the same as cucumber.

We are a no Grape, Popcorn and hula hoop nursery also.

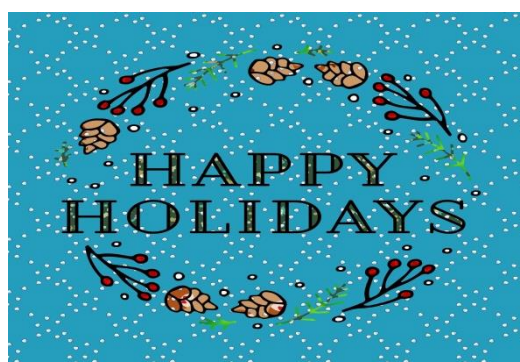
Also can we have 2 snacks, labelled am and pm, separate to their lunch boxes please.



We would like to wish the following children a happy birthday

Mariella will be 2 on 14th

Ruby will be 4 on 22nd



STAFF HOLIDAYS

We thought it might be useful to be aware of staff annual leave for the month

Clare W/C 9th

Ethan W/C 16th

Wendy/Fay/Janine W/C 23rd

Term dates

Come back to nursery	Finish for holiday
<u>4/9/23</u>	<u>20/10/23</u>
<u>30/10/23</u>	<u>15/12/23</u>
<u>5/1/24</u>	<u>12/2/24</u>
<u>19/2/24</u>	<u>28/3/24</u>
15/4/24	24/5/24

Please find attached a factsheet on choking hazards just to give some information on this matter and also this terms new menu for you all to look at.

SAFEGUARDING REMINDERS

- Unfortunately staff are unable to accept friend requests from our parents on social media, if you need to contact staff out of hours, you can email us on officecre8tiveplay@gmail.com or Faycre8tiveplay@gmail.com or you can message us direct via our parents page on Facebook

Please can we take this opportunity to remind our parents that our nursery is a mobile phone free zone, this means NO taking calls, texting and browsing the internet whilst waiting for your children. This also means that you are unable to show us photos of what your child has been up to, but please feel free to email them to us, we love seeing what they have been up to.



A FEW OTHER REMINDERS

- Please ensure that you collect your child on time as it affects our legal staff ratios. If they are collected late you will be charged £5 per 15 minutes as per your financial agreement.
- Please can you ensure that your child attends in weather appropriate clothing, such as coats and wellies in cold weather? Spare clothes are always useful too!
- We have just changed our uniform to grey if you would like to purchase the new t-shirts or hoodies please let Sue or Fay know. The cost of these are £5.50 for t-shirts and £8.50 for hoodies both for a bargain price of £13
- If you haven't already, don't forget to join our closed Facebook group 'Parents of Cre8tive Play'
- Can we have no nuts or nut-based products, seeded bread, pesto or nut based chocolate spread in packed lunches, as well as no seeds please. This is due to allergies in the nursery and the children's welfare means everything to us. Can grapes also be cut lengthways please as they are a choking hazard?

That is all for this month,
From Sharen, Fay, Sue and all the staff at Cre8tive
Play



Early years choking hazards food safety advice

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For babies and young children, food can be a choking hazard, especially when they do not chew their food well or they try to swallow it whole.

Choking can happen with any foods, but 'firm foods', bones and small round foods that can easily get stuck in the throat present a higher risk. Therefore, care givers should follow these five essential steps:

- 1** Make sure food is **suitably prepared and served** for babies and children under 5 years old. For suitable foods, see <https://www.nhs.uk/start4life/weaning/>. Introduce babies to solid foods from around 6 months of age.
- 2** **Think about size, shape and texture of food.** Cut food into narrow batons, avoid round shapes and firm foods. Firm fruit & vegetables can be softened by cooking.
- 3** Ensure that babies and young children are **alert and seated safely upright** in a highchair or appropriately sized low chair whilst eating.
- 4** **Babies and young children should be supervised at all times** while eating. You will be able to identify the early signs of choking and prevent harm.
- 5** **Encourage babies and young children to chew food well.** Teach children how to chew and swallow food properly, and ensure they take their time during meals. This will reduce their risk of choking.

Care givers and parents should be familiar with how to respond to a choking incident in line with guidance on first aid for children:

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Make sure food is prepared appropriately for children under 5 years old, see: <https://www.nhs.uk/start4life/weaning/>

It is also advisable that care givers are familiar with how to respond to a choking incident, see: How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

and How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-resuscitate-a-child/>

Autumn 2023 Menu

Week One Monday Tuesday Wednesday Thursday Friday	Main Quorn Casserole & Mash Pots Soup & Breads Pasta Bake & Vegetables Fish Fingers, new pots & Beans Quorn Chilli & Rice	Pudding Yoghurts Cake and Custard Peaches Rice Pudding & Jam Melon
Week Two Monday Tuesday Wednesday Thursday Friday	Jacket Pots, Beans & Cheese Meatballs in sauce with Spaghetti Chicken Goujons, Veg & Rice Soup & Breads Quorn Curry & Noodles.	Fruit Cocktail Jam Tarts & Custard Children make flapjacks Melon Brownie
Week Three Monday Tuesday Wednesday Thursday Friday	Quorn Spaghetti Bolognese Burgers, Wedges & Peas Soup & Breads Mac & Cheese & Garlic Bread Fish bits, new pots & veg	Mousse Children make Biscuits Apple pie & Custard Pineapple Swiss Roll
Week Four Monday Tuesday Wednesday Thursday Friday	Corned Beef, spring onions & Peppers Quorn sausage Casserole & Mash Jacket Potato & Chill & Cheese Tuna Pasta, Sweetcorn & GB Soup & Breads	Children make Cupcakes Yoghurts Shortbread Jelly & Ice cream Melon