

Short Term Planning for The Autumn Term 2013

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sep	3	4	5 Stover Returns	6
9 Decoy Returns	10	11	12	13 Roald Dahl Day
16	17	18	19	20
23 1st Day of Autumn	24	25	26	27
30 Headcount Week 4 Funding	1 Oct	2	3	4
7	8 Harvest Moon	9	10	11 13th World Conker Champs
14	15	16	17	18
21	22	23 Stover Break up 4 ½ Term	24	25 Decoy Break up 4 ½ Term
28 (Sun 27th) BST Ends	29	30	31 Halloween	1 Nov All Saints Day
4 Decoy & Stover Return	5 Guy Fawkes Day	6	7	8
11 (Sun 10th) Remembrance	12	13	14	15 BBC Children in Need
18	19	20	21	22
25 (Sun 24th) Stir-up Sunday	26	27	28	29
2 Dec (Sun 1st) Advent Sunday	3	4	5	6
9	10	11	12	13 Stover Break up 4 Christmas
16	17	18	19	20 Decoy Break up 4 Christmas
23 Grafton Closes at 7 pm for Christmas	24th December - 1st January 2014, Grafton Childcare will be closed. We reopen on Thursday 2nd January 2014, have a great Christmas & New Year.			



Grafton Childcare

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Grafton's Blog Has Moved!

You can now find us at :-

<http://graftonchildcare.wordpress.com/>

it would be lovely if as many parents and friends of Grafton Childcare could follow our new blog, just copy the link above and then on the bottom right hand side of the screen you will see a follow link, click on this and enter your email address and once you have verified your email address and you will be automatically informed when Grafton's Blog is updated, neat don't you think!

We have decided to start a blog to keep in touch with all of our parents about what we have been up to here at Grafton. We are not sure how often we will post, hopefully at least a couple of times a month giving you all an account of what we have been up to here during the previous couple of weeks and any plans we might have for the future. We hope that parents will pop along often to keep up to date with what has or is happening. Denise will probably sit down a couple of times a month and scribe something so that you can keep up to date with allsorts that is happening here at Grafton. We intend to still send out our regular newsletters but are aware that the way that parents access information is rapidly changing and we need to move with the times and embrace the world wide web and modern technology as a whole.

We now send out the majority of our newsletters as a pdf file to parents email accounts, which means that you can access them at a time which fits into your busy lifestyles and you can also forward them on to family and friends if you wish. You can also find copies of all of our previous

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for Childminding

newsletters archived on our newsletter page on our website.

If you have not yet given us an email address to which we can send copies of our newsletters and invoices, could you please email Denise and she will add you to our mailing list, denise@graftonchildcare.co.uk

Could we ask that those parents who still receive their newsletters in paper format that you remember to regularly check your child's bag and folder and **remove copies of any old or current newsletters**, so that we know that they have been read and the contents taken note of, thank you.



Grafton Childcare's Team Is Growing

Sadly Dayle left Grafton Childcare last term after working full-time for us for the past 3.5 years. We were very sad at having to accept his resignation from Grafton Childcare as he was a very valuable member of our little team and a big part of many children's lives over the past few years. We wish him well with his next steps in his career, at the moment he is reflecting on what he would like to do, we really hope he continues to work in childcare as it would be a crying shame if his many talents were wasted. Story time is not quite the same without his amazing voices, good luck Dayle and thank you.

We also have to inform parents that sadly Angela also resigned suddenly last month for personal reasons, we were shocked at her totally unexpected news as during the past five months she had become an important part of our team here at Grafton and implemented many great new initiatives which the children have already benefited from. We wish her well and hope she is able to manage her families personal difficulties which will result in her being able to return to teaching very soon.

Obviously we have had some very big boots to fill and think we have just about managed to do so. It has taken us a few weeks to find just the right candidates with the right qualities we have been looking for to join our little team.

At the end of August we were joined by Mrs Avril Emerson our new full-time Nursery Teacher. Avril brings with her a wealth of knowledge and experience and we are delighted that from September she has agreed to become our Nursery Teacher with the 2, 3 and 4 year olds. Avril gained her Ba Hons in Linguistics in 2006 and gained her PGCE in 2013. We are very excited about Avril's plans for Grafton Childcare and will share them with you all very soon.

Mrs Claire Beams joined us three days a week in August as part of our team of Level 3 Qualified Nursery Nurses. She has previously worked at the Secret Garden Day Nursery and Westcliff Primary School in Dawlish having three teenage children herself she is joining us with a wealth of knowledge and life skills which she can share here at Grafton.

will not tell them what benefits you are in receipt of, dates when a benefit was awarded or say how much you receive. Once you have filled the form in online, save it, then email or post it to Devon using the instructions on the form Phone 0845 155 1019 with your National Insurance Number, date of birth, name and child's details for an eligibility check using the Department for Education's Eligibility Checking System.

What do I do next?

If you are eligible you will receive a letter to confirm it. You can then bring this letter to Grafton Childcare as evidence that you are eligible for 2gether funding which will begin the term after your child's second birthday. The funding will be paid directly to Grafton Childcare each term.

Grafton Childcare's Childcare offer

The framework within which Grafton Childcare provides the 2gether service matches that of Early Years Entitlement Funding (EYEF) for 3 and 4 year olds namely:

Max 10 hours per day

Min 2 ½ hours per day, if spaces are available

Between the hours of 7:00am and 7:00pm

Most of our parent's book either 3, 5 hour sessions a week,

or 2 7.5 hour days, up to a Maximum of 15 hours per week option during term time only, or 11 hours per week year round known as The Stretched Offer, when they book 2 5.5 hour sessions a week

up to a maximum of 570 hours per annum.

As with EYEF this is a free offer to parents/carers. The hourly rate paid to providers is currently £4.96. Grafton Childcare does not charge our 2gether children top up fees to cover the costs of snacks, drinks and cooked meals, since this is already covered in the £4.96 which we are reimbursed by Devon.

Parents may transfer their 2gether funding to or from Grafton Childcare if you move your child between approved 2gether providers like ourselves. If a move/transfer is out of County, to a non 2gether provider or a child leaves the programme then Grafton Childcare will retain funding for the whole term, but we will be expected to keep the funded place open to accommodate an alternative 2gether child for the remainder of the term without additional claims for funding. If you think your 2 year old child might meet the eligibility criteria for a free childcare, please contact us if you have a friend who would like to make an appointment to view Grafton Childcare and see for themselves what we provide for our 2, 3 and 4 years olds here at Grafton childcare.

We intend to explain more about the Early Years Entitlement Sessions for our 3 & 4 years olds in our next newsletter, or you can read more details on our website www.graftonchildcare.co.uk

Free Childcare For 2, 3 & 4 Year Olds

The Government has announced its plans to extend funding, over the next 3 years, to disadvantaged families with 2 year olds and Devon has developed its plan to implement 2gether's county wide roll out. From September 2013 the government will introduce early learning places for around 20% of all 2-year-olds. From September 2014, this will be increased to around 40% of 2-year-olds. High quality early learning can make a huge difference to children at the start of their lives. By getting things right from the off, they are much more likely to be ready when they start school at four years of age.

Children are eligible from the start of term after their 2nd birthday for a maximum of 3 terms, (running then into their Early Years Entitlement for 3 and 4 year olds).

When might your child be eligible?

For 2 year olds born between 1st April - 31st August,
1st September following their 2nd birthday.

For 2 year olds born between 1st September - 31st December,
1st January following their 2nd birthday.

For 2 year olds born between 1st January - 31st March,
1st April following their 2nd birthday.

Financial Criteria:

A child/family must meet the following financial criteria. One parent receiving one of the following benefits are entitled to 2gether funding:-

1. Income Support (IS)
2. Employment and Support Allowance (income related)
3. Child Tax Credit without Working Tax Credit with an annual taxable income (as assessed by HMRC) of less than £16,190
4. Income based Jobseeker's Allowance (IBJSA)
5. Guaranteed Element of State Pension Credit
6. Support under Part VI of the Immigration and Asylum Act 1999

Please note the following benefits do not qualify for 2gether funding: Contribution based Jobseeker's Allowance, Contribution based Employment and Support Allowance, Working Tax Credit, Invalidation Benefit, Disability Living Allowance, Housing Benefit, Council Tax Benefit and Child Benefit.

What do I need to do?

To check your eligibility, the claimant in receipt of the qualifying benefit will need to do one of the following:

Apply online at www.devon.gov.uk/disc-2gether Once your application has been received Devon will enter your details on to the Department for Education's Eligibility Checking System. This will confirm whether or not you are eligible. It

Mrs Sandra Virgin also joined us in August three days a week as part of our team of Level 3 Qualified Nursery Nurses. She has previously worked at Serendipity Nursery in Kingsteignton, and Humpty Dumpty Nursery in Newton Abbot having five children herself and her first grandson she is joining us with a wealth of knowledge and experience.

Last but by no means least we have Mrs Lorraine Laity joining us in September three days a week as part of our team of Level 3 Qualified Nursery Nurses. She has previously worked at St. Josephs Pre-school and Newton Abbot College where she worked as a Learning Support Assistant for children on the Autistic Spectrum. Having adult children herself and two grandsons she is also joining us with a wealth of knowledge and experience.

We shall pop photographs of our now slightly larger staff team up onto our Who is Who page on our website very soon, so you are able to put names to faces.

Food Hygiene rating

On the 1st July we had a spot check from the Environmental Health team at Teignbridge District Council and are delighted that we were given our second Food Hygiene Rating scoring of 5 in a row our last spot check was just over 13 months ago. Our inspector commented on our new black and white tiled floor which was installed since her visit in May 2012.

I would just like to take this opportunity to thank Phil our Cook and Caretaker, hence the new floor, who produces the most amazing meals for the children on a daily basis never blinking an eyelid when we have to inform him this or that child can't eat milk, nuts, eggs, fish etc and tweaking his amazing collection of recipes to suit whichever children are attending that day. The beauty is because he cooks everything fresh from scratch it's easy, or so he tells us.



Sainsbury's Active Kids Vouchers

Thank you one and all for helping us to collect an amazing 6,133 Sainsbury's Active Kids vouchers which was an amazing 3,429 more than last years total of 2,704 vouchers.

This year we have redeemed the vouchers for a blackout modular sensory pod, jumbo magnifiers, juggling scarves, some new cooking equipment for the children's regular baking sessions and an Active Kids Ingredients gift card. This will be very useful now that our new Sainsbury's Local has opened in the old hospital site. We plan on allowing the children to walk there with their own Key Workers when they need to purchase their own cooking ingredients which turns the activities into a rich and multi layered learning experience for them.



School Readiness and Shoes

Please do not send you child over two years with shoes with laces or buckles, unless they are able to fasten them themselves. The children take their shoes off and on frequently during the day when going from inside to outside. They need to be able to tie the shoelaces themselves or wear shoes with Velcro fastenings which they can operate. The children become very distressed when they cannot fasten or unfasten their shoes themselves and with their key worker being responsible for up to eight children with the best will in the world they do not have the time to do this for your children 6 - 8 times a day, please consider when purchasing any shoes for your child can they get them on and off themselves without your help, if not then they are not suitable for nursery.

Circle Time - Toys and Treasures

We prefer that children do not bring toys from home little ones can have a difficult time sharing with others, and it is even harder with their own special toys. However please don't wrestle a toy from your child in the car or at the door and upset them. If it's something new then your child can tell us all about it during circle time, if it's something we have seen before once your child has finished playing with it we will pop into your child's bag until they go home.

Exceptions to this policy will be that a child may bring a favourite sleepy toy for naptimes. We are not responsible for any loss or breakage of personal items including clothing, toys and jewellery. All personal items should be clearly marked with your child's name we highly recommend the Sharpie Laundry Marker Pens they are fantastic for this purpose, sometimes we have lots of the same garments all from ASDA and have no idea which child they belong to as they are all unlabelled. So please help us by labelling everything you send to Grafton.

Playdough Fun at Grafton Childcare?

At Grafton we use our homemade play dough on an almost daily basis because it is an ideal creative activity for all young children. It's creative, comforting and challenging, and most of all it's fun!

Working with dough helps children to work towards a range of Early Learning Goals which we cover here at Grafton. The mixing of the dough will lay the foundations for mathematics as they measure quantities; explore colour, shape and sequence. Playing with the dough itself, the children are exploring texture, pattern, flavour and smell, which will aid their creative development and working together collaboratively with the other children, will support their personal, social and emotional development. Playing with the dough and producing an end product all be it temporary will add to their sense of achievement and confidence, whilst developing their Communication skills as they chatter together about their creations.

This is our quick and easy recipe which we have been using for the past 22 years, lots of parents have been asking for our recipe so here goes:-

400g Plain White Flour,
2 Teaspoons cream of tartar,
2 Teaspoons cooking oil,
300 ml water
100g salt,
2-4 teaspoonfuls or food colouring or flavourings,
the more you add the deeper the colour or stronger the scent.

1. Add all of the ingredients to a large saucepan.
2. Cook over a low to medium heat. Stirring continuously with a wooden spoon, until the dough becomes thick and leaves the sides of the pan almost clean. This is hard work and you will need muscles to keep up with the stirring but don't give up.
3. Once you have a large lump in the middle of the pan turn out onto a smooth clean work surface, wearing a pair of clean washing up gloves (because the dough will be hot) kneed and roll the dough for a few minutes until it is thoroughly mixed with a lovely sheen and no loose flour.
4. Leave the dough to cool for at least 10-20 minutes before allowing the children to play with it. Store the play dough in an air tight container in a cool spot; it should keep for up to a month.
5. Put the saucepan into soak with a good squirt of washing liquid, then scrub clean.

Thank You

We would like to say a huge thank you to the parent's of the following children:- Lottie, Jazzy, Anwen, Oliver, Pat, Bobby, Charlie, George, Warren and Grace, who have donated Runner Bean Seeds, Straw hats, Cuddly Toys, a Persona Puppet, Craft Scissors, Maps and books about Hedgehogs, Finger Puppets and a 9ft Cuddly Centipede, Wooden Dinosaurs, Lamaze Baby Toys, Beach Buckets, Reins, Photos for Topic Work, Fabric, Dressing Up Outfits, Art and Craft Bits and Bobs, and Junk Modelling Items.

We really appreciate all of the items which parents very kindly pass on to us here at Grafton Childcare, thank you so much for your continued generosity.

Things to do before you reach 11 $\frac{3}{4}$

The National Trust has updated its list of 50 things to do before you are 11 $\frac{3}{4}$, because so many children have already completed the list, adding old favourites like playing pooh sticks and making a daisy chain.

1. Climb a tree
2. Roll down a really big hill
3. Camp out in the wild
4. Build a den
5. Skim a stone
6. Run around in the rain
7. Fly a kite
8. Catch a fish with a net
9. Eat an apple straight from a tree
10. Play conkers
11. Go on a really long bike ride
12. Make a trail with sticks
13. Make a mud pie
14. Dam a stream
15. Play in the snow
16. Make a daisy chain
17. Set up a snail race
18. Create some wild art
19. Play Pooh sticks
20. Jump over waves
21. Pick blackberries growing in the wild
22. Explore inside a tree
23. Visit a farm
24. Go on a walk barefoot
25. Make a grass trumpet
26. Hunt for fossils and bones
27. Go star gazing
28. Climb a huge hill
29. Explore a cave
30. Hold a scary beast
31. Hunt for bugs
32. Find some frogspawn
33. Catch a falling leaf
34. Track wild animals
35. Discover what's in a pond
36. Make a home for a wild animal
37. Check out the crazy creatures in a rock pool
38. Bring up a butterfly
39. Catch a crab
40. Go on a nature walk at night
41. Plant it, grow it, eat it!
42. Go swimming in the sea
43. Build a raft
44. Go bird watching
45. Find your way with a map and compass
46. Try rock climbing
47. Cook on a campfire
48. Learn to ride a horse
49. Find a geocache
50. Canoe down a river

New Toys & Resources

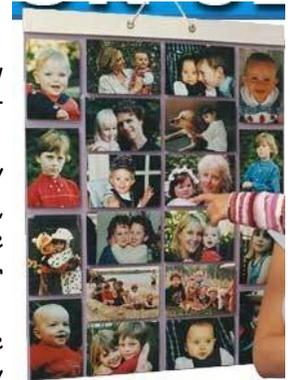
Since our last newsletter we have been busy adding new equipment and resources for the children to use here at Grafton.

Estelle managed to track down some small world play under the sea creatures and pieces of drift wood, stickers and magnets to link in nicely with our Under the Ocean Topic which we have had going over the Summer Holidays.

Denise splashed out on a new duplex A3 Printer as she was fed up with having to swap the paper around every time she wanted to print something out on A3 paper, now with two paper trays she no longer has to and is a very happy bunny!

Some plastic pockets which we have stuck up below our wow wall for everybody's postcards as the sun was making the Velcro on our postcards come off and our postcards and wow cards kept falling onto the floor, all neat and tidy now phew.

Oh and last but by no means least we have bought eight Baby Bjorn Travel cots to replace our old travel cots and a dozen new sheets, which Estelle had condemned. They were ok but no longer up to the wear and tear of daily use they get here at Grafton Childcare. The thing we really like about our eight new Baby Bjorn cots is that both the whole cover to the cots and the cover to the mattresses completely unzips and pops into the washing machine. So much more hygienic when being used by lots of little people and nicer for the children as well. The children love them and seem to be sleeping much more soundly in them as well. We love them because they each fold up neatly into their own little bag, so can be packed away at night, giving Denise's children their bedrooms back, so everybody is happy!



Sugar Love, A Not So Sweet Story

Sugar and in particular fructose is the cause of obesity in the UK today and not just eating fatty foods as many might believe. Sucrose, or table sugar is composed of equal amounts of glucose and fructose, the latter being the kind of sugar you find naturally in fruit. It's also what gives table sugar its yummy sweetness. High-fructose corn syrup, or HFCS, is also a mix of fructose and glucose, about 55% and 45% in soft drinks. The impact on health of sucrose and HFCS appears to be very similar. Although glucose is metabolized by cells all through your body, fructose is processed primarily in the liver. If you eat too much in quickly digested forms like soft drinks and sweets, your liver breaks down the fructose and produces fats called triglycerides.

Some of these fats stay in the liver, which over long exposure can turn fatty and dysfunctional. But a lot of them are pushed out into the blood. Over time blood pressure goes up and tissues become progressively more resistant to insulin. The pancreas responds by pouring out more insulin, trying to keep things in check. Eventually a condition known as metabolic syndrome kicks in, characterised by obesity, especially around the waist; high blood pressure, and other metabolic changes that, if not checked, can lead to type 2 diabetes, with a heightened danger of heart attack thrown in for good measure.

There have been many warnings against too much sugar in the diet, the population of the UK is becoming fat not because they eat too much and exercise too little. But they eat too much and exercise too little because they're addicted to sugar, which not only makes them fatter but after the initial sugar rush, also saps their energy, beaching them on the sofa. The reason you're watching TV is not because TV is so good, it's because you have no energy to exercise, because you're eating too much sugar, it's a vicious circle.

Sucrose

Granulated cane or beet sugar used in coffee and tea and baking consists of 50% Fructose and 50% Glucose. High-fructose Corn Syrup HFCS was first added to processed food in the 70's and consists of 55% Fructose and 45% Glucose.

The problem with fructose found in small amounts in fruits and vegetables and in each type of sugar mentioned in this article - fructose in excess is a health hazard.

The solution? Stop eating so much sugar. When people cut back, many of the ill effects disappear. The trouble is, in today's world it's extremely difficult to avoid sugar, which is one reason for the spike in consumption. Manufacturers use sugar to replace taste in foods bled of fat so that they seem more healthy, such as fat free foods, which often contain large quantities of added sugar.



The new school year is a great time to make a healthy change - and with Smart Restart you'll get loads of free stuff, fun ideas, support and offers all the way to half term. Want to find out more and sign up, then go to :-

<http://www.nhs.uk/Change4Life/Pages/smart-restart.aspx>

Where you can register to get offers, discounts and lots of support with the Change4Life free app, emails and texts.

Smart Restart makes it easier for kids to stick to healthy habits.

Here's how. Pick one healthy change. Having just one makes it easier to stick to.

Do small weekly tasks over 6 weeks (little steps make big ones easier).

The Change4Life smart app and tools help you along the way with fun ideas and tips. Emails and texts give you extra encouragement.

Pick up offers and enter our partner prize draw.

Enjoy Disney family fun and games in the Kids' zone too.

Too get started choose one of the healthy changes.

Stretch your Legs - Swap some of your regular car or bus journeys for walking or scooting.

10-Minute Moves - Kids need to be active for at least 60 minutes a day. Break it down into 10-minute chunks and that goal is easier to reach.

Screen-Time Switch - Tempt your kids away from their screens for 30 minutes a day, with loads of fun game ideas.

Beat the Treats - Swap some of your kids' treats for healthier alternatives.

Super Lunches - Help keep your kids going right through the school day with our ideas for quick and tasty lunches.

You can download the free mobile app to keep on track or get all the same features on your pc or laptop.

Denise has signed up to stretch her legs five times a week, which should be easy as she will soon be walking to Decoy twice a day once the children return to school.

