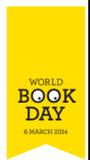


## Calendar for the remainder of the Spring Term 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3 Feb	4	5	6 Waitangi Day NZ	7
10 Winter Olympics 7th-23rd	11 	12	13 Estelle leaving 3.45	14 ½ term starts for term-time kids Valentines Day 
17 Half Term Winter Olympics 7th-23rd Zoe & Estelle Annual Leave	18 Estelle Annual Leave Half Term	19 Zoe & Estelle Annual Leave Half Term	20 Zoe & Estelle Annual Leave Half Term	21 Zoe & Estelle Annual Leave Half Term
24 Zoe Absent	25	26 Fire Safety Visit 	27	28 Community Police Officer's Visit St David's Day 1st March
3 March 	4 Julie Absent Pat to cover, Pancake Day. <b>Come dressed as your favourite character</b>	5 Julie Absent Pat to cover	6 <b>Come dressed as your favourite character</b> 	7 Julie Absent Pat to cover Estelle leaving 3.00pm
10	11	12 Staff Meeting 6.15 pm	13	14
17 St Patrick's Day 	18	19	20	21 
24	25	26	27	28
31	1 April Fool's Day, 	2	3	4 End of Term for term time only Funded Children



# Grafton Childcare

Denise Tupman, Ofsted Registered Childcare, Est. 1991  
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## Food Allergens - Food Safety Awareness

Food allergens pose a significant risk to babies and children with allergic conditions, which may even be life threatening. Babies and children are particularly vulnerable because of their reduced level of control over the foods they eat.

As a registered setting, it is our responsibility to ensure that parents and carers are given accurate allergen information about the foods we serve. This must of course be consistent and verifiable.

However because here at Grafton Childcare all meals are cooked from scratch we know exactly what is in each meal served to the children and we usually have no need to check the ingredients lists on the back of packets of pre-packed foods to make sure allergen information is correct, to avoid triggering an allergic reaction. Exceptions to this would be when a parent brings in a birthday cake from home to share or when we provide party food e.g. for our Christmas Party each year.

The provision of allergen information concerns any foods bought from a shop and unpackaged foods including our home-cooked meals. Any parent who would like specific information about the potential allergens which may be contained in a specific meal, need only ask on the day should they wish clarification as our Cook, Phil Tupman will be only to happy to discuss any concerns you may have. He is available between 11.30 am - 1.00 pm each day and would be very happy to chat with any parent with any particular dietary or allergen questions relating to the meals we provide here at Grafton Childcare.

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There are 14 allergens currently listed under food law that we must declare. These are:

- ◆ Cereals containing gluten, eg wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains
- ◆ **crustaceans, eg prawns, crab and lobster**
- ◆ Eggs
- ◆ Fish
- ◆ **Peanuts**
- ◆ Soybeans
- ◆ Milk
- ◆ **Nuts, eg almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts**
- ◆ Celery (including celeriac)
- ◆ Mustard
- ◆ Sesame
- ◆ **Sulphur dioxide/sulphites (preservatives used in some foods and drinks) at levels above 10mg per kg or per litre**
- ◆ **Lupin**
- ◆ Molluscs, eg **clams, mussels, whelks oysters, snails** and squid

The items marked in bold and in red above are never used in meals here at Grafton Childcare. We have a number of children with allergies who attend Grafton Childcare and our Cook Phil works hard to avoid those particular children's allergens in meals on days when they attend. However it is vital that this information is kept up to date. Should you be advised that your child either has become intolerant to one of the above allergens listed or subsequently is no longer believed to be allergic to a particular allergen it is vital that you keep us informed so that we are able plan the children's meals accordingly. Further information on allergen legislation and FSA advice can be found via the link below. <http://www.food.gov.uk/policy-advice/allergyintol/>



Food  
Standards  
Agency

Food Safety Awareness  
Training



We are delighted to inform parents that 14 of our 15 members of staff undertook in-house training on Tuesday 7th January and are now the proud holders of certificates in Food Safety Awareness, (this used to be known as a Food Hygiene Certificate). Here at Grafton Childcare we believe it is vital that all of our staff hold appropriate qualifications, training, skills and knowledge and we do this with a programme of continuing professional development for all of our staff by working in partnership with Devon Childminding Association who deliver most of our in-house training needs.

## New Toys & Resources

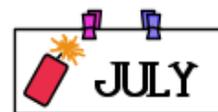
Since our last newsletter we have been busy adding new equipment, resources and consumables for the staff and children to use here at Grafton. We have purchased over £380.00 worth of Special Education Needs resources to help support some of our SEN children who attend Grafton Childcare. A **Tai Chi Ball** this sturdy, transparent ball containing a small inner ball on a circulated track. It is ideal for developing and exercising hand eye coordination and wrist arm movement. **Tubeys**, we already have the tall Tubey but have recently added the hand held and floor versions to our collection, they are all fun to use and encourage hand to eye coordination and tracking. An **Explorer Ring** and two **Mine Balls**



## Congratulations

We have two lots of congratulations to share with parents this month. We would like to congratulate one of our Nursery Nurses Miss Zoe Northcott who has passed her driving test first time yippee. She is now avidly looking for her first car.

Our second bit of exciting news is that our Senior Nursery Nurse Miss Estelle Minton has recently announced that she is expecting a bundle of joy in the Summer. We know many parents have already heard the lovely news but thought we would let you all know officially via our newsletter as well. We are at the moment actively looking to recruit somebody to take over from Estelle once she starts her maternity leave probably in June. We are casting our nets far and wide now, because we want to find just the right candidate to step in whilst Estelle takes a year out to become a mother. We shall let you all know more details later in the year.



## Segment proportions

Split into 5 segments to represent the 5 food groups as follows:

1. bread, rice, potatoes, pasta and other starchy foods - 33%
2. fruit and vegetables - 33%
3. milk and dairy foods - 15%
4. meat, fish, eggs, beans and other non-dairy sources of protein - 12%
5. foods and drinks high in fat and/or sugar - 8%

This adds up to 101% due to rounding up.

Remember the eatwell plate shows how much of what you eat should come from each food group. This includes everything you eat during the day, including snacks. So, try to eat:

- ◆ plenty of fruit and vegetables
- ◆ plenty of bread, rice, potatoes, pasta and other starchy foods - choose wholegrain varieties whenever you can
- ◆ some milk and dairy foods
- ◆ some meat, fish, eggs, beans and other non-dairy sources of protein
- ◆ just a small amount of foods and drinks high in fat and/or sugar

More information on healthy eating messages as found in the 8 tips for eating well on the NHS Choices website.

<http://www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx>

## Grafton Childcare's Opening Times 2014

Monday to Friday from 7.00 am till 7.00 pm, We are open 49 weeks a year.

We shall be closed on:-

Friday 18th April (Good Friday),

Monday 21st April (Easter Monday),

Monday 5th May (May Day),

Monday 26th May (Spring Bank Holiday).

We will be closed for our Summer Shutdown between Monday 25th August (Summer Bank Holiday) and Friday 29th August 2014 and will reopen on Monday 1st September.

We will be Closed for our Christmas Shutdown between Monday 22nd December 2014 and 2nd January 2015 and reopen on Monday 5th January 2015.

## Spring Term Topics

Spring Term - This term we will be using a range of themes as the basis for our activities and learning. We will be particularly focusing on the following:

Winter / Snow, ice, hibernation, The Winter Olympics, Valentine's Day, World Book Day, Sports Relief, People who help us, Fire Safety, Community Police



If you have any items at home that you would like to loan us to help extend these topics with the children we would be very grateful, we shall take very good care of them and return them once we have used them thank you. As well as planned activities, we will also be noting, and following, the children's interests - who knows where that might lead us! We have begun to send out our next batch of Next Steps for the Under 2's for the Spring Term, please look out for your child's own personal copy which will be stapled into your child's Daily Diary or Communication Booklet, you can't miss it, it will be on lilac paper.

## Grafton Childcare and Hair Embellishments

Could we please ask that for children under two years of age that they do not wear any hair embellishments, clips or slides here at Grafton, we are having problems with them falling out of their hair and then the baby or toddlers picking them up and trying to eat them. They pose a very real choking hazard for the children. If your child should arrive wearing any hair embellishments and they are under two years of age we will pop them straight into your child's Daily Diary folder and hope that you can understand why we are taking these measures, to safeguard all of the children here at Grafton.

## Grafton Childcare and Footwear

In the past we have requested that children over two years of age bring a pair of slippers to wear inside Grafton Childcare. At our January staff meeting we discussed how this was working. The following problems were identified:-

- ◆ Only 60% of the children have brought slippers in to wear.
- ◆ Many of those who do have a pair of slippers often refuse to wear them.
- ◆ On occasions when we send slippers home for replacement because they are soiled or need replacing, it can be some weeks before we are supplied with a replacement pair of slippers.
- ◆ Some parents have identified that for smaller footed children they struggle to find slippers which fit properly.

On reflection we have decided that we shall no longer use slippers here and shall send them all home. However we would still like to keep their pairs of welly boots.

## Sainsbury's Active Kids Vouchers

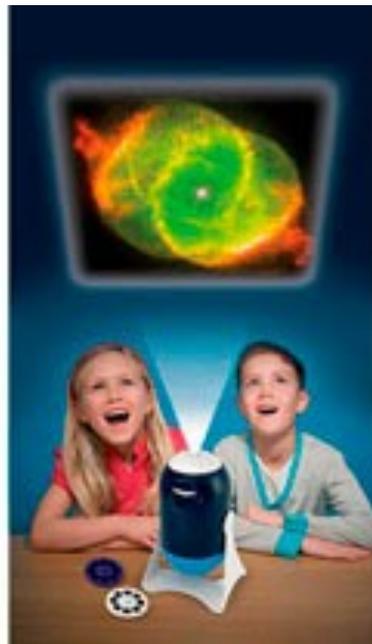
Sainsbury's Active Kids 2014 has been launched, our new banner and posters for 2014 are hung up on the fence and walls outside and inside for all to see.

This year the scheme will run in stores, petrol stations and with online groceries between 29th January until the 20th May 2014.

Last year we collected over 6,100 vouchers which meant we were able to redeem them for an amazing array of equipment and toys for the children to use here. The Sensory Blackout Tent, Juggling Scarves and Jumbo Magnifiers we received last year have been a huge hit with the children and are still in regular use here and looking almost as good as new, which goes to show what brilliant quality the resources are that we are able to receive via this scheme.

We have already been flicking through the 2014 catalogue and drawn up a wish list of items we would love to get this time if we manage to reach our target of Vouchers. We are aiming for lots of healthier eating and gardening resources, not to mention a deep space planetarium projector!

Any Sainsbury's vouchers you are able to collect would be very much appreciated. Please send them in to us in your child's Daily Diary or Communication Booklet folder and we shall whisk them away. If you could also ask your family, friends and work colleagues if they would feel able to collect for us if they are not already collecting for another school or nursery, we would be very grateful as would the children.



## Who the eatwell plate is for

The eatwell plate is appropriate advice for most people including people of all ethnic origins and people who are of a healthy weight or overweight. It is also suitable for vegetarians.

However, it does not apply to children under 2 years of age because they have different needs. Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown on the eatwell plate.

People under medical supervision or with special dietary needs might need to check with their GP, or a registered dietitian, to be clear about whether or not the eatwell plate is suitable for them.

### Guidelines for using the eatwell plate

The eatwell plate is not meant to represent the balance required in any one specific meal or over a particular timescale, rather it represents the overall balance of a healthy diet.

Remember the eatwell plate does not include references to frequency of serving and recommended portion sizes, other than in relation to fruit and vegetables such as at least 5 portions of a variety a day, or eat 2 portions of fish a week, one of which should be oily. This is consistent with government advice and is in accordance with the available evidence.

The eatwell plate is intended as a tool suitable for use with most adults, and therefore it would be misleading to include specific frequency or proportion advice when people have individual requirements. However, registered dietitians, who work with individuals, should still tailor their advice in consultations based upon the individual's current diet and food preferences.

Vitamin and mineral supplements are not a replacement for good eating habits. Most people can get all the nutrients their body needs by choosing a variety of foods, in the proportions shown, from the main 4 food groups in the eatwell plate. Some people need certain supplements, for which there are government recommendations. With the exception of these, vitamin and mineral supplements should not be referred to in conjunction with the eatwell plate. Find out more about vital vitamins on the NHS Choices website.

Much of the food people eat is in the form of dishes or meals with more than one kind of food in them. For example, pizzas, casseroles, pies, lasagne, spaghetti bolognese and sandwiches are all made with foods from more than one of the 5 food groups. These are often called 'combination' or 'composite' foods. To make healthy choices, people will need to identify the main food items or ingredients in combination foods and think about how these fit with the proportions shown in the eatwell plate.

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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The UK's national food guide, the eatwell plate, defines the government's advice on a healthy balanced diet. The eatwell plate is a visual representation of how different foods contribute towards a healthy balanced diet. The eatwell plate is based on the 5 food groups and shows how much of what you eat should come from each food group.

Public Health England encourages registered settings like Grafton Childcare to use the eatwell plate to make sure everyone receives consistent messages about the balance of foods in a healthy diet.

The size of the segments for each of the food groups is consistent with government recommendations for a diet that would provide all the nutrients required for a healthy adult or child. The eatwell plate, based on the 5 food groups, makes healthy eating easier to understand by giving a visual representation of the types and proportions of foods needed for a healthy balanced diet. Choosing a variety of foods from within the 4 main food groups will add to the range of nutrients consumed, this includes:

- ◆ plenty of fruit and vegetables
- ◆ plenty of bread, rice, potatoes, pasta and other starchy foods
- ◆ some milk and dairy foods some meat, fish, eggs, beans and other non dairy sources of protein



**DEVON & SOMERSET**  
FIRE & RESCUE SERVICE

Fire & Safety  
Education

As part of Devon & Somerset's Fire & Rescue Services commitment to keep all young people in Devon and Somerset safer from fire, deaths, accidents and unintentional injuries, members of the Fire & Rescue Service will be visiting Grafton Childcare on the morning of Wednesday 26th February to help educate the children on the dangers and consequences of risky behaviour at home, in school and in the community.

### Early Years Foundation Stage

The session will cover:

- The role of the Fire Service
- Keeping safe around objects that get hot
- Protective clothing for the fire fighter

Grafton Childcare will also be loaned some *elfs*, (which stands for early learning fire safety) which is an exciting, new, fun filled box that will help provide Louise our Nursery Teacher and her team with the necessary tools to reinforce what the children learn during the visit and educate the children, with the key skills in safety. We would like to offer you the option to withdraw your son/daughter from this session. If you feel in any way that he/she may have had a negative experience and could be further traumatised by attending, please let us know.



**Devon & Cornwall Police**  
Building safer communities together

Continuing with our topic on People Who Help Us, we are delighted to let parents know that on Friday 28th February the over 2's will be getting a visit from our Community Police Officer, more details will follow shortly.

## Thank you

We would like to say a huge thank you to the parents and grandparents of the following children:- William, Elena, Oliver, Tyler, Wednesday, Joshua & Bobby who have donated Craft Paper, Ball Pool Balls, Lego, a Henry Vacuum, Dinosaurs, Ying & Yang Balls, Chop Sticks, Baby Books, Cardboard Tubs, Starlinks, Pegged Puzzles, Finger Puppets, Baby Toys, Chinese New Year resources, an Alice in Wonderland & Fairy Dress and some amazing Nursery Seating

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.

## Donations of Resources

Donations of toys and resources help us keep our costs down, so if you have any of the following items on hand and are willing to donate them, it would be greatly appreciated.

- **Old Saucepans and Baking Tins**, the older the better as they will be used outside by the children in our mud kitchen.
- **Dressing up clothing** child sized **not** old adult clothing, costumes, hats etc.
- **Magazines** that depict other cultures, old birthday cards etc.
- **Paper of any kind**, brown, white, coloured, waxed, foil, Spring colours would be very useful next month, etc.
- Crayons, water colour paints, or any misc. **art supplies**, such as fabric scraps, glitter, pipe cleaners, paper plates, etc.
- **Any odd shaped boxes or packages, especially if you can get a dozen** or so of the same size and shape, maybe from your place of work, we are very happy to help you recycle, these come in very handy for our junk modelling.
- **Used padded envelopes and bubble wrap**, any size or amount.
- **Anything** that you think we might find useful for arts and crafts, just ask if your not sure.
- **Any non treated wood**, i.e. an old tree which we can chop up for our wood burners, Phil has a small chainsaw, so is happy to come and chop any large logs into moveable pieces!

## Parents Open Morning

It was lovely to see so many parents on Saturday 18th January and Saturday 1st February during our Open Mornings. They were both an amazing success and wow the time really whizzed by, Estelle, Lara, Louise and Denise could not believe that on each Saturday we managed to see the parents of 68 children who attend Grafton.

We hope you all enjoyed having a really good look around Grafton Childcare and having the time to sit down and take a good look through your children's Learning Journals and ask any questions you wanted to about your children's care and education here at Grafton childcare.

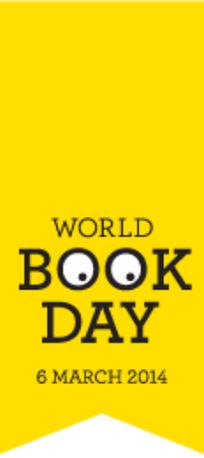
The feedback we gained was really positive thank you. As a team the staff all work really hard to support the children with their learning and development, and it is truly fantastic to have such lovely supportive parents who appreciate all that we do here at Grafton Childcare for the wellbeing of their children.

As we are sure you can appreciate sadly we cannot allow any of the children's Learning Journals to leave the premises as they are vital evidence for both Ofsted and the Early Years and Childcare Service by which they can evaluate that we are meeting the welfare and wellbeing needs of all of the children. However if you would have liked to have spent a little more than your 15 minutes to look through your child's Learning Journal, just ask your child's key worker and they will be able to arrange an additional appointment for you to come possibly 10 or 15 minutes before you normally collect your child one day, when you could sit down in our lounge and look through your child's Learning Journal again and possibly have another chat about anything regarding the care of your child here at Grafton Childcare.

## World Book Day Thursday 6th March

This year World Book Day falls on Thursday 6th March. We intend to spend the whole week focusing on some of our many books featuring stories from around the world. On Tuesday 4th March and Thursday 6th March we would like the older children that's our 2's, 3's and 4 year olds to come to Grafton dressed up as their favourite book character. We thought we would give you all plenty of warning so that you could get your thinking caps on and come up with an outfit for your favourite book character.

It could be Where's Wally, Matilda, Bob the Builder, Goldilocks, Red Riding Hood, Prince Charming, The Beast, Peter Pan, put your thinking caps on and come as your favourite character.



WORLD  
BOOK  
DAY  
6 MARCH 2014