



Autumn Newsletter

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Staffing

In September, we said goodbye to Annie Jackson who has worked at both the Playcentre and the Day Nursery over a number of years, we wish Annie all the best in her new adventure. Annie was working in the Super Sharks Juniors unit and currently Lisa Woodhouse is covering this position. We are also sad to announce that Louise Parker, one of the Senior Early Years Practitioners, will be leaving us at the start of November. She has been with us for over 15 years so will be sorely missed! We wish her all the best in the future.

As some of you may be aware, Lynda is currently on sick leave and is likely to be off for a while. The nursery



nursery we have a supply chef in with us called Anne. She has settled in nicely to nursery life and loves cooking for the children.

Congratulations to Helen at the Playcentre who has completed her studies and achieved her BA Hons in Early Years. Kim has recently married and celebrating with a Charlie and the Chocolate Factory themed wedding! Gemma returned from a weekend away engaged so more celebrations to come.

children have sent her cards and pictures, which were very gratefully received by Lynda. Whilst Lynda is away from

Fundraising

We would like to say a huge thank you to all parents and carers who supported us in our fundraising efforts last year. We are very proud to announce that we managed to raise an amazing **£1,109.87 for the QMC**

Neonatal Unit!

After consulting with parents, carers and staff our chosen charity for 2015/16 is the **Children's Brain Tumour Research Centre**. For further information please visit [http://](http://www.nottingham.ac.uk/impactcampaign/projects/cbtrc.aspx)

www.nottingham.ac.uk/impactcampaign/projects/cbtrc.aspx.

We will be announcing shortly the fundraising activities for the next year. Thank you once again for all your support.

French Lessons

Our popular French lessons have started again this term and the children are making progress already. For some of the children who have just moved into the Super Sharks 2 unit and the Treetops unit,

this is their first experience of French and they are thoroughly enjoying Alison's lessons. Lessons currently take place on a Tuesday morning at both the Playcentre and the Day Nursery and will run

term time throughout the year. If you have any further questions about the French lessons please do not hesitate to come and talk to us.



OCTOBER PLAYScheme



19th October to 30th October

Autumn crafts and all things orange and black

Book now and join in the fun

Staff - £16.96 per session

Students - £13.30 per session

Contact: childcare.services@nottingham.ac.uk



Don't forget
parents'
evening!

Parents Evenings

Parent's meetings will be starting in November. If you wish to attend a meeting with

your child's keyworker then please add your name to the appropriate appointment times

that will be displayed outside of your child's units.

Childcare Vouchers

The government's plans to introduce Tax Free Childcare (TFC) has been pushed back to early 2017. This means that childcare voucher schemes will remain open to new entrants until TFC is launched. Parents that wish to continue

to receive childcare vouchers once TFC is launched can continue to do so as long as their employer still offers it.

For further information on TFC please visit <https://www.gov.uk/>

[government/news/government-confirms-tax-free-childcare-launch-date-as-it-welcomes-judgment-from-supreme-court](https://www.gov.uk/government/news/government-confirms-tax-free-childcare-launch-date-as-it-welcomes-judgment-from-supreme-court)

Swimming Lessons 2016



Swimming Lessons for the children due to go to school in September 2016 will commence in February 2016. Children will be invited to attend 1 swimming

session per week for a course of 20 weeks. At the end of the course children will be assessed for their duckling awards. More information will follow soon.



Lynda's Recipe: Creamy Sweet Potato and Butternut Squash Soup

Ingredients:

- 1 kg butternut squash
- 400g sweet potatoes
- 1 onion
- 5g fresh grated ginger
- 3 garlic cloves
- 1.5 litres of water
- 250ml low fat plain yogurt

Method:

1. Peel, seed and cut butternut squash into large chunks
2. Peel and cut sweet potato into chunks, chop onion, peel & finely chop piece fresh ginger and garlic.
3. Place squash, sweet potato, onion, ginger and garlic in large pot. Pour over water to cover vegetables. Bring to sim-

mer over medium heat and cook till veg are tender and can be easily pierced with fork (30 - 45 mins).
 4. Remove from heat. Place soup in batches in liquidiser/food processor and pulse until smooth. Return to pot and whisk in yoghurt. Season with salt and pepper if desired.

If reheating soup DO NOT BOIL.

Forest School Update by Gemma Oliver

We are delighted to have started our Forest School sessions at our Forest School site located opposite the Playcentre. This is the first time Forest School sessions have been offered to children within the Supersharks 2 unit at the Day Nursery after proving hugely beneficial with children at the Playcentre. During the first session the children enjoyed a range of activities including acting out 'We're going on a bear hunt' and playing in the mud kitchen which allowed the children to create a range of food and drinks options crafted entirely from their imagination, with mud cakes

and soup created out of water and leaves being popular choices. As well as this the children have also been playing '1,2,3 where are you?' which enables both adults and children to locate each other quickly if needed. We have been using this method in conjunction with hide and seek whereby the children will hide in the woodlands under supervision of an adult and then Forest School leader, often with the help of another child, will seek out the rest of the children. Those seeking will shout '1,2,3 where are you?' and the chil-

dren hiding will call back '1,2,3 we're over here!'. The children have also been learning about the rules of Forest School and how to stay safe within the woodland environment, of which they particularly enjoyed talking about how we safely sit around the fire circle which has an imaginary bonfire in the middle. We are excited to continue to provide weekly Forest School sessions with new and enjoyable activities for the Super Sharks 2 children and hope that they will find the experience both exciting and beneficial for their overall wellbeing and development.

What is a Chatterbox? By Amy Bola



At Childcare Services we support the project 'Every Child A Talker', aim of which is to sup-

port early language development in children. We support early language development through a number of ways, and Chatterboxes is just one of the fun ways of helping children acquire early language skills which are great building blocks for their future.

A Chatterbox is a box containing a surprise object, there can be one object or more in the box, the items can

link with the children's interests and previous experiences. The objects are then put into a box and during the day Early Years Practitioners will share the chatterbox with a small group of children.

The box can be opened together with the element of surprise. For example, the box may contain a duck toy which can be then explored in many ways and staff can encourage language by asking questions. This promotes discussion, allowing the child to use language to link the object with their

past experiences and ideas about the object.

The contents of box can be quite simple then more objects and word cards and pictures can be added for older children.

Why not try to make your own chatterbox to use at home with your child? You could use an empty shoebox and explore early language with your child.



Childcare Services Illness Policy

by Sue Mellors

Please find below more detailed information about young children and fevers and young children with diarrhoea and/or vomiting.

Fevers

Childcare Services policy is based on the NICE publication 'Feverish Illness in Children – Assessment and initial management in children younger than 5 years' May 2013 (NICE clinical guideline 160) and NICE 'Fever in children younger than 5 years – Information for the public'. Our policy is that where your child develops a high temperature/fever, you will be contacted and asked to collect your child. NICE defines a fever as 'an elevation of body temperature above the normal daily variation'. Whilst we are waiting for you to collect your child, we will monitor & record their temperature (taken every 15 minutes) and you will be informed of these readings upon your arrival. The NICE guidelines are very clear that Antipyretics (such as paracetamol or ibuprofen) should not be used solely to prevent febrile convulsions or to reduce body temperature. However they do recommend that these are used where a child has a fever and the child appears distressed. Where your child has Calpol/

Paracetamol suspension kept at the nursery, and we have a signed open consent form, we will seek your permission to administer this where your child has a fever and appears distressed/unwell. Where your child has or had a high temperature of 39 degrees centigrade or higher (even where this responds to Calpol/Paracetamol suspension) you will be advised to seek medical



advice as this may be an indicator of another underlying illness. We define a fever for children under 5 years of age as a body temperature that is 37.5 degrees centigrade or higher (99.5 f) and for children 5 years of age and over 38 degrees centigrade or higher (NHS Choices Website). The maximum length of time Calpol/Paracetamol Suspension can be given to your child without seeking medical advice is 3 days. It is therefore important that practitioners and yourselves liaise closely together and keep each other fully informed about medicines administered at home

and at nursery, including any medicines administered at weekends and on non-attendance days at nursery. You should always inform staff if you have given your child any medication at home prior to bringing them to nursery. This is very important as this information would be shared with other health persons should your child require emergency medical treatment. Practitioners must follow the administration of medication procedures and inform you in accordance with that policy of any medications administered at nursery. We will not continue to administer Calpol beyond the 3 days (including any non-nursery days where Calpol has been administered) without a prescription label.

General advice where a child has a fever is:

Do NOT use tepid sponging as a way to cool your child down

Do NOT under-dress or over-wrap your child

Do NOT give paracetamol and ibuprofen at the same time (unless told to do so by your child's GP)

Do offer your child regular drinks (breast milk if still breast feeding)

Do look for signs that your child is dehydrating (e.g., dry

mouth, no tears, sunken eyes, sunken fontanelle), seek further advice if you feel that they are dehydrating

Do look for/ identify non-blanching rash (rash that does not disappear with pressure) – if present seek immediate help as this could be a sign of meningitis

DO check your child during the night to see if their condition is changing

Do keep your child away from school or nursery while they have a fever, and notify them of your child’s absence

Diarrhoea and/or vomiting in young children

NICE clinical guideline 84 identifies an infection in the gut, gastroenteritis, as the usual cause of diarrhoea in young children. Diarrhoea is identified as ‘loose or watery stools and (child) may also vomit’. The majority of children with diarrhoea / vomiting will get better quickly without any medical intervention. However where a child has severe diarrhoea and vomiting this can lead to a child becoming dehydrated and therefore you should seek medical advice. Diarrhoea usually stops within 2 weeks, and vomiting within 3 days. If the diarrhoea and/or vomiting lasts any longer than this you should seek further medical advice. Key to stop the spread of gastroenteritis / diarrhoea / vomiting is:

- Wash your hands & your child’s hands regu-

larly with soap in running warm water. It is preferable to use a liquid soap rather than a bar of soap. Dry your hands carefully afterwards

- Hands should always be washed after going to the toilet, after nappy changing and before touching any foodstuffs.
- Where your child has diarrhoea / vomiting, towels should not be shared. You must wash



the towels in 60 degree washes in order to make sure that they are sanitised.

- Your child should not go to school or nursery for 48 hours after the last episode of diarrhoea or vomiting
- Your child should not go in a swimming pool for 2 weeks after the diarrhoea has stopped.

If your child has loose or watery stool or vomits at nursery we will telephone you and

ask you to collect your child as soon as possible. This is to ensure the health, safety and well-being of all children and staff. We will ask you to keep your child away from nursery for 48 hours following their last bout of diarrhoea / vomiting. Further information is available from the NICE website and from NHS choices (www.nhs.uk)

Where there has been 2 or more cases of diarrhoea / vomiting in a particular unit, we do withdraw access to sand play, water play, and malleable materials (e.g., playdough, clay) as these are higher risk activities for the spread of infection. We then wait until we have had at least 48 hours clear of any further cases of diarrhoea / vomiting before we reintroduce these activities. We also do a deep clean of the unit (furniture, play equipment etc). We take every precaution that we can to limit the spread, in a group setting, of diarrhoea and/or vomiting.

You can get a full copy of our ‘Illness policy’ and our ‘Temperatures and Thermometers policy’ by emailing

childcareservices@nottingham.ac.uk.



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The University of Nottingham opened its first day nursery in September 1995. Since then we have expanded and now offer more choice to both staff and students at the University. On offer there is the Day Nursery (aged 4 months to 5 years), the Play-centre Daycare (aged 15 months to 5 years) and the Holiday Playscheme (aged 4 years to 12 years).

We want your feedback!

If you have any suggestions or recommendations please drop us an email

childcareservices@nottingham.ac.uk

Important Dates

Please be aware of the following Childcare Services closures:

- **24th December 2015 to 4th January 2016 (inclusive).** On the 4th January we will be closed for an in-service training day.
 - **25th March to 29th March 2016 (inclusive)**
 - **2nd May 2016**
 - **30th May 2016**
- **29th and 30th August 2016 (inclusive).** The 30th August will be an in-service training day.

Important dates for Term-Time Only children

	Last day of attendance	First day back
Autumn half term	16th October 2015	2nd November 2015
End of Autumn term	21st December 2015	



Please make a note of the Childcare Service's closures!