

Iver Community Childcare



Newsletter for Parents, Carers and Staff

Spring Term 1 2019

Dear Parents and Carers

A big welcome to all our new children and their families who have joined us this term.

There is some important information in this news letter so please take the time to read it. We often talk to the children about healthy eating and the danger that too much sugar poses to their teeth aso there is a reminder here about the types of food that are acceptable in a healthy lunch box. We are also offering parents the opportunity to add a payment for wipes and nappies to thier bills at the start of each term and there are reminders about funding for 3 year olds and how to apply.

Healthy Lunches.

At lunch the children are invited to eat their savoury foods first, followed by fruit/ yogurts and then any treats. This helps ensure they get the good, slow release energy from the carbohydrates/starchy foods and the protein and vitamins/minerals which are the foods they need to grow and stay healthy .

Sugary food like sweets and chocolate bars are mainly just energy foods, and it's energy in the form of sugar which gives a quick rush and nothing more. They are also very bad for teeth, **and they shouldn't be part of a child's lunch**. Crisps too are mainly fat and salt with very little nutritional value. You are likely to find that these items will be removed from lunch boxes and sent home. Please don't be offended, you will find this happens in schools and we believe children should be encouraged to eat well in nursery too.

There are lots of websites and plenty of information on line to help you choose healthy

Iver Community Childcare
CIC
The Evreham Community
Centre
Swallow Street
Iver Heath SLo oHS
www.ivercommunity.org

Like Us!



Contact Us:

Tiny Toes Childcare
tinytoes@ivercommunity.org
01753 655650

**Admin and Finance and
holiday club**

admin@ivercommunity.org
01753 654546



THINGS TO REMEMBER

Please do:

Remember to pay your child's fees by the 10th of the month. We would appreciate your co-operation and if you have any difficulties with this arrangement please contact Jacquie in our admin team on 01753 654546.

Don't forget that you can pay your fees by bank transfer using the details below.

Sort Code: 09 01 51 Acct
No: 59224187

Please use your child's full name as a reference—thank you!

Label everything! We have lots of children at the settings and we can't always remember which coat or water bottle your child brought in that morning, so please label everything but particularly coats, lunch boxes and water bottles.

IMPORTANT DATES

There are no funded sessions during the February Half term between the 18th and 22nd of February. All sessions attended during the holiday must be paid in full and booked in advance.

healthy items for lunch boxes.

For lunch we recommend savoury items such as a sandwiches, rice or pasta salad, crackers/rice cakes with a topping, fruits, yogurts, cheese and milk drinks. Children can have one small treat item to end a meal such as a small fruit bar/cake. If you need extra advice or have worries about your child's eating patterns, please let us know.

We also have a NO NUTS policy as we sometimes have staff and children with nut allergies attending the setting.

We provide a small snack each session consisting of fruit and carbohydrates like bread sticks or rice cakes, milk and water.

Nappies and wipes.

Remembering wipes and nappies can be a problem. If you would like us to buy in wipes and nappies each term please let us know. We are happy to buy in supermarket own brand nappies/wipes and can start this service after half term. There will be a charge for the service of £12 per half term/child. There is a form attached that needs returning by the end of the month. Payments would need to be made for nappies/wipes for next half term by the 10th of Feb.

Cold weather clothes

At the moment the children need hats and gloves when they go outside so please make sure they bring in these each day, Please also make sure they are clearly labelled.

Funding for the summer term

If your child has their third birthday before the 31st March they will be eligible for the 15hrs free funding next term. In order to claim this we need you to complete a short form and bring in a passport/birth certificate for us to see.

If you are in work, you may also be able to claim an additional 15 hrs to bring the total free hours a week in term time up to 30. In order to claim this, apply online via the 'Childcare Choices' website and fill in a form with us for the extended hours.