



# ALVASTON

Autumn  
2019

The White House Nursery - Quality Childcare For Over 30 Years!



# Welcome



**Michelle**  
Nursery Manager

Hi everyone and welcome to your parent newsletter from The White House Nursery Alvaston.

In this newsletter you will find lots of information regarding all aspects of nursery life, from the every day reminders and updates right through to exciting changes and big announcements.

Be sure to look out for any important dates for your diary, that way you'll always be in the loop!

## Fee Increase

Please be aware that our annual fee increase has now taken effect. Fee increase information can be seen within nursery. For any questions regarding fees, please see a member of staff in the office.

## Security Door

In the interest of keeping nursery safe and secure, please can we remind parents to take responsibility in ensuring that the main entrance door is fully closed and locked behind you. The door is on a timer to close so please do not pull it shut behind you. We also ask that you do not hold the door open for others to enter the building, as this bypasses our finger print security system and may allow unauthorized visitors to enter.

## Term Dates

To find out your upcoming term dates, please request a calendar from reception. You will be asked what contract you are on and be provided with a printed calendar for the year which shows when your child should attend and not attend nursery.



### "Tiny Tree" and Sausage Pasta

1 tbsp olive oil  
175g frozen pork cocktail sausages  
150g fusilli pasta  
250g broccoli, florets trimmed  
75g 50% less fat garlic and herb soft cheese  
1½ tbsp lemon juice  
125g Nightingale Farms cherry tomatoes, halved



Make meal times more exciting and encourage kids to eat more veg with this broccoli and sausage pasta recipe. With zesty soft cheese, 'tiny trees' of broccoli and mini sausages, kids will love this pasta for lunches and dinners. What's more, this easy dish is ready in just 20 minutes!

- Heat 2 tsp oil in a frying pan over a medium heat and fry the sausages for 10-12 mins until cooked through. Remove with a slotted spoon.
- Meanwhile, cook the pasta to pack instructions, adding the broccoli for the last 2 mins. Drain and return to the pan.
- Whisk the soft cheese with the lemon juice and 1 tsp oil to combine; stir through the pasta and broccoli. Gently toss through the sausages and cherry tomatoes.

Enjoy!...



## Work For Us

The White House nursery are always looking professional and qualified childcare staff to join our vibrant teams within our baby, toddler and preschool units across our 5 settings.

For more information go to  
[www.thewhitehousenursery.co.uk/recruitment](http://www.thewhitehousenursery.co.uk/recruitment)





## Useful Contacts

MICHELLE  
Nursery Manager  
[michelle@whitehousenurseries.com](mailto:michelle@whitehousenurseries.com)

KIRSTY  
Deputy Manager  
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ALVASTON NURSERY  
01332 755 533  
[alvaston@whitehousenurseries.com](mailto:alvaston@whitehousenurseries.com)

**If you have updated any of your contact details, please ensure you have passed this onto nursery so that we can reach you in the event of an emergency.**

## Medicine Policy

Please can we remind parents that medicine of any kind should not be kept in children's nursery bags. Instead, please hand this to a member of staff for them to store away safely. Other items that should not be kept in bags include cigarettes, electronic cigarettes, money, personal hygiene products and keys.

## School Admission Packs 2020

If your child was born between 1st September 2015 and 31st August 2016 your school admission packs will be with you some time in November this year. Then comes the time to start and think about that next chapter...

## Goodbye & Good Luck, Class of 2019!

The time has come to say goodbye to all of our school leavers for this year. We would like to thank you for your time with us at nursery and we hope you have a fantastic time at your new schools!

*Congratulations!*



### What to pack in your nursery bag...



- ☒ A supply of wipes *(All children)*
- ☒ A supply of nappies
- ☒ Changes of clean clothes
- ☒ Nappy Cream
- ☒ Child's Medication  
*(To be handed over to unit staff and documents signed)*
- ☒ Seasonal items  
*(Wellies, hat, gloves, coat or snow suit, sun hat)*
- ☒ Spare underwear
- ☒ Comforter *(If applicable)*

Please ensure that all items are clearly labelled with your child's name to avoid any mix ups!



### What NOT to pack in your nursery bag...



- ☒ Adults Medication
- ☒ Snacks/ Sweets
- ☒ Drinks
- ☒ Nappy Sacks
- ☒ Plastic Bags
- ☒ Cigarettes
- ☒ Money



Some of these items could be a health and safety risk for children, please ensure they are not left in nursery bags. Thank you.

## Well Done!

Congratulations to Amelia, Kirsty, Latoyah and Rachel for completing 'Children and Young People's Mental Health' training through the Skills Network. Well done on all your hard work and commitment in highlighting mental health and how it effects young people.



Amelia

Kirsty

Latoyah

Rachel

## Thank You!

A huge thank you to all of our parents and families who attended The Big Garden Party on 27th July. Although it was a shame to finish off with rain, we still had a fantastic event and it was great to see so many of you there joining in the fun.

We raised a total of **£1,200** which we will be sending the The Rainbow Trust, and that will be used to provide support workers for families in Derby who have a seriously ill child.

We would also like to thank all of those who donated prizes, vouchers and other items for our stalls. We really do appreciate it!



# Safeguarding

### Unattended Children

A reminder to all of our parents that children of any age should not be left unattended in cars in the nursery car park. We encourage siblings to be brought into nursery along with parents/carers when collecting/dropping off children. This is to prevent accidents happening.

### Car Park Safety Warning

A reminder to all drivers that we are a nursery and not a race course. Children, parents and staff members regularly walk around the car park/entrance and could be harmed by dangerous drivers. The driveway can also be a blind area due to how tight it is.

### Vaping & Smoking

Please can we remind parents and carers that we are a no smoking site, and this includes our outdoor areas. Please do not smoke or vape within our car park.

### Car Seat Law

Children must normally use a child car seat until they're 12 years old or 135 centimetres tall, whichever comes first. Children over 12 or more than 135cm tall must wear a seat belt. You can choose a child car seat based on your child's height or weight.

You must only use a child car seat if your car's seat belt has a diagonal strap, unless the seat is either; specifically designed for use with a lap seat belt OR fitted using ISOFIX anchor points. You must also deactivate any front airbags before fitting a rear facing baby seat in a front seat, and DO NOT fit a child car seat in side-facing seats.

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The Child Car Seats website has information on how to choose a seat and travel safely with children in cars.  
[www.childcarseats.org.uk/choosing-using/](http://www.childcarseats.org.uk/choosing-using/)



## Keep up to date... follow us on social media! #CaptureTheMoment

We believe that social media is a great way to communicate with our parents and provide them with the information they need on the go, at their fingertips.

The White House Nursery have an official Facebook and Instagram page as well as a YouTube channel which are updated regularly with the latest nursery news, photos and videos from around each of our settings.

Head over to our Facebook page for the latest news, upcoming events and useful information as well as our collection of stunning photo albums...

You can find all of our vibrant nursery videos on The White House Nursery YouTube channel - take a look at what the children have been getting up to in and around nursery, all in sparkling HD!

Take a look at what's been happening at White House HQ on our Instagram page, where we'll be sharing all the inside goings on, direct from our head office.

The best of our content will also be published on The White House Nursery official website, to showcase our various locations and give an insight to nursery life.

If you would like your child to be featured in our content, please make sure you have signed our 'Capture The Moment' parent consent form. If not, you can collect one from the office on your next visit.

[www.thewhitehousenursery.co.uk](http://www.thewhitehousenursery.co.uk)



- ★ **Latest Nursery News**
- ★ **Upcoming Events**
- ★ **Parent Reminders**
- ★ **Useful Information**
- ★ **Photo Albums**
- ★ **Facebook Competitions and much more!...**

## Staff Updates



Alison has left for new adventures working at a children's centre, we wish her the best of luck!



Stacey has now left us to join our Alfreton nursery team as it's closer to home for her. She will be missed by Team Alvaston...



We would like to welcome Holly to our team. She will be joining our baby room and looks forward to meeting all the children and their families.



Amelia will be joining the Baby room team as their senior nursery nurse.



Zoe L has reduced her days and will no longer be working 5 days a week. This will be starting from September 2019.



We would also like to welcome Olga to the team, and she will be working in the Preschool unit.



Jasmine will also be leaving us as she is moving away from Derby.



Zoe C has also joined our Toddlers team, we are excited to have her on board and she looks forward to her new role!



Jordan has now been appointed as preschool senior - congratulations!





## Speech and Language Evening 16th October 2019 (6.15pm - 7.15pm)

Join us on Wednesday 16th October for an information evening on speech and language development. Here you will receive important information on how we facilitate good speech and language development in nursery as well as useful tips on how you can support this at home.

More details and your personal invites are to follow closer to the date.



## Cake Sale - Wednesday 25th September

To raise money for Macmillan, we will be having a cake sale on Wednesday 25th September. So why not bring your pennies and grab yourself a cake with your hot drink on the way to work...?

# Join Us For Grandparents Day!

## Grandparent's Day Celebrations

To celebrate Grandparent's Day (6th October 2019) we will be having stay & play sessions for all of our Grandparents to attend. This is a great opportunity for Grandmas, Grandad's, Nanny's and Grandpas to come along and have a play with their grandchild at nursery. It's also a good chance for you to meet the staff who work with your grandchild...

**Babies Stay & Play** - 4th October 2019 (10.30am - 11.30am)

**Toddlers Stay & Play** - 8th October 2019 (2.30pm - 3.30pm)

**Preschool Stay & Play** - 7th October 2019 (2.30pm - 3.30pm)



## Teaching and Learning In Nursery

Nursery have been very lucky to take up on an offer of some free training through Talk Derby. The training is specific to speech and language development. The training will develop our understanding of what communication is, how we develop interactions, understand speech and language levels within children, it will also develop staff confidence.

'Every child deserves to have the best opportunities in life. For this to happen, youngsters need to grow their ability to communicate in their earliest years and throughout childhood and adolescence. Speech and language are the building blocks for learning.

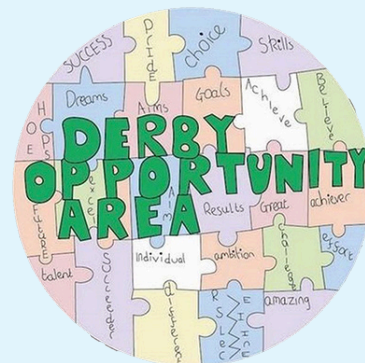
This is what TALK Derby is about - working with both a local focus in Derby and city-wide. The project aims to raise awareness of the importance of speech, language and communication development in children and young people, and provides practical support for it.

TALK Derby is funded by the Department for Education until August 2020 as part of the national Opportunity Area programme. We're supported by Derby City Council, the Derby Opportunity Area and a wide range of other partners.'

Derby is as an Opportunity Area because local children from disadvantaged backgrounds have less chance of doing well at school and getting a good job. The city is 316th in the Social Mobility Commission's Index of 324 local authority areas.

TALK Derby is for everyone who wants to see our city's children succeed. Show your support by making the TALK Derby pledge today.

**Our children's futures  
are in our hands –  
let's TALK Derby!**



Check out our display board in reception for more information on speech and language development! Or speak to Kim at the nursery...



## Staff Training

Over the last few months our staff have attended some in house conferences, which were tailored to each individual age group/unit.

These conferences have been beneficial to the staff and they have taken a lot away from what was discussed.

Practitioners are now in the process of putting new things into place from these conferences to help support the children further with their learning and development.

We will be evaluating the different things we have learnt and the impact this is having on the children.



**Children In Need  
Friday 15th November**

As always we will be supporting Children In Need this year.

Please keep a look out for posters detailing more information on what will be happening around nursery around this time.

# Guidelines issued on activity & screen time for babies & toddlers

"Kids under two should never be allowed to watch any screens – or they'll get fat," warns the Sun.

The alarming headline gives the flavour of reports in much of the UK media about the World Health Organization's (WHO) recommendations on how much time each day children under age 5 should spend on physical activity, sedentary behaviour and sleep.

The headlines focus on 1 recommendation: that children aged less than 2 years should not spend any time passively watching screens.

For children aged 2 to 5 they advise no more than 1 hour of sedentary screen time in 24 hours, though "less is better".

But that recommendation has been challenged by UK experts, who say there's not enough evidence to back it up.

The WHO says the recommendation is evidence-based and screen time should be replaced with other activities, allowing more time for interaction, physical activity and sleep.

**What are the recommendations? The researchers break their recommendations down into age ranges.**

**They say children less than 1 year old should:** be physically active several times a day in a variety of ways, for at least 30 minutes, particularly through "interactive floor-based play"

not be restrained in a push chair or high chair for more than an hour at a time and have no screen time, but instead be "engaged in reading and storytelling with a caregiver" while sedentary

have 14 to 17 hours of good-quality sleep a day before 3 months and 12 to 16 hours after 3 months, including naps

**They say children aged 1 to 2 years should:** be physically active for at least 180 minutes a day, with a variety of types of physical activity spread through the day

not be restrained for more than 1 hour at a time and not use screens until age 2, and for no more than 1 hour after age 2, preferably less

have 11 to 14 hours of good-quality sleep a day, including naps

**They say children aged 3 to 4 years should:** be physically active for at least 180 minutes a day, with at least 60 minutes of moderate to vigorous activity, spread through the day

not be restrained for more than an hour at a time, and have no more than 1 hour a day screen time, preferably less

have 10 to 13 hours of good-quality sleep, with regular sleep and wake times

The researchers say all their recommendations are "strong recommendations", but based on "very low-quality evidence".

**To read more please visit [www.nhs.uk/news/pregnancy-and-child/who-guidelines-screen-time/](http://www.nhs.uk/news/pregnancy-and-child/who-guidelines-screen-time/)**

## Is your child having too much 'screen time'?

