



KIDS CLUB

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 Kids Club.

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!



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 to 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!

Well Done!

Thank you and well done to Michelle for coming up with the themes for our Summer Holiday Club! The children have really enjoyed getting involved with circus week, food week, sports week and more... Michelle has also dressed up EVERY DAY throughout the holidays and made a fantastic effort!



"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 group 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



Useful Contacts



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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.

Weather Appropriate Clothing

As our weather is so unpredictable, please remember to bring weather appropriate clothes for your child at Kids Club. Spare wellies are always good to keep here for playing in the mud kitchen, water play and on the grass when it's wet. Please also ensure all clothes & shoes are clearly labelled with your child's name.

Unattended Children

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

Car Park Safety Warning

Children, parents and staff members regularly walk around the car park/entrance and could be harmed by dangerous drivers. Please keep your speed to a minimum when using our car park.

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.

Staff Updates

We are sad to be saying goodbye to Maisie at the end of August as she moves onto pastures new!

And we would like to welcome Sue to the team who has transferred from our Borrowwash nursery!



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.



A Visit from Mac and Ozzy!

Our Holiday Club have recently had a special visit from two very cute furry friends! Mac and Ozzy (The White House Office Dogs) came to say hello to the children during our animal themed week, and the children were very excited to see them!

We are hoping to have a few more visits from the pups in the future so the nursery and out of school groups can all have a chance to say hello - however, if you would rather your child not be involved then please let the office staff know... as we understand not all children like dogs.

Fully Funded, Term Time Only Nursery Places (2-4 years)

The White House Kids Club offers fully funded term time only places to children aged 2-4 years old. Our flexible sessions run from 9am until 3pm Monday to Friday, and we can accommodate the Government funded 15 and 30 hours a week childcare!

Our setting is the perfect environment for your little one, and is designed to provide a safe, stimulating and fun place for your child to learn. All children have the opportunity to explore a range of experiences through water play, sand play, construction, role play, creative activities and much more.

Children also have free flow access to our outdoor space which features a mud kitchen, trim trail, outdoor classroom and our fantastic private playing field for group games and activities.

Our experienced staff are on hand to support your child's learning, and build strong relationships with parents and carers via regular updates, feedback and also parent stay & play sessions.

For more information on our sessions, availability and how to register please call the office on 01332 820 404.

Exciting News - Redhill Primary School

We are very pleased to announce that the White House Kids Club will soon be providing after school care at Redhill Primary School! This will work alongside our already successful breakfast club which we run on the school premises. Look out for further information coming soon!...

Grandparent's Day Celebrations Wednesday 2nd October 9.30am - 11.30am

To celebrate Grandparent's Day (6th October 2019) we will be having stay & play sessions and coffee morning for all of our parents and 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...

We will be combining this with a fundraiser coffee morning in support of Macmillan Cancer Support. So bring you change and enjoy a hot drink and cake with us! We hope to see you there...



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/

Is your child having too much 'screen time'?

