

October 2011 Newsletter

Health and Wellbeing of our children

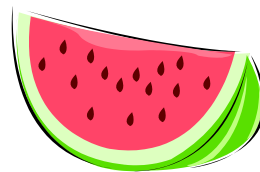
As part of our annual Improvement Plan for the nursery we would like the nursery to develop, share and maintain a philosophy on all aspects of food and drink, demonstrating how we care for and make a positive contribution to the health and wellbeing of our children.

Good nutrition in the early years is vital. Children's early experiences of food play an important part in shaping later eating habits, and good eating habits support healthy growth and development. Giving positive messages about food in the early years will also help to stress the importance of a good diet to children's families.

A varied and nutritious diet and regular physical activity are very important to ensure healthy growth and development in young children. In the short term, they not only improve growth but also improve concentration and support children's learning.

There are longer term health benefits as well, as poor eating habits in childhood can lead to the development of obesity and anaemia as a result of iron deficiency. Even more importantly, a good diet in childhood can help to prevent the risk of serious diseases common in later life, such as cancer, cardiovascular

disease, diabetes and osteoporosis.



Did You Know?

Watermelon is not only great on a hot summer day, this delectable thirst-quencher may also help quench the inflammation that contributes to conditions like asthma, atherosclerosis, diabetes, colon cancer and arthritis.

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Some of the nursery's targets

2011 /12

- The nursery to review our food policy.
- To research and promote new government initiatives such as MEND (Mind, exercise, nutrition and Do IT)
- Establish food weeks each term to promote healthy eating and drinking messages for particular seasons.
- Work in partnership

with the parents to encourage and support them to provide a balanced diet with regular 'contact' or 'report' to let the parents know what new foods we have tried in the nursery.

- Encourage visitors to the nursery such as 'Little Dribblers'
- Start a cookery club, inviting parents/ grandparents to

share their favorite family recipes.



Pre-Birth to Three **New national guidance for a better start in life**

‘It is during our very earliest years and even pre-birth that a large part of the pattern for our future adult life is set’

The Scottish government is committed to giving all children the best possible start in life, an aspiration which is reflected in our Early Years Framework. Key to success in delivering the long term vision for transformational change in Scotland set out in the Framework is equipping the workforce with the skills they need to support children and families effectively, from Pre-birth onwards. It is vital that all adults working with Scotland's youngest children recognise that they have an important role to play

through giving all children the responsive care, support and respect which they need and which they deserve. These guidance materials will also assist staff to develop the innate capacities of babies and young children as learners. As can be plainly observed by spending any time with a baby, learning does not start at age three. Providing opportunities for young children to explore their world through various forms of play will, as the guidance makes clear, help to build a solid foundation for their future learning.

If you would like to read the full guidance and watch the related

DVD, please ask the staff or find it all on-line at:

<http://www.ltscotland.org.uk/earlyyears/prebirthtothree/index.asp>



Baby room training

Research has shown that even before birth, babies are beginning to learn and are sensitive to the outside environment. From mid-pregnancy they are listening to sounds from the outside world and learn to recognize voices, sounds and music whilst in the womb.



Jilly, Karen, Angela, Fran and Hollie have all recently attended the new Pre-Birth to Three initiative training, They all found it enormously fascinating and informative and will continue to recognise the importance of pregnancy and the first years of life in influencing children's development and future outcomes.

Do you have any items/objects that we could use in our treasure baskets?



Some of our budding scholars



Tweenie news

Look What We've been up to!!



Junior news—Smiles all round

As you are all probably aware that this years tooth brushing program has been kick started with a visit from the oral Health Educator.

Nursery toothbrushing programmes are a key priority in the Scottish Dental Action plan.

All nurseries participate in the programme and it is available for all children regardless of whether they attend nursery full or part time. The nursery has a designated lead person who is responsible for the toothbrushing and all staff have had guidance and received appropriate training in toothbrushing and cross infection procedures, this is recorded and monitored.

Full toothbrushing standards and an abbreviated version are availa-

ble for parents to see at:-
[Www.scotland.gov.uk/Publications/2005/03/20871/54813](http://www.scotland.gov.uk/Publications/2005/03/20871/54813)



The latest National Dental Inspection Programme Report shows that 63.7% of P1 pupils in Highland had no obvious tooth decay. This exceeds the national target of 60% and shows that the dental health of children is steadily getting better. In 2004, only just over half of five year old children in Highland were found to have no obvious decay experience in their adult teeth.

So—it's encouraging to note that with the national dental initiatives, such as Childsmile, in place further improvement in the dental health of children and a reduction in child dental health inequality should be achievable in the years to come.

Contact us:-

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Somme Crescent
Inverness
IV2 3YB

01463 222115
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Www.careandlearningalliance
.co.uk



Help for Our Heroes Day

Monday 31st October

Come to Nursery Dressed up and donate £1.00

We will be purchasing items to send to Afghanistan

P.S. If anyone has any small boxes i.e. shoe box size, then we would appreciate them to pack things in!

Thank you



Useful contacts

Dates for your Diary

Friday 28th October
if you are taking part in the baby room sponsored 'find' last day for sponsored sheets to be in.

Monday 31st October
Bring £1.00 and come to nursery dressed up.

Junior room / Tweenie Room
Friday 4th November
Bonfire and fireworks
Hot Chocolate and special treats

17th November
Comic Relief!!
Watch this space

Care and Learning Alliance
c/o Highland Council
Dochfour Drive
Inverness IV3 5EB
01463 703033
office@careandlearningalliance.com

Highland Childcare and Information Service
Old School
High Street
Clachnaharry IV3 8RB
01463 711176

Raigmore Primary School
King Duncans Road
Inverness
01463 234971

Doctors

Kingsmills Medical Practice
Tel:- 01463 235245

Southside Road Surgery
Tel:- 01463 710222

Burnfield Medical Practice
Tel:- 01463 222077

NHS Dental Helpline
Tel:- 0845 644 2271

Unit Welfare office 01463 239198