



# Monkey Puzzle Ware

## Weekly Newsletter

Edition: 25

Date: 03 August 2018

### **Important Dates**

#### **School Holidays**

Monday, 30 April to  
Friday, 31 August 2018

#### **Mystery Reader**

Every Monday, please  
speak to your respective  
rooms to book yourselves  
in.

#### **Curriculum Evening / Parent Matter**

Thursday, 6 September  
2018  
6:00 pm to 6:30 pm

#### **& Once Upon A Time (Early Reading)**

Thursday, 6 September  
2018  
6:30 pm to 7:30 pm

Dear Parents

We are very pleased to inform you that Monkey Puzzle Ware will be tying up with EPIC Early Years Workshop who will be rolling out a variety of workshops tailored for parents. Our first session will be coinciding with our curriculum evening and the topic is

“Once Upon A time” (Early Reading Workshop)

This is a great way of showing and giving ideas as to how you can encourage children to start introducing to the wonderful world of books. The sessions will be completely free to our in-house parents and will last for an hour. If you are interested please email: [harsha@monkeypuzzleware.co.uk](mailto:harsha@monkeypuzzleware.co.uk)

Day and Date: Thursday, 6<sup>th</sup> September 2018




Time: 6:30 pm to 7:30 pm

Places available: 15

**PARENT CHALLENGE WINNER FOR JULY : Lindsey Davis**

Weekly Winner  
Jacqui Clark

# Dr On Board....

		
Dr Rachakonda Consultant Paediatrician	Dr Gali Dentist	Dr Burugapalli Gynaecologist

Physical reactions to certain foods are common, but most are caused by a food intolerance rather than a food allergy. A food intolerance can cause some of the same signs and symptoms as a food allergy, so people often confuse the two.

A true food allergy causes an immune system reaction that affects numerous organs in the body. It can cause a range of symptoms. In some cases, an allergic food reaction can be severe or life-threatening. In contrast, food intolerance symptoms are generally less serious and often limited to digestive problems.

If you have a food intolerance, you may be able to eat small amounts of the offending food without trouble. You may also be able to prevent a reaction. For example, if you have lactose intolerance, you may be able to drink lactose-free milk or take lactase enzyme pills (Lactaid) to aid digestion.

If you have a reaction after eating a particular food, see your doctor to determine whether you have a food intolerance or a food allergy.

If you have a food allergy, you may be at risk of a life-threatening allergic reaction (anaphylaxis) — even if past reactions have been mild. Learn how to recognize a severe allergic reaction and know what to do if one occurs. You may need to carry an emergency epinephrine shot (Adrenaclick, Auvi-Q, EpiPen) for emergency self-treatment.

If you have a food intolerance, your doctor may recommend steps to aid digestion of certain foods or to treat the underlying condition causing your reaction.

<https://www.mayoclinic.org/diseases-conditions/food-allergy/expert-answers/food-allergy/faq-20058538>

## **NHS IMMUNISATION SCHEDULE FOR UNDER 2's**

### **8 weeks**

6-in-1 vaccine, given as a single jab containing vaccines to protect against six separate diseases: diphtheria; tetanus; whooping cough (pertussis); polio; Haemophilus influenzae type b, known as Hib, a bacterial infection that can cause severe pneumonia or meningitis in young children; and hepatitis B  
Pneumococcal (PCV) vaccine  
Rotavirus vaccine  
MenB vaccine

### **12 weeks**

6-in-1 vaccine, second dose  
Rotavirus vaccine, second dose

### **16 weeks**

6-in-1 vaccine, third dose  
Pneumococcal (PCV) vaccine, second dose  
MenB vaccine second dose

### **1 year**

Hib/MenC vaccine, given as a single jab containing vaccines against meningitis C (first dose) and Hib (fourth dose)  
Measles, mumps and rubella (MMR) vaccine, given as a single jab  
Pneumococcal (PCV) vaccine, third dose  
MenB vaccine, third dose

### **2 to 8 years (including children in reception class and school years 1 to 4)**

#### **3 years and 4 months**

Measles, mumps and rubella (MMR) vaccine, second dose  
4-in-1 pre-school booster, given as a single jab containing vaccines against: diphtheria, tetanus, whooping cough (pertussis) and polio

# What's On babies...

**This week...** The babies have been looking at fruit. The children have been playing with lemon and lime ice play, role playing the hungry caterpillar and orange printing.



**Our theme next week will be...**

Colours

**Next week**

The babies will be looking at colours. They will be watering and planting flowers in the garden, rolling different coloured ball to each other and painting with coloured ice.

**Our song of the week will be...**

Rainbow song

**Our baby sign of the week will be... Rainbow**



**Things you can do with me at home...**

- To play with different coloured material this could be scarfs, bed sheets ect.
- To look at my first colour books and to talk about the colours.

# What's On toddlers ...

## This week...

The toddlers have been looking at different transports. They will be making their own bus out of cardboard, drawing round cd's using pencils and going on a pretending bus ride.



## Our theme next week will be...

Transport

Next week the children will be continuing to look at transport. The Toddlers will be counting boats in different coloured water, boat printing with paint and making a sea collage using different materials.



## Our song of the week will be...

Row Row Row your boat

## Our book of the week...

Tiddler

## Things you can do with me at home...

- Take a walk to the river and count the boats.
- See if your child can draw their own boat.

# What's On Preschool...

## This week...

Pre-school have been looking children holiday. The children have had a chance to join in with a beach role play, making paper aeroplanes and taking a picture out of sand and homemade glitter.

## Our theme next week will be...

Holidays

## Next week in Preschool the

Children will continue to look at holidays. The children will be able to go into the town and visit a travel agent and find out a bit more about different destination. They will also go on a pretend aeroplane to a place of their choice. The children will then make their own post cards about the trip they have been on.



## Our song of the week will be...

At the Seaside



## Our story of the week will be...

Camping out

## Things to do with me at home...

- To look at different countries on the map and think about where you might like to visit and what you might see.

# Mel's Kitchen ...







Hello lovely parents,

I am Mel, and I enjoy making yummy scrumptious meals for your little cherubs... I hope you like my menu for next week, but if you do have some suggestions or receipes you would like to add do let me know 😊

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal + Toast Fruit selection  Gluten, Dairy	Cereal + Toast Fruit selection  Gluten, Dairy	Cereal + Toast Fruit selection  Gluten, Dairy	Cereal + Toast Fruit selection  Gluten, Dairy	Cereal + Toast Fruit selection  Gluten, Dairy
AM Snack	Scotch Pancakes  Gluten, Dairy	Bread muffins + butter Gluten, Dairy	Cheese straws + salad Gluten, Dairy	Rice cakes + cheese spread Dairy	Vegetable sticks + dip Gluten, Dairy
Lunch	Sausages, New potatoes and beans  Yoghurt Gluten, Dairy	Chicken + vegetable curry with rice  Gingerbread people Gluten, Dairy	Roast Turkey with roast potatoes, peas and gravy.  Fruit Salad Gluten	Tuna Pasta Bake  Lemon sponge Gluten, Dairy, Fish	Beef lasagne + salad  Yoghurt Gluten, Dairy
PM Snack	Fruit selection	Fruit selection	Fruit selection	Fruit selection	Fruit selection
Tea	Chicken + mayonnaise wraps with salad.  Fruit muffins Gluten, Dairy	Scrambled egg on toast  Melon fingers + strawberries Gluten, Dairy	Pitta bread with cheese + ham  Oat cookies Gluten, Dairy	Sausage rolls + salad  Yoghurt Gluten, Dairy	Mixed Sandwiches  Banana flapjack Gluten, Dairy

**NOTE:** Children with special dietary needs are catered completely and all allergens are swapped. Dairy and gluten are swapped for non-dairy and non-gluten alternatives, including fruits such as bananas and strawberries. Room staff and Chef have full allergy list and is shared daily between the room and kitchen

# Nursery Team Board...

MANAGEMENT TEAM	
	<p><b>Swati Naidu</b> Nursery Manager / Director Safeguarding Officer SENCO Data Protection Officer</p>
	<p><b>Amy Smith</b> Assistant Manager / Baby Room Leader (Temporary) Deputy Safeguarding Officer</p>
	<p><b>Lucy Eaton</b> Deputy Manager – Early Years First Aid Officer</p>
	<p><b>Heather Endsor</b> Third In charge / Preschool &amp; Toddler Room Leader Nursery Fire Marshall</p>

**Baby Room Staff**



**Amy Smith**  
Room Leader (Temporary)



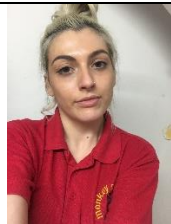
**Ashley Rivet-Vitry**  
Assistant Room Leader (Trainee)



**Charlotte Leonard**  
Room Practitioner



**Mary Hardy**  
Room Practitioner



**Kristina D'adamo**  
Room Practitioner



**Elaine Lee**  
Room Practitioner



**Tina Pullen**  
Lunch Cover



**Toddler Room Staff**



**Heather**  
Room Leader



**Helen Marwick**  
Assistant Room Leader



**Eloise Ambler**  
Room Practitioner



**Matthew Lee**  
Room Practitioner



**Stacey Cockman**  
Toddler Room Support



**James Upton**  
Toddler / Preschool  
Room support







**Chloe Cockman**  
Toddler Room Support



**Emma Maslanka**  
Toddler Room Support



**Amanda**  
Lunch Cover

Preschool Room			
			
<b>Heather Endsor</b> Room Leader	<b>Claire Waters</b> Assistant Room Leader	<b>Lewis Hill</b> Room Practitioner	<b>Marisa</b> Lunch Cover

## Nursery Support Staff

			
<b>Stacey Cockman</b> Toddler Room Support	<b>James Upton</b> Toddler / Preschool Room support	<b>Chloe Cockman</b> Toddler Room Support	<b>Emma Maslanka</b> Toddler Room Support

Please note sometimes to meet our ratio requirements, you might find that some of our support staff are deployed in rooms other than they are generally been appointed for. This happens under circumstances such as covering sickness or holidays.

The nursery always is legally required to be in ratio and we would prefer staff known to children covering the ratio, rather than having to always depend on external agencies. Our support staff and our lunch covers play a vital role in achieving this degree of continuity of care for our children.

Room Ratio's:

Under 2's – For every 3 babies, there is one member of staff team (1:3)

2's to Under 3's – For every 4 toddlers, there is one member of staff team (1:4)

Over 3's – For every 8 Pre-schoolers, there is one member of staff team (1:8)

If ever you have any doubt or any aspect relating to our staffing matters, please feel free to contact Swati on 07859919519.

# Parents Challenge....

We will be challenging our parents each week and there will be a 'winner', 'first runner up' and 'second runner up'. The winner will then qualify for our end of the month lucky dip and whoever gets picked in the lucky dip will get 10% off on their next invoice 😊

Please note for the challenge to be complete you MUST answer all questions and in case of a tie, the last question will be deciding factor. Best answer will also be published in next week's bulletin 😊

You can reply back to these questions by emailing to [harsha@monkeypuzzleware.co.uk](mailto:harsha@monkeypuzzleware.co.uk)

<p><b><u>This Weeks Quiz:</u></b></p> <ol style="list-style-type: none"><li>1. Who provides information to the nursery about child's dietary needs?</li><li>2. What is the procedure followed if the child is taken sick and needs to go to the hospital?</li><li>3. How has this policy helped you?</li></ol>	<p><u>How are parents benefitted from last week's challenge?</u></p> <p><i>It's actually quite insightful to read the effects that a dummy can have on a child's development. Also parents may not be able to break the habit alone and it is nice to know that the nursery has measures in place which have obviously worked to support parents in trying to discourage their child from using a dummy.</i></p> <p><i>My child stopped using their dummy of their own accord at 9 months, so this hasn't helped per se, however I found the policy extremely interesting. I am particularly interested in the link between dummies and communication ability, wondering whether the early discarding of the dummy has helped our child's verbal skills without us even realising.</i></p> <p><i>Both of my children used dummies and when I gave them I was always worried out weaning them off. Thankfully, they both weaned themselves off very early on and didn't have trauma of taking it away! It is good that nursery works with parents to wean children off dummies and they will find other ways of trying to distract them.</i></p> <p><i>This policy has helped to reinforce that I am acting in line with the nursery's policy already - as parents, we often just focus on what we're not doing well but it's nice to feel that I'm doing something right 😊</i></p>
<p><u>Answers to last week questions:</u></p> <ol style="list-style-type: none"><li>1. Why does the nursery discourage use of dummies? The overuse of dummies may affect a child's language development – restrict mouth movements.</li><li>2. How will the nursery support parents? Nursery will offer support and advice to parents to discourage dummy use during waking hours at home and suggest ways which the child can be weaned off their dummy through books and stories.</li></ol>	

## Attachment 1

### ALLERGIES AND ALLERGIC REACTIONS POLICY

At Monkey Puzzle Day Nursery, we are aware that children can have allergies which may cause allergic reactions. We will follow this policy to ensure allergic reactions are minimised or where possible prevented and staff are fully aware of how to support a child who may be having an allergic reaction.

- Staff will be made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis
- Information will be passed on by parents from the registration form regarding allergic reactions and allergies and must be shared with all staff in the nursery
- Parents should notify the nursery IMMEDIATELY if the child's circumstances change
- An allergy register is kept in each room corresponding to the child, in the office and in the kitchen
- The nursery manager must carry out a full Allergy Risk Assessment and parents MUST complete a health care plan for any allergies ideally as soon as an allergy is identified. The information must then be shared with all staff and a copy of the care plan will be kept in the child's file and care plan folder and in their medication box if at all a medication is required in a secure container clearly labelled with the child's name, photograph and allergy, out of reach of children in the office.
- For the avoidance of doubt and so that staff are aware and reminded of individual needs, information regarding every child's dietary requirements is clearly displayed in the kitchen and dining areas
- All food prepared for a child with a specific allergy will be prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts. If this cannot be guaranteed the parent must supply the food
- The manager, nursery cook and parents will work together to ensure a child with specific food allergies receives no food at nursery that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu
- If a child has an allergic reaction to food, a bee sting, plant etc. a first aid trained member of staff will act quickly and administer the appropriate treatment. Parents must be informed and it must be recorded in the incident book
- If this treatment requires specialist treatment, e.g. an epipen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child
- A sick child above all needs their family, therefore every effort should be made to contact a family member as soon as possible
- If the allergic reaction is severe a member of staff will summon an ambulance immediately. We WILL NOT attempt to transport the sick/injured child in our own vehicles
- Whilst waiting for the ambulance, we will contact the emergency contact and arrange to meet them at the hospital
- A senior member of staff must accompany the child and collect together registration forms, relevant medication sheets, medication and child's comforter

- Staff must remain calm at all times; children who witness an allergic reaction may well be affected by it and may need lots of cuddles and reassurance
  - All incidents will be recorded, shared and signed by parents at the earliest opportunity
- Refer to food and drink policy for special diet procedures