



newsletter

autumn 2011

PARENT TIPS

FUNDRAISING

NURSERY WORLD AWARDS

BEST LEARNING TOYS

kidsunlimited
naturally inspiring childcare

Welcome...

Welcome to our autumn newsletter. The summer months have been a very busy time for our nurseries; hosting their summer fairs, sports days, sunny carnivals and finally, saying 'farewell' to their pre-school children as they move on to school.

We are looking forward to the January opening of our Maidstone and Wokingham nurseries, and this month we welcome new children and their families to our latest

nursery in Reigate.

Other new nursery developments are progressing well, and in 2012 we will open Sale, Church Crookham and Carshalton.

Our congratulations go to the Alibayly family who won our Star Letter prize after writing in to our News & Views section. Their beautiful letter describes their son's journey through nursery and the dedicated support of the Waterways'

nursery team.

As the nights close in and thoughts of the festive holiday season start to fill the minds of the children, we have focused our parent tips on getting the most from the winter months and enjoying time together.

I do hope you will find this newsletter of interest. If you have any topics that you would like us to address in future newsletters please email marketing@kidsunlimited.co.uk



Rosamund Marshall - CEO

News & views

★ £20 prize for Star letter

Congratulations to Sada and Ilham Alibayly for kindly sending us their memories of their son's journey through kidsunlimited Waterways. A beautiful tale at nursery of how their son flourished within the welcoming arms of his carers.

If you have a similar story related to your child and their care and education, which you think will be of interest to share with other parents, or an event you'd like to report that has taken place outside of nursery, and has some relationship with articles featured in our newsletters then forward them to our contact details found below.

★ Star letter...

Dear kidsunlimited,

This is a brief note to say a big "Thank You!" to the entire staff of kidsunlimited at Waterways, Oxford for all they have given us. What they have given us is probably the most important and precious gift in our lives - a big happy smile on our son Emil's face.

When Emil joined the KU Waterways, Oxford last September, he could not speak or understand a single word in English. It was not an easy start for us. Having had to fight through endless tears and hysteria every single day, we were very close to giving up and withdrawing Emil from the nursery. It was Kayleigh's ingenuity that literally saved our lives from the misery then. She came up with a brilliant idea for us to put together a list of Russian words from Emil's daily vocabulary so that she and other members of her team could start building up an initial communication with Emil during his early days at the nursery. That was just one of the endless contributions the KU Waterways team have made to create a welcoming environment for Emil and support his fast development at the nursery.

We will be offering a prize of £20 M&S vouchers for the star letter.

We know that we have Kayleigh, Diana, Danyell, Nazly, Diana, Dawn, Cat and Klea to thank for what Emil has achieved so far. All these wonderful ladies bent over backwards to ensure Emil's speedy progress despite of his lack of communicational English during his early days at the nursery. What the KU team have done is a real-life miracle. Today, Emil has become a very confident and happy little boy. He sings most of the nursery rhymes and is very good with numbers. Emil loves putting together letters to create words, enjoys listening to- and making up his own stories. We are pleased to see that Emil is now very well prepared to continue his academic journey with New College School, Oxford.

No words are enough to convey our gratitude for the love and care Emil has been surrounded with throughout his experience at KU Waterways, Oxford. I wonder whether it would suffice to illustrate Emil's feelings towards the nursery if I just said that the names "Kayleigh" and "Diana" have become second only to "Mom" and "Dad" in Emil's current vocabulary.

We would like to take this opportunity and thank Julie and Claire for their outstanding management style, the Cook (please accept our sincere apologies, as we have never gotten to know her name)-for making sure that the kids are well-fed, Van (this is how Emil is calling the gentleman, who works at the nursery. Again, we are sorry if we have spelt his name wrong, too) for being so nice to Emil and looking after the nursery so well, and all the other wonderful staff of kidsunlimited Waterways, Oxford.

You are all tremendous individuals, who have teamed up to create an exceptionally warm and caring environment for the children at kidsunlimited Waterways, Oxford.

Thank you and Good Bye!

With best wishes,

Sada and Ilham

(for Emil Alibayly)

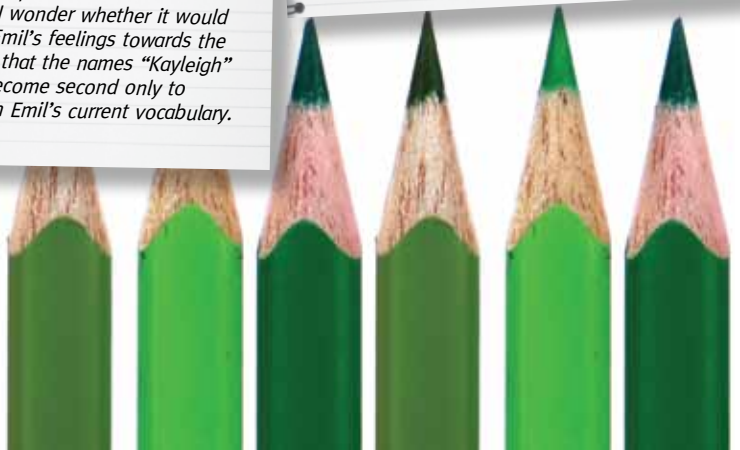
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National Nursery Awards 2011: Early Years Professional of the Year



On Friday 30th September **kidsunlimited** attended the Nursery World Awards 2011, which was held at the Lancaster hotel in London. The evening was a great success and all of our representatives did very well to reach the shortlist as the competition for these awards is very tough.

We are pleased to announce **Leanne Henderson** from **kidsunlimited Guildford** has won the title of 'Nursery World Early Years Professional of 2011' her category. This is a fantastic achievement, and it adds to the many successes for Leanne and the team at the nursery this year, which was

awarded an 'Outstanding' judgement by Ofsted in April.

We are also delighted to congratulate our other nurseries and our Talent Development team for being short-listed as finalists in the following categories.

- **Nursery Food** – **kidsunlimited Watford**
- **Enabling Environments** – **kidsunlimited Summerfields** in Wilmslow
- **Team Development** – **kidsunlimited Limited**

Parent tips...

Best Learning Toys for Presents

Here are some of our favourite toys to encourage imagination and learning.

*Available from ELC



Shape Sorting Bus - Red
Product Code: 130767 £16.00
The Shape Sorting Bus is great for pushing along the floor, filling up and emptying out, matching shapes and colours and stacking the blocks. The bus is also a good toy to encourage crawling, as your baby can try to follow the bus across the room.

Age 3 months - 24 months



Wooden Bricks
Product Code: 131013 £12.00
Set of 75 bricks in a reusable storage box.

From 12 months



Rosebud Village Doll Family
Product Code: 130159 £10.00
The friendly Rosebud Village Doll Family are ready for your child to bring to life for wonderful Rosebud Village doll adventures.

From 3 years



Wooden Click Clack Track
Product Code: 131258 £15.00
Place the three cars at the top of the track, then watch them zoom down and flip over.

From 12 months



4 in 1 Lift Out Puzzle
Product Code: 127692 £8.00
Slide the aquarium quarters around and lift out fishy shapes.

Suitable for 24 months +



Whirlee Ride On
Product Code: 132056 £19.99
This aeroplane themed blue ride on has four caster wheels which make it ideal for moving in all directions.

Also available in pink.

12 months to 4 years



Wooden Post Box
Product Code: 131255 £15.00
Wooden post box with 5 wooden letters in assorted colours.

Great to encourage social skills.

From 12 months



Wooden Noah's Ark
Product Code: 131262 £15.00
Wooden Noah's ark with 14 animal and people pieces.

Satisfying shape sorting and a fun game to learn about animals.

Suitable from 12 months



Crate of Cut & Play Vegetables
Product Code: 110553 £12.00
Plastic crate with 12 cut-and-play vegetables and knife.

Each vegetable splits into pieces and reattaches with velcro. A great toy for teaching your child about different types of vegetables.

Not suitable for children under 36 months due to small parts

Barrow



Ladbroke Grove



Total Fitness Wilmslow



Graduation

North Cheam



Toyota



Waterways



Summer fairs

Toyota



Callands



Tadpoles



Anniversaries

Waterways



Timperley 1st



Regents 10th



Nursery trips



North Cheam - Mosque



Broadgreen - hospital visit



Chelsea - Zoo

Events



Sports Days - Callands & Waterways



Eldonians - Messy play



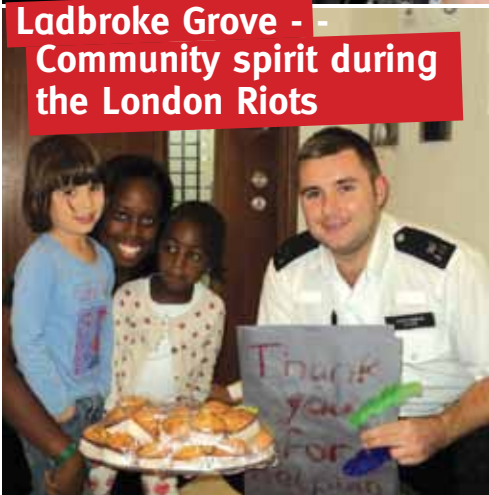
Body Shop - Carnival



Fulborn - Daddy Day



Timperley - National Play Day



Ladbroke Grove - Community spirit during the London Riots



North Cheam Exploring mud



Wandsworth - Fast response paramedic



Ice Science

– activities using ice at home to expand a child's learning (Cool Science!)

The best early learning activities can be found around the home, including within your freezer! Ice is a fantastic tool for encouraging children to observe changes and begin to question how and why things happen. Here are a few simple and fun ideas that you can try at home with your child.

In winter, we often see roads and pavements being 'salted' to prevent (or melt) ice. This is because adding salt to ice will lower the freezing point of the ice, effectively, causing it to melt. Children are fascinated by this process and here is a fun activity you can do at home to explore the effect of salt on ice.

Melting Ice Cube Races!

Place 2 identical ice cubes into two separate trays/containers; explain that we are going to have a melting race! You are going to put salt on one of the ice cubes – which one does your child think will melt first? Have your child sprinkle salt onto one of the ice cubes. The cube with the salt will begin to melt more quickly than the unsalted ice. This activity will encourage your child to talk about the changes they can see happening and why they might be happening.

Trapped!

Ask your child to choose several small toys and explain that you are going to trap them in ice and the child will have to save them! Fill a container (this could be an ice cube tray, a margarine tub, a rubber glove, etc) with water and ask your child to put their toys inside, and place this into your freezer. Once frozen, remove the ice from its container and put it on a tray. Challenge your child to think of different ways to free their toy from the ice – What will help the ice melt/break? What will make the ice melt/break fastest? What do we have at home that we could use? This activity will encourage your child to observe changes and explore the affects of different actions on materials.

It is inevitable that young children will pick up coughs, colds and sniffles, when they play closely alongside their friends. When they are younger, they have a lower resistance to infection and you should expect that they will become unwell from time to time. However, we can all help minimise the spread of infection.

Hand washing

The single most important factor in preventing the spread of any infection is careful hand washing by everyone ... children, nursery staff and parents.

Children and adults should always wash their hands after using the toilet, before eating and after playing outdoors or handling animals.

Wash hands well with warm water and soap. Liquid soap in a dispenser is more hygienic than a shared bar that can harbour germs ... and dry with a clean towel (paper towels are used in our nurseries).

Be persistent when establishing good hand washing routines with children and these will soon become a habit that they will remind you about! Think about introducing these routines early, for example, they can be encouraged to wash their own hands with you after a nappy change and also after using the potty. There are a range of lovely soaps around that appeal to young children and nursery staff will confirm that children really enjoy washing their hands! In the absence of soap, when out and about with the children, antibacterial gels are a good substitute.

Using tissues

Have plenty of tissues readily available for wiping children's noses and dispose of them into a covered bin as soon as possible. Older children should be supported to do this themselves as soon as they are able, so keep everything easily accessible to them. Encourage your child to cover their mouth with their hands when sneezing.

Toys and Furniture

Plastic toys that are put into children's mouths should be washed and disinfected regularly. Wipe door knobs, cot rails, baby furniture such as high chairs and low shelves accessed by children with antibacterial spray.

Medication

Coughs and colds are usually caused by a virus infection and they will generally clear up on their own without the need for antibiotics. If required, paracetamol based products may be given at home to ease the symptoms, along with plenty to drink to avoid dehydration. Menthol, used either as a vaporiser, or applied to cot sheets or their pillow, can help children breathe easier as they sleep.

Outdoor Play

It is a myth that children will catch a cold by playing outdoors, especially in the colder weather! The benefits of being outdoors far outweigh the negatives and children have fewer colds and infections where they have regular access to outdoors. This is because bacteria and viruses multiply in the warmer conditions indoors and then pass from child to child when they are all playing inside close together. Even if they have a cold or a bit of a sniffle, they will be fine to play outdoors as long as they are warm & dry.

Christmas Planning

with little ones

Christmas is coming and although it is a joyous time of year, it also can produce many challenges for children and parents alike. Here are a few helpful ideas to take the stress out of planning Christmas for little ones.

Christmas Day Routines

Christmas day is always manic and your daily routine often goes out of the window which can be unsettling for young children. Try to keep nap/sleep times and feeding times consistent wherever possible. However this is not always feasible, and where changes to routine have to be made, children respond best if they know what is coming – take time to talk to your child about your plans and let them know what will be happening next as the day goes on. One of the best ways to avoid frustration for your child (and yourself) is to allow them the opportunity to be part of the routine; e.g. asking them to put decorations/napkins on the table.

Arts and Crafts

Christmas is the perfect time for making cards and decorations. Christmas cards and decorations need not be complicated; many of the resources lie within your cupboards. Materials such as rice, flour, salt and cotton wool balls make fantastic snow; scraps of wrapping paper make lovely material for collage; and other craft materials (such as glitter and sequins) can be bought in many supermarkets and home stores.

Healthy Treats

Everyone likes a nice treat over Christmas and snacks are everywhere! However, there are many healthy snacks substitutes for some of the Christmas favourites.

Why not swap crisps for breadsticks?

Breadsticks are easy to bake and available in most supermarkets. They still have that lovely crunch but lower sodium content. Popcorn is often seen as being a naughty treat, but plain popcorn is high in fibre and low in fat. Threading popcorn onto string with your child makes a tasty and fun treat which is exciting (and healthy) to eat.

Playdough Recipe

- 300g cups of plain flour
- 175g cup of salt
- 1 tbsp cream of tartar
- 2 tbsp of oil
- 240ml of water
- Food colouring optional

Mix all the ingredients together in a saucepan on a low heat until all the mixture binds together forming a large lump.

kind

kidsunlimited

helping to create the environment for the children of Masibusiswe, Cape Town

*KIND is the South African word for 'CHILD'.



Established in 1990 as a crèche and occupying two buildings, the facility in Khayelitsha in Cape Town, Africa, caters for approximately 123 children ranging from six months to six years. Many of the town's residents are unemployed, but those lucky enough to find work are required to leave early in the mornings and work well into the evening, with the result being that many of the children are left unattended and without food & drink.

Things have only got worse for these children since heavy rainfall in 2010 devastated the building and caused the loss of the top floor. The situation for these children is now desperate.

In order to continue to provide essential childcare services, they are dependent on outside assistance and fundraising, and that's where kidsunlimited come in!

A number of kidsunlimited nurseries have been working to raise funds for Masibusiswe nursery since 2005.

All donations have been distributed via the Lions' Club and we receive regular reports on the nursery's progress and their fundraising accounts.

It costs £35,000 to build a new single storey brick building, which will house some of the children from this nursery. Local donors in South Africa are seeking to raise this amount and kidsunlimited is determined to help them build a second

floor, or to fit out the new nursery with equipment. We have pledged to raise as much as we can in the next 12 months (our target is another £35,000) and we thank you for all your support in helping to achieve this aim. Our nurseries have been thinking of some creative fundraising activities to share with the children:

Broadgreen have already started the ball rolling and raised the first **£102** towards the total by baking and selling cakes that the children have made and by having an own clothes day for their staff.

Regents raised **£160** by having an Art Competition and Balloon Release.

If you would like to help kidsunlimited raise funds or make a donation, please contact Rebecca English at Rebecca. english@kidsunlimited.co.uk

We will be setting up a Just Giving page for people to donate online and we will update you on our progress soon.



ku:sign

This month's signs are mummy & daddy

What are the benefits?

- **ku:sign** helps take a lot of the guesswork out of being a parent or carer
- **ku:sign** enables you to share your child's excitement with them before they can talk
- Research shows that new communication skills such as **ku:sign** helps babies longer-term mental development



Sign language for Daddy

ku:cookery

Potato Latkes

Chanukah snacks

Ingredients

- 4 potatoes
- 1 onion
- 1 tbsp flour
- 1/2 tsp baking powder
- 2 eggs
- oil for frying

Equipment

potato peeler, grater, mixing bowl, wooden spoon, fork to beat eggs, frying pan, fish slice

Method

Peel and wash 4 potatoes and 1 onion
Grate them all and drain off any excess liquid
Mix 1 tbsp of flour with 1/2 tsp of baking powder
Beat 2 eggs and add to mixture
Add the onions to the potatoes
Mix all the ingredients together
Heat some oil in a frying pan and spoon the mixture on
Cook both sides until brown.



Sign language for Mummy

Gingerbread Biscuits

Christmas Treats or Tree Decorations

Ingredients

- 3oz golden syrup
- 2.5oz granulated sugar
- 1 tsp ginger
- 0.5 tsp ground cinnamon
- 2.5oz butter
- 1 tsp bicarbonate of soda
- 10oz plain flour
- 1 beaten egg

Method

Gently heat the syrup, sugar and spices in a pan
Add butter and stir well until melted and leave to cool
Dissolve the bicarbonate of soda in water and add to syrup mix
Add the beaten egg and flour
Stir into a smooth dough and wrap in cling film, leave to rest in a cool place for an hour
Grease a baking tray
Roll out the dough to 3mm thickness
For tree decorations, make a hole in the top at least 1cm from the edge
Use dough cutters to make shapes
Bake in preheated oven 220°C for 10 mins until golden brown
Leave to cool before serving, or tie on the tree with ribbon.



Pumpkin Pie

Perfect for Thanksgiving

Ingredients

- 400g pureed pumpkin
- 2 eggs (beaten)
- 1/2 teaspoon salt
- 220g brown sugar
- 1 (350g) can evaporated milk
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 55g butter (melted)
- 1 pie crust

Method

In a large bowl, combine all ingredients and mix well. Pour batter into pie crust. Bake in a preheated oven at 180C. (Gas Mark 4) for approximately 60 minutes or until set through.



Babies

Baby Touch (First Focus Library)

Ladybird

Three sturdy books with bold black, white and yellow images throughout that will captivate all babies from birth.

RRP: £9.99



Baby Animals (Baby Sees)

Chez Pichall

Designed to appeal to infants, this board book contains high-contrast images which babies of all ages find stimulating.

RRP: £4.99



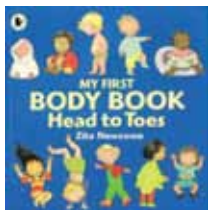
Toddlers

Head to Toes: My First Body Book

Zita Newcome

This book looks at bodies in all their many shapes, colours and sizes, outside and in – from eyes and noses, to hands and feet, to brains and bones.

RRP: £3.99



We're going to Bed Book

Sandra Boynton

Discover all the antics children get up to before going to bed, in this hilarious board book. The perfect way to read kids to sleep!

RRP: £5.99



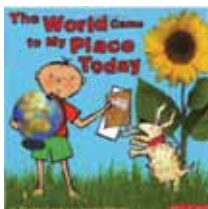
Pre-School

The World Came To My Place Today

Dr Jo Readman

This rhyming story, which also teaches the days of the week, also includes fascinating facts on Charles Darwin, the Islands and the animals that live there.

RRP: £5.99



We're Sailing to Galapagos

A Week in the Pacific

Laurie Krebs

An entertaining and thought-provoking bedtime story that explains how plants from all over the world affect children's lives.

RRP: £5.99



*Available from Amazon



Once this activity is completed the children can continue to enjoy watching the birds come to the garden to feed.

You will need:

- Half a coconut shell or small wooden bowl
- Bird seed
- Pack of suet
- Saucepan
- Drill
- String



Activity:

Drill four parallel holes equal distance apart, into the coconut, next cut the string into four equal lengths. Tie one end of the string through one of the holes of the coconut, do this for all four pieces of string then tie the other ends of the strings together at the end.

Place the packet of suet in a saucepan and heat until the suet becomes a liquid, then stir in the bird seed to make a thick mixture. Spoon the mixture into the coconut or bowl and then allow to set. Hang your bird feeder outside the window or from a tree in the garden where the children can watch the many birds that come down to eat.

Areas of learning covered:

- Knowledge and Understanding of the World
- Language, Literacy and Communication skills

For other gardening projects please speak with your kidsunlimited nursery manager.

Take photos of when the bird feeder is being used. Print out the pictures and mark down how many times the same type of bird comes to the feeder

Introduce your child to new vocabulary (such as feather, beak, claw, nest) whilst watching the birds that feed in your garden.

If you would like more information about common birds to share with your child, here are some useful websites:

www.rspb.org.uk

www.wildlifegardener.co.uk

Using pictures of birds (or photographs you have taken), encourage children to discuss features they observe about the birds
What shape is its beak?
What colour feathers does it have?

Don't miss out

In the future we'd like to send out electronic versions of our newsletter to ensure you always receive your copy. Please email your address to us at marketing@kidsunlimited.co.uk, telling us your child's name and nursery or fill in the form below and return to your nursery.

Name:

Nursery:

Child's name:

Email address:



Look for www.twitter.com/kidsunlimited01



Find us on facebook