

REACHING FOR THE SKIES

We open the door to the
wider world of play

UP & UNDERS



Bath Rugby
start work
with our
Pre-Schools

ELF SHOES

National Storytelling
Week - we dig into a
special book.



**NATIVITY
PHOTOS**
**WORKING WITH
SPECIAL NEEDS**
**BUILD YOUR
OWN BUG
HOTEL**

Snapdragons
nursery

WHERE CAN I DREAM?

www.snapdragonsnursery.com
Available in Bath & Wiltshire



OPEN EVENING

Monday 31st January, 18:30 - 20:30
Snapdragons Broadwood

January 2011 contents



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CORSHAM

Pound Pill, Corsham, Wiltshire, SN13 9YW
01249 714060

WESTON

Henley Lodge, Weston Road, Bath, BA1 2XT
01225 426255

GROSVENOR

4 Grosvenor Place, Bath, BA1 6AX
01225 483660

BROADWOOD

Broadwood Avenue, Corsham, SN13 0LX
01225 811515

ATWORTH

43 Bath Road, Atworth, Wiltshire, SN12 8JW
01225 707009

MELKSHAM

3 St Margaret's Gardens, Melksham, Wiltshire, SN12 7BT
01225 899488



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Newsdesk

A look back at the biggest stories from Snapdragons over the past season.



Kicking for touch

A new scheme at Snapdragons in coalition with Bath Rugby will see children taking part in a variety of new challenges and opportunities.

Bath Rugby's "Up & Unders" aims to provide children with the opportunity to develop their skills in a fun and safe environment, trained by their qualified coaches.

"Up & Unders" sessions will be rugby skill-based whilst developing your child's fundamental motor skills; balance, co-ordination, spatial awareness, and their knowledge of colours and numbers. These sessions will further assist in developing social skills and build on our approach towards a healthy lifestyle.

From January, children at our Bath nurseries, Weston & Grosvenor will be able to take part in these sessions whilst at Snapdragons.

Grosvenor will be running the session on Tuesday mornings from 10:00 whilst Weston's session will be on Friday mornings, also from 10:00. The sessions will last for half an hour and will cost £3.00 each.

Please speak to the staff at the nursery to find out more or ask about availability.



Grosvenor's Garden opened officially

Grosvenor welcomed Chairman of BANES Council, Councillor Sarah Bevan and the Mayor of Bath, Councillor Shaun McCall to the opening of their brand new garden at the end of 2010, taking the opportunity to show them around the lovely new facilities and mingle with some of the parents who came along.

We hope that all the parents start to reap the benefits of this wonderful space over the course of their child's time at Snapdragons.



A big thank you to...

- ▶ Warleigh Lodge Farm, Bathford
- ▶ Dick Willows Cider Farm and Shop, Bathford
- ▶ Chandos Deli, Bath
- ▶ Starbucks Coffee

and to everyone who kindly donated bottles, toys and games for our stalls.

newsdesk



Winter Wonderland once again dazzles the crowds

The snowy weather heralded the beginning of winter early this year and that certainly helped us to get into the Christmas spirit at our second, even more sparkling Winter Wonderland.

Visitors were caught up in the magic as they stepped through the wardrobe into the snow dusted forest of Narnia where they found a wonderland of Christmas cheer.

Santa made time for us in his busy schedule again this year and he looked very at ho-ho-home in his gorgeous grotto as he chatted to tongue-tied children and gave presents.

There were games to play and stalls laden with goodies and the air was full of the scent of wine mulling and mince pies warming. The raffle brought more treats for some lucky winners with delicious prizes ranging from hampers to holidays.

Beneath a twinkling golden star outside was a humble stable where children met a very special donkey and posed for festive photos.

Thank you to everyone who joined us for another wonderful Wonderland and made it such an enjoyable and successful day and helped us raise a fantastic £800!



Bonfire night is a roaring success

Snapdragons Melksham took to the gardens in November as they held a special 'bonfire night' for the children and their parents.

Almost falling victim to a last-minute weather check, the night was a wonderful evening for all who attended and left them all wanting more.

The children took turns to hold their very own sparkler as they watched the crackles fly about in the darkness before they turned to the main event - the bonfire itself.

The staff did a wonderful job getting the fire started and burning heartily so that the children could gather around it, warming their hands.

As the fire gradually died down and the sparklers faded everyone returned to the nursery for warm milk, cookies and bedtime stories.

Thank you to all of the parents who came along, helped and supported us on this evening. Your contributions to these events are invaluable and we hope to hold many more in the coming weeks, months and years.

Photos can be viewed on our website at www.snapdragonsnursery.com



CHRISTMAS NATIVITIES



Our annual Christmas Nativities were back and just as magical as ever as the Pre-School children entertained their parents with songs, dance and performances. These are just some of the beautiful photos from the shows but you can see more on our website at www.snapdragonsnursery.com/nativities You can also view the show trailers online or order yourself a copy of the DVD for just £5.00! Well done to our Pre-Schoolers.



Silly in stripes

Snapdragons raised money for Ted's Big Day Out in October by wearing their stripes for the day!

Children throughout the nurseries all enjoyed themselves as they dressed up in their stripes, raising money for the Forever Friends Appeal at the Royal United Hospital on Ted's Big Day Out.

Snapdragons Broadwood took this opportunity to set their theme as 'Where's Wally', an inspired decision that gave the children and staff the chance to wear some wonderfully inventive costumes.

They also took the time to take part in a sponsored walk and bake cakes to sell to all the parents during the day.

Overall, their efforts were rewarded as they managed to raise a magnificent £420 at Broadwood alone which is a remarkable achievement.

Thank you to the parents across all of our nurseries who have donated so generously to the worthwhile causes that we have chosen to support.



Halloween fun



There was creepy fun in all the nurseries at Halloween. Broadwood and Atworth were among the nurseries who went to town and transformed their settings into ghoulish dens for Halloween Pumpkin Parties and the children and staff looked amazing in a huge array of costumes.

There were delicious sand-witches laid on and everyone enjoyed the fun: the mummies were wrapping, the ghosts had a BOOGie, but the skeletons had no body to dance with!

The children all had a fantastic time in their outfits and now we can't wait for October 2011!

You can view all of the Halloween photos as well as other events from across all the nurseries on our website at www.snapdragonsnursery.com

Latest news feeds

Did you know you can keep up-to-date with the latest news on our website at www.snapdragonsnursery.com?

You can also view photos, videos, illness information and staff biographies!

Snapdragons also has its own Facebook page & Twitter feed that you can follow.

Could we please make parents aware that any photos that you take that contain children other than your own should not be posted on Facebook or other internet sites.

Corsham parents run for VICTA charity

Two of our parents at Snapdragons Corsham are busy training for the London Marathon in April as they hope to raise money for VICTA, a UK children's charity.

Steve & Lucy Burley are hoping to raise over £1000 by running the race - a target they set themselves after competing in the Bath Half-Marathon last year.

They are both looking forward to it immensely and would be grateful for any donations that you can make to this worthy cause.

Donations can be made at their fundraising website which is found at www.virginmoneygiving.com/team/steveandlucyburleypart2

Good luck to you both in the race!

VICTA provides support for families with visually impaired children and every year a large number of people raise money for them by running in the London Marathon. Started in 1987 by parents of blind and partially-sighted children, VICTA has developed into a national charity. Find out more at www.victa.org.uk

Incoming

Your guide to the best events over the next season at Snapdragons Nursery.

OTHER COMING EVENTS

ATWORTH

Something for Easter - In the week before Easter we will be making bonnets & painting eggs before going on an Easter Egg hunt!

Osteopathy workshop - Church Street Practice will be coming to talk to us. Date to be confirmed.

Healthy Eating Workshop - Sara will be giving a talk on healthy recipes for babies through to Pre-School on Thursday 24th March.

BROADWOOD

Open Evening - We will be holding another evening for new parents on Monday 31st January from 18:30 - 20:30.

CORSHAM

Parents' Evening will be held on Wednesday 13th April from 18:30 - 20:30.

GROSVENOR

Princesses & Superheroes day - We will be supporting Momentum, a brain injury charity, on Wednesday 26th January so dress up as your favourite princess or superhero for the day!

MELKSHAM

Valentine's Ball - On Monday 14th February - come dressed in glad rags for party food and dancing!

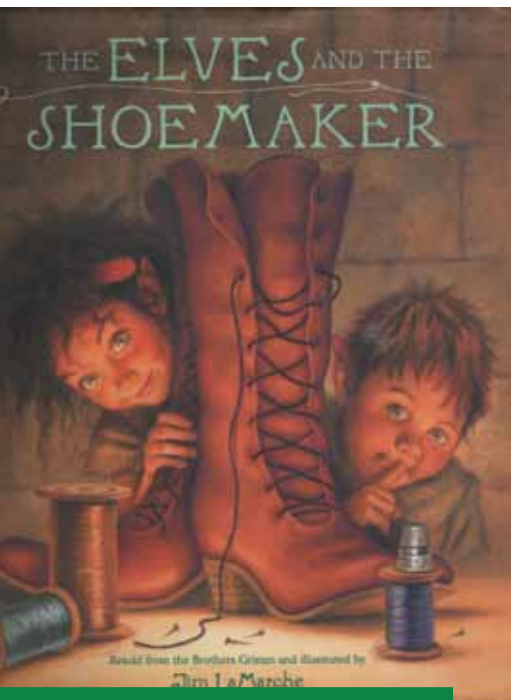
Stay & Play sessions will be available in February & April. Dates to be confirmed.

WESTON

Parents' Evening will be on Wednesday 13th April from 18:30 - 20:30.

Our parents' Quiz Night is booked for Saturday 14th May from 19:00. Tickets available in March!

National Storytelling Week



11th Annual National Storytelling Week
Saturday 29th January - 5th February



Our pre-schoolers will be entranced when Janey Mondal weaves her magic and retells the classic Brothers Grimm tale of the Elves and the Shoemaker.

Using her own hand-crafted props and performing the story from memory, Janey will introduce the children to the ancient art of oral storytelling. By not using a book Janey will be free to use body language and expression, embellishing and enhancing this moral tale of kindness begetting kindness.

The children will be drawn into a magical world where their imaginations can run free. We would love it if parents would come along and enjoy the storytelling with their children and pick up some tips along the way!

STORYTELLING DATES

| Melksham | Atworth | Corsham | Broadwood | Weston | Grosvenor |
|---------------------|---------------------|------------------------|------------------------|-----------------------|-----------------------|
| Monday 31st January | Monday 31st January | Wednesday 2nd February | Wednesday 2nd February | Thursday 3rd February | Thursday 3rd February |
| AM | PM | AM | PM | AM | PM |

Concept Photography

Dates for your diary for the beautiful portrait shots of your children.

WESTON

12th & 14th April

CORSHAM

14th & 15th March

BROADWOOD

31st March

MELKSHAM

4th May

GROSVENOR

5th May

ATWORTH

5th April



Warleigh Lodge Farm

We have some fantastic Pre-School trips to Warleigh Lodge Farm coming up in 2011!

Farmer Julian & his wife Rosemary are always very accommodating at the wonderful farm and we cannot wait to go back and help feed the lambs and pigs!

BROADWOOD

Tuesday 29th March

ATWORTH

Wednesday 30th March

MELKSHAM

Thursday 31st March

WESTON

Friday 1st April

Monday 4th April

CORSHAM

Tuesday 5th April

Wednesday 6th April

GROSVENOR

Tuesday 19th April

Wednesday 20th April

This delightful bug hotel will leave the weird and wonderful creatures of your garden clambering to check-in. It will give your child the opportunity to get outside and construct and learn, investigating these bugs up close.

What You'll Need:

- Some cardboard rectangles, approx A4 size
- Some string or twine
- Scissors
- Gathered logs, preferably chopped
- Spare leaves

Estimated time:
10 minutes

THE BUG HOTEL

STEP 1

Take your cardboard rectangle and carefully roll it up into a cyclinder or tube shape. Make sure that there is enough space in the middle for the bugs to crawl through!

This will be one of the hotel rooms. You need to make two rooms per floor so if you want two floors then make four rooms!



STEP 2

Ask an adult to help you cut you some string long enough to tie around your tube and into a bow or a knot at the end.

Make sure you keep holding your tube together tightly so it doesn't come apart! Tie string around each of your rooms so they are ready to go into the hotel itself.



STEP 3

Place two tubes side by side on the ground you have chosen and put a log each side of them.



STEP 4

In between each level you should spread leaves found in your garden to keep the bugs warm and busy!

For each level that you build you will need to rotate the logs and tubes around so that they are not facing the same way.



Being immersed in nature and having the time and space to become absorbed in the sounds, smell, touch and sight of their surroundings not only promotes the children's interest and curiosity in the natural world but also has a profound effect on children's emotional well being and sense of self awareness.



feature



Through outdoor learning children are able to explore and learn about flora and fauna in great detail. The opportunities to have direct experience of weather and the changing of seasons broadens the children's understanding of the world in which they live while supporting the development of healthy and active lifestyles.



CREATING A WITHOUT WA



**by Janey Mondal,
Play & Outdoor
Education
Co-ordinator**

In today's society, attitudes towards the outdoor environment for the creation of a society with few having opportunities for outdoor play and learning to maximise children's opportunities. In February 2011 Janey Mondal, Co-ordinator, will be undertaking Forest School Training to manage and lead forest schools.



By creating a safe, relaxed and well-supported natural/ outdoor environment we aim to encourage, nurture and inspire individual children through the mastery of small achievable tasks, enabling them to succeed, grow in confidence and independence and so develop a sense of self-worth.



We will provide safe and supervised activities, such as den building, hide and seek and experiencing fire, so that children can explore new challenges, assess risk and develop the skills to manage difficult situations. As well as supporting children's developing creativity, imagination, inventiveness, resourcefulness and problem-solving skills.

CLASSROOM ILLS

ides towards the use of and access to the
or children have changed. This has led to
y where many children live sedentary lives
nities to benefit from being outside.
ve recognised this cultural shift away from
g and consequently feel it is vital that we
rtunities to be outdoors.
y Mondal, our Play & Outdoor Education
ertaking the Level 3 Leaders' Course
which will enable her to co-ordinate,
school sessions with children.





Welcome to...

Corsham Primary School

In this new feature we will be looking at some of the schools, institutions and businesses that we work with closely at Snapdragons, starting this issue with a school that has partnered us since we opened our Corsham nursery in 2003.

Corsham Primary School is based on two sites; Pound Pill and Broadwood. Pound Pill is situated a short walk from Corsham town centre and Broadwood is based in the Rudloe area of Corsham. Both sites operate classes from the Foundation Stage to Year 6.

Snapdragons have nurseries on both our school sites and we are proud of how we work collaboratively together. Some examples of this are the before / after school and holiday clubs provided by Snapdragons for school aged children and Katie, the Nursery Manager being a member of the school's governing body. Working so closely with Snapdragons also provides excellent transition opportunities for children moving into primary education.

In June 2010 Ofsted inspected the school and graded it as "Outstanding". We achieved outstanding grades in all key areas including the Early Years Foundation Stage.

Corsham Primary's vision is to provide a first class, innovative education for all. We are committed to providing a creative curriculum that inspires children to reach their full potential. We have recently achieved the Artsmark Gold award which verifies our teaching of the arts at the highest level.

We are also proud of our physical education achievements. Children have opportunities to participate in quality PE lessons as well as a range of sporting clubs and teams. Children are kept active at playtimes by using a range of equipment through the Huff and Puff initiative.

ICT is a real strength of the school. Children have many opportunities to learn and practise their computer skills and use modern technology. The school was recently awarded the prestigious "Eco Schools Green Flag Award" for children's work with the environment; the whole school works very hard to be as environmentally aware as possible.

The children of Corsham Primary are key to the success of the school. They are always so enthusiastic to take part in school life and actively volunteer to participate in schemes such as playground buddies,

eco buddies, peer mediators and listening friends. The School Council plays a very active role in the school's development. The school councillors are currently working on achieving UNICEF's Rights

Respecting Award, they also run fundraising events to purchase new resources and organise the annual talent contest.

Recently the school was run by the pupils for a whole day. The Magic Multi-Coloured Marvels (MMM) Party, a small group of year 6 pupils with an elected Prime Minister, Deputy and Chancellor, organised a special curriculum based around the United Nations Convention on the Rights of Children. They were in charge of organising children's rights. During the day the children also ran the school office, worked with the finance officer, led a staff meeting and dealt with general day to day issues. Everyone had a wonderful day and the MMM Party worked as a team, carrying out their responsibilities efficiently and with calm capability.

Christmas is also a busy time at Corsham Primary. Along with the traditional nativities and carol concerts, carol singing, Christmas dinner and parties, we were very lucky to have a Christmas Pixie come and stay at the school. The pixie had a particular problem; he was growing fast and the children had to help him find a magic potion to shrink him back to pixie size. The giant pixie also gave the children lots of giant sized activities to do and planned a special Magical day with magicians, circus acts and magical animals.

As you can see, life at Corsham Primary is busy but fun, with all our children enjoying their learning and fantastic achievements.



A year of unlimited fun with Bristol Zoo Gardens

With over 400 species, nine undercover animal houses and award-winning botanical gardens, annual membership to Bristol Zoo Gardens provides the perfect opportunity to enjoy family life.

You can get up-close to the animals in exciting immersive exhibits, which include Feed the Lorikeets, Lemur walk-through, Seal & Penguin Coasts and Butterfly Forest. The Zoo offers a safe, child-friendly environment, where you can meet with friends or take a stroll with your little ones on a mini-adventure through an amazing world of animals.



Throughout 2011, Bristol Zoo is celebrating a landmark birthday – 175. So now is the perfect time to become a member and join in with the celebrations. Annual members benefit from unlimited fast-track entry into the Zoo for a year, five half price tickets for friends & family, discounts across the Zoo, free entry to other selected UK zoos as well as a host of other benefits.

You can also enjoy peace of mind knowing that by becoming an annual member, you will be contributing to the upkeep of the Zoo's animals and also helping to fund conservation projects across the globe.

If you're thinking of becoming a member and would like to try before you buy, visit the Zoo and, if you become a member within a week of visiting, the Zoo will deduct your ticket price from your membership.



To find out more and to apply for membership, visit bristolzoo.org.uk or call the membership team on 0117 974 7300.

ANNUAL MEMBERSHIP



Family fun whenever you like!

Tel: 0117 974 7300
www.bristolzoo.org.uk

175 years.
 Let's do more
 than celebrate



Homeplay

Each month you can learn new practices and techniques to use at home with your child, written by some of the experienced staff working at Snapdragons.

Aiding children with Special Educational Needs

Most children with special educational needs can have their needs met in a mainstream nursery or school. If the nursery has concerns regarding your child's development we aim to work closely with the parents, considering your views and involving you in any decisions made for your child. The nursery may decide that your child needs extra or different help, which maybe a different method of teaching certain things, some help from an adult or use of particular equipment. In early education this is called "Early Years Action" and in schools it is known as "School Action".

If your child doesn't seem to be making enough progress then the nursery SENCo (Special

In some cases, help provided at Early Action or Early Years Action Plus may not be enough to ensure your child makes progress. In this situation the SENCo will discuss with you & agencies involved and together take steps to carry out a Statutory Assessment of your child's Special Educational Needs, taking account of specialist advice and of course your views. If the LEA decides after the assessment your child needs more special help it must write a Statement of Special Educational Needs, which is usually called a "Statement". This describes the child's needs and lists all of the special help the child requires. The statement is reviewed annually and you will be invited to take part in the review meetings.

Role of a nursery SENCo

A SENCo ensures that the objectives of the SEN and Inclusion policies are reflected in practice and that all staff understand, are familiar with and follow procedures, e.g. early identification of any difficulties, observation and assessment and target setting. They will also promote effective relationships with parents of children with a SEN, ensuring confidentiality at all times whilst liaising with other professionals and outside agencies. A SENCo will be aware of funding for additional support and contribute towards written reports that may be needed. They attend set training days each year to get up-to-date knowledge and legislation, feeding back to the practitioners within the nursery. In addition to the SENCo, many of our other staff are also experienced in special needs. Advice will always be taken as how best to provide for a particular child.



*Cari Adams,
Deputy Manager
of Corsham &
SENCO*

”

Each child is individual and they develop and grow in different ways and stages through out their early years. By making minor adjustments, adapting practice and working in close partnership, all children can achieve and grow.



Needs Co-ordinator) will discuss with you accessing help from other professionals or outside agencies. This might be a Speech and Language Therapist, Health Professional or an Educational Psychologist. This kind of help is called "Early Years Action Plus" or in schools "School Action Plus".

USEFUL TIPS FOR HOME

It is vital to talk to children and read stories, introducing books from birth. This encourages your child's use and understanding of language and develops their listening skills and it's also a good time to engage with them. Ask them questions, get them involved, pointing out things in the book - repeat words and phrases. Provide books of interest to them, textured or pop up books, ones with audio sounds, etc. Nursery has a range of books and we encourage "book sharing" in some of our branches. Ask staff for further details.

Stories are also part of a healthy bedtime routine, so please take the opportunity to share time together. Provide your child with as many language activities as possible when at home to support their learning and further their development.

Ensure that your child has opportunities and is encouraged to talk. Show an interest in what they say, taking turns in conversation and giving them time to respond. Use visual

clues and gestures to support verbal language. Visit your local library for story telling sessions. You can join and hire books for free and your child will love visiting!

Maintain your daily routine as best possible - children are happy when they know the order of the day and where they stand. This helps avoid unsettling or upsetting them. If your child struggles with change or just getting through the day's events seems hard then you can make a visual timetable for them.

Use photographs or pictures of daily events, routines, toys, etc. to sequence events throughout the day so the child can



COMMON SPECIAL EDUCATION NEEDS

What to look out for

- Speech and Language difficulties and impairments.
- Hearing or Visual Impairments.
- Aspergers Syndrome - an Autistic spectrum disorder that is characterised by significant difficulties in social interaction, along with restricted and repetitive patterns of behaviour and interests. It differs from other autism spectrum disorders by its relative preservation of linguistic and cognitive development. Although not required for diagnosis, physical clumsiness and atypical use of language are frequently reported.
- Autism - a lifelong developmental disability. It is part of the autism spectrum and is sometimes referred to as an autism spectrum disorder, or ASD. The word 'spectrum' is used because, while all people with autism share three main areas of difficulty, their condition will affect them in very different ways. Some are able to live relatively 'everyday' lives; others will require a lifetime of specialist support.

The three main areas of difficulty which all people with autism share are sometimes known as the 'triad of impairments'. They are:

- difficulty with social communication
- difficulty with social interaction
- difficulty with social imagination
- Physical disabilities - any impairment which limits the physical function of one or more limbs or fine or gross motor skills. Other physical disabilities include impairments which limit other facets of daily living, such as respiratory disorders and epilepsy.

POSSIBLE SIGNS

Causes for concern in behaviour or development

- Limited vocabulary and language, forming sentences and pronunciation of letters and sounds.
- Using body language and gestures to communicate their needs rather than verbal communication.
- No, or very limited, eye contact or social interaction and communication.
- Not responding to their name or sounds.
- Very short concentration span, not maintaining attention for short tasks or activities.
- Becoming agitated or very upset when sudden changes to routine or unexpected events occur.
- Obsessive and repetitive behaviour, e.g. spinning wheels / round objects, obsession with specific toys or characters, ordering or arranging toys in very specific ways. Flapping arms or hands / jerky movements to express themselves.
- Hyperactive, exceptionally high energy levels, outbursts of erratic behaviour.
- Self-harming behaviour, e.g. banging their head, biting themselves or pulling at their hair.



If your child frequently displays any of the above patterns of behaviour or you have any other concerns please ask your nursery SENCo or Health Visitor / GP for some advice. We are all there to help and support families. You can also speak to your child's Key Person if you'd prefer and they can then discuss this with the SENCo.

IEP: An Individual Educational Plan, specially designed to meet the specific requirements of your child. It lists strengths, areas of concern and states the long and short term targets that are you working towards / trying to achieve. It has columns for actions / resources and activities and the involvement from adults and parents. This document is then reviewed, usually every 6 - 8 weeks to monitor the child's progress and where they need to go next. Parental involvement is essential and by working in partnership and working on the I.E.P at home you can really see improvements in the child's learning.

visualise what will happen next. You can break it down to certain parts of the day, such as mornings, afternoons or you can feature a range of pictures such as family or nursery staff. Remember to keep it simple - only use a few pics at a time, make sure it suits your child's individual requirements. Ask the nursery SENCO for help if you feel this would suit or help your child.

Give your child clear and simple instructions and time to respond - giving choices and letting them make decisions encourages independence and boosts their self-esteem. Praise and encouragement is vital in order for children to believe in their own abilities and expand their skills and try new things. Remember to praise their efforts as well as their achievements. Children need clear boundaries and know the limits set by adults - use stickers and reward charts to encourage and celebrate positive behaviour or when working towards a

personal goal such as toilet training, developing healthy eating habits, etc. Share personal achievements from home with the nursery so we can celebrate together and reinforce new targets set.

Use local facilities and services within your community such as libraries, Children's Centres, Community Centres, play groups and opportunity groups. Your Health Visitor can provide you with information on parenting classes, sign language training and other specialist workshops and training. Finally you can also look at the leaflets displayed in your nursery and check posters, flyers and the website for events happening both at nursery and in your local area.

Read more at the Family Information Service website at <http://www.familyinformationservices.org.uk>

Healthcare

Read about common health issues and have your questions answered.



Francesca Thompson,
Health Advisor
for Snapdragons
Nursery

Celebrations & parties

Many of you will have just celebrated Christmas and the New Year and will be looking forward to 2011 and the next birthday parties. Whilst cause for celebration, it is also a time to be extra vigilant when your home is likely to be full of people, and in the excitement, accidents can easily happen. However, with more people around to supervise the children, with some care and forward planning most accidents can be avoided.

Choking

This can be a problem when there are bowls of nuts or nibbles within reach or small parts from toys belonging to siblings, as children aged between one and two years of age are most at risk. Look out for small items that could pose a choking hazard to young children, including parts that have fallen off toys, cake candles, button batteries and burst balloons.

What to do

Coughing will generally be the natural defence but if your child goes blue or quiet, seriously gagging or choking then this is serious. Hold a baby or toddler upside down and slap smartly between the shoulder blades with the palm of your hand. An older child can be laid face downwards across your knees. If this fails get emergency medical help.

Poisoning

This is not often considered but think about hazards such as grandparents medication, alcohol in an easy to reach glass (even the dregs) or aromatherapy oils and perfumes around at this time of gifts and present giving.

What to do

Seek emergency help if you are in any doubt and keep a sample if possible of what has been suspected as swallowed. Do not attempt to make your child sick

Tummy aches

Usually caused by over eating or eating unusual or rich foods.

What to do

If your child is vomiting, give sips of water and something like diarolyte can help which is available from the

chemist. Let your child rest quietly and if the tummy pains or vomiting persist there might be a different cause, so do seek medical advice. Overall it is best if you spread out treats and try to keep to a usual pattern of eating.

Scalding

Hot drinks are the most common cause but don't forget things like hot fat when cooking the turkey or candles burning. Give yourself enough time to prepare and cook christmas dinner to avoid boiling water accidents that come from rushing and keep anyone not helping with dinner out of the kitchen. Wipe up any spills quickly.

What to do

Run the nearest cold water tap over the scalded area for at least 10 minutes. Cover the area with a clean non fluffy cloth soaked in cold water. If it is a serious burn seek medical help.

Falls

Will often occur where there are lots of gifts and wrappings lying around. Tidying up from time to time can remove some of the tripping hazards. There is often so much excitement that children, if not the adults rush down the stairs or try out new skills like riding a bike. Guests to your house may forget the use of the staircase.

What to do

Clean any cuts with water and cotton wool. If there is bleeding then a clean pad can be applied with a small amount of pressure, although if a break or fracture is suspected seek medical help. If your child is pale, limp or vomiting after a fall (however minor) seek medical help.



kids eat free*



the tramshed, beehive yard
bath, ba1 5bd tel: 01225 421200



www.hahaonline.co.uk

*One child per dining adult, who must purchase a main meal from our main menu.
See menu for details.

"The New Flavour of Bath"

Join us Friday Nights for
2-4-1 Cocktails!!



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Lounge Restaurant situated between the Royal Crescent and The Circus. A Bistro feel during the day, serving Home-made Soups, Quality Salads, Tartlets, Risottos, Sandwiches and Burgers.

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Also serving Traditional English Brunches Saturday and Sunday Mornings.

TWO FOR ONE ON ALL

MAIN MEALS SUN - THURS AFTER 5PM

for bookings, opening times, menus and map:

www.limeloungebath.co.uk 01225421251



FAMILY OSTEOPATHY



Church Street Practice
Bradford on Avon

For 20 years our osteopaths have been providing excellent healthcare to families. We have a special passion for the treatment of pregnant and post-partum mums, babes and growing children.

Help is always available 6 days per week from our team at Church Street. We have also established a specialist children's clinic, held at the Swan Hotel, Bradford on Avon, on the first Thursday of each month.

Do give us a call if you'd like to discuss any aspect of your child's health. You can find out more about our family services at our website or pick up a leaflet at the nursery.



Telephone: 01225-868282
www.churchstreetpractice.co.uk



WHY MIGHT A CHILD NEED TO SEE AN OSTEOPATH?

We are often asked this question, perhaps because people think of bad backs when they think of osteopaths. But our interest is really in the structure of the whole body and how it works.

Consider a newborn baby who might have got stuck in the birth canal, or been pulled out by forceps or ventouse. This could have affected the structures of the baby's head and neck and be influencing their ability to relax, sleep and even digest their feed.

The bumps and scrapes of active toddlers and young children are soon forgotten but, quite often, we hear from parents of changes in behaviour, appetite, sleep or concentration at school that started after a particularly nasty fall or accident.

In older children the challenges of education, sports, long hours sitting at computers and just growing fast can bring out symptoms in areas of the body which may have suffered trauma in the past, or are struggling to cope with the physical demands of life. We are often asked about back pain, headache, recurrent infections, posture, teeth alignment, learning issues and ability to concentrate in this age group.

Our osteopaths have some 60 years of shared experience in the treatment of infant and childhood related problems. Oh yes, and we can treat parents too!

Why not call for a chat with one of our osteopaths, visit our website, or pick up a leaflet on our range of family treatment options. We're here to help.

The Osteopathic Team
Church Street Practice, Bradford on Avon
01225-868282
www.churchstreetpractice.co.uk

SPOTLIGHT



NAME: Simon Boyd
SETTING: Snapdragons Weston
START DATE: 17th December 2010
BACKGROUND: As the newest recruit of Snapdragons, Simon comes to us with a background of challenges and experiences along with an overall wealth of knowledge. On his quest to work in the world of paediatric medicine, Simon is taking every opportunity he can to gain further experience working with children of all ages. He is currently working with children in our Pre-School age group at Snapdragons Weston and is loving getting to grips with the brand new challenges he is faced with.

How long have you been working for Snapdragons?
About two weeks at the moment - I am very new to the job.

Take us through some of your previous jobs.
Well... I've been a bit of a jack of all trades. I've worked as a circus performer, putting on fire shows and teaching people how to juggle. I also spent a year in America carrying out some research on cancer. I've worked as an interviewer for a music magazine as well as a barman, talent spotter, musician, etc...

What do you enjoy about your role at Snapdragons?
Every day is completely different and never a day goes by without something funny happening. I also enjoy all the meals that we get during the day and that the children keep me up-to-date with cartoons which I don't get a chance to watch now.

What's the most expensive thing that you've bought?
Probably my car, but if you ignore that then it would be my electric guitar. I bought it about five years ago and it's a ruby red colour. Despite all of the damage it's suffered it can still play very loudly.

What is your song of choice for karaoke?
I much prefer playing in a band, but will definitely get up and do some karaoke if the mood is right. I like the old 80s classics - Spandau Ballet, Boomtown Rats. But above all else - David Bowie.

What's the best thing that you've ever taken from a hotel?
Whilst living in America, I got the chance to visit Las Vegas. We stayed in a hotel which was themed like a circus so a friend and I 'acquired' some pretty good juggling balls.

What's your signature dish?
Any kind of pie - chicken pie, apple pie, potato pie, pie pie. You name any pie and I'll give it a go.

What film have you seen the most?
That's a tough question {pauses}. I like films that make you think, especially Korean or French films. I'd strongly recommend *The Fall* & *City of Lost Children*. I also thought *Wall-E* was excellent.

What saying do you use the most?
I say "Boom!" and "awesome" a lot when something good happens. I have a bit of a habit of doing stupid things so I suppose I say "no, that definitely looks safe, I'll show you how..." more than I should.

What part did you play in your school play?
I had quite a good singing voice when I was younger, which I've sadly lost now, so I played the lead in *Oliver* when I was nine.

If you were stuck in a lift with a celebrity, who would you choose?
Probably Karen Gillan who plays *Dr Who's* assistant, Amy Pond. Partly because it's my favourite TV show, but also because I have a bit of a crush on her.

What would be the title of your autobiography?
Don't think twice, it's alright. (The title to one of my favourite songs).

What one thing can you do better than anyone else you know?
I can look like I'm not paying attention, but actually recite the whole of someone's conversation back to them. Much to the annoyance of my friends.

How do you like your eggs?
Scrambled, on toast, with lots of salt and pepper.

Finally, what were you like at school?
A bit of a geek really! I wasn't particularly sporty but I always loved art, music & science. I was probably one of the strange-dressing kids who hung out in the art room but did well in tests.

Simon was interviewed in December 2010.

"My specialist subject on *Mastermind* would be biology or electronic music."

Staffnews

Our latest employee news from all of our nurseries.

EXPECTING

Employee pregnancy announcements

Katie Adams, Corsham, due April 2011

01 Rachel Alsop, Grosvenor, due April 2011

Kelli Rule, Weston, due March 2011

02 Emma Walker, Broadwood, due March 2011

03 Ashleigh Cooper, Weston, due June 2011

Linsey Williams, Grosvenor, due July 2011

BIRTHS

Coo, coo

Gemma Fobbester, Weston, Lottie Rose born 18th September 2010, weighing 7lb 11oz

Sarah Plumb, Weston, Maisie Rose born 10th October 2010, weighing 4lb 9oz

Sophie Joss, Weston, Lucy born 25th September 2010, weighing 7lb 8oz

Natalie Smith, Weston, Charlie David born 31st December 2010, weighing 6lb 6oz

MARRIAGES

Just engaged or just married

03 Ashleigh Cooper, Weston, married to Shane September 2010

04 Jon Book, Weston, engaged to Amy in September 2010

05 Hayley Fitton, Grosvenor, engaged to Ollie in September 2010, to marry April 2012

06 Hayley Crawford, Atworth, engaged to Stephen in September 2010

GRADUATES

Recently qualified

Nicki Jones, Area Manager, Foundation Degree

Sadie Bence, Weston, NVQ Level 3 in Childcare

Leila Grabham, Grosvenor, Level 3 Certificate in Early Years Foundation Stage Practice

PROMOTIONS

Moving on up

07 Karen Jones, Broadwood, now Nursery Manager

Wendy Crowe, Broadwood, now Head of Pre-School

Lisa Missen, Broadwood, now Head of Toddlers

Jo Miller, Grosvenor, now Head of Babies

Louisa Deven, moved from Grosvenor to Atworth, now Head of Pre-School

08 Lauren Perry, Weston, now Head of 0-21 Months

Kim Davey, moved from Weston to Grosvenor



Quiztime

WIN!
spot the difference

Dinner at the Lime Lounge!

Compare the two pictures below. There are ten differences on the bottom picture. Can you spot them all and be in with a chance of winning a delicious meal at the Lime Lounge restaurant in Bath?



HOW TO ENTER Identify the ten differences in the bottom image and circle them. Send your completed page to **Snapdragons Nursery, 43 Bath Road, Atworth, Melksham, Wiltshire, SN12 8JW**. Please include your name and address. Closing date for this competition is March 1st 2011. Winners are selected at random.