



# WAKOOS Centre4Children Newsletter

Issue 9

September 2009

## Welcome to Issue 9 of the Newsletter



### Dates to remember

- 25<sup>th</sup> October - British Summer Time ends
  - 26<sup>th</sup> to 30<sup>th</sup> October - Half Term
    - 31<sup>st</sup> October – Hallowe'en
  - 18<sup>th</sup> December – Pre-School term ends
- Xmas Closure – 6pm 23<sup>rd</sup> December to 8am Monday 4<sup>th</sup> January



## Trustee Vacancies

- ✓ Do you want a say in how WAKOOS is run?
- ✓ Do you have any special skills or ideas you feel would enhance the way the Nursery/Pre-school are run?
- ✓ Do you have a couple of hours a month to spare? If so, the Board of Trustees would love to hear from you!

We are currently seeking to recruit two more like minded parents, who care about providing the highest level of childcare for our children now and in the future, to undertake several roles on the Board.

If you are interested in volunteering some of your time please contact Veronica or any of the current Trustees for an informal chat about the ways that you could get involved.

This is a great opportunity to really make a difference!

## Session Start and Finish Times

Please stay with your child until the actual start time of your Session. If you leave your child earlier it has an adverse impact on our legal requirement for Staff to child ratios.

Likewise, please collect your child promptly at the end of their session so that the ratios are not affected and Staff can go home on time. If you wish to speak to Staff please come 10 to 15mins before the end of the session.



If you are going to be late for whatever reason, please call us ASAP. If you do not give us sufficient warning you will be charged for an additional hour to cover staff overtime.

## "5 a Day"

Please could all parents of Pre-School children remember to give their child some fruit to bring in **each day** for snack time.

**For snack/lunch please cut all grapes in half to prevent the risk of choking**



For more information about Healthy Eating for toddlers and children visit

<http://www.eatwell.gov.uk/agesandstages/children/yrtoddler/>

## Nursery Fees

It has come to the time of the year where we review the Nursery fees and we would therefore like to inform you that we will shortly be applying a small increase in Fees for the Day Nursery and pre-school. Revised daily rates will be published as soon as they have been agreed

A reminder that WAKOOS Payment Terms are 14 days within receipt of Invoice.

At the end of August there was still over £12,000 in unpaid fees.

As you can imagine this could have serious consequences for the running of the business.

We understand that some parents have concerns over our invoicing procedures which we are currently looking into.

Did you know you can pay your invoice using online banking? The sort code and account number for WAKOOS is on your invoice.

If paying by cheque, please write your child's name and/or invoice number on the back of your cheque to help us reconcile the accounts.

## Working Tax Credit

You may be eligible for help towards your child-care costs through the Tax Credit system. Please feel welcome to speak to one of the advisors at the Children & Family Centre or visit the website <http://www.taxcredits.inlandrevenue.gov.uk/Qualify/WhatAreTaxCredits.aspx>

Don't forget both working parents could qualify for childcare vouchers up to a maximum of £243 each per month. Please contact your employer for details

If you are an expectant mother you may be able to claim a one-off "Health in Pregnancy" grant.



The **Children and Family Centre** operates activity sessions for you and your children on Saturdays.

See posters in the Centre

## Car Park Safety



Now that the nights are drawing in, it will soon be darker in the mornings and evenings. Please be extra vigilant when using the car park and if possible, please try to reverse into the space, thereby making it easier to see small children when pulling out again



## Spare Clothing needed!

We are getting short of spare clothes. If you have some of our spare clothes could you please return them? If you have any old clothes that you wish to recycle, we need:

- Girls and boys trousers from toddler to pre-school age
- Toddler to pre-school short sleeved t-shirts
- Socks for all ages

All donations will be gratefully received!



## Cot sheets

Reminder to parents of all Koalas children, please remember to provide a NAMED cot sheet. Wakoos do not have sheets and can only provide blankets.





## Garden Update

The sun has got his hat on,  
Hip hip hooray!



Parents and carers may like to take a moment to enjoy the marvellous Giant sunflowers that the children have grown in the Veg Plot.

The children have grown, harvested and eaten many different vegetables and fruits over this summer including strawberry, raspberry, blackcurrants, carrots, tomatoes, beans and giant marrows.

As we move to autumn, the garden continues to supply rewards for all the children's work - a highlight will be harvesting the very first apples from the 'Sunset' tree.



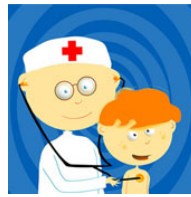
For more garden updates, visit the Garden page on the website <http://www.wakoos.co.uk/garden>



## Thank You!



Huge thanks to all our Volunteers, Staff, Parents and Children who helped make the 1<sup>st</sup> Anniversary Hog Roast such a great success. Congratulations to all our winners on the day!



## Child Health

This month's Focus is on

## Nut Allergies



Please could all parents avoid sending in foods containing nuts, as we now have a number of children and staff with serious nut allergies.

Nuts are one of the most common causes of food allergies. If you have a nut allergy, it's most likely that you react to peanuts or tree nuts. Tree nuts include brazils, almonds, cashews, hazelnuts, walnuts and pecans. Peanuts, also known as groundnuts or monkey nuts, aren't actually nuts but legumes - related to peas and beans - and grow underground.

### **Symptoms of nut allergy**

The symptoms of a nut allergy will vary in severity. Symptoms will usually occur within a few minutes of eating nuts. Some of the most common, milder symptoms of nut allergy include:

- itchy eyes or skin
- rash
- runny nose or sneezing
- breathlessness
- tingling of lips, tongue or mouth
- digestive problems such as stomach cramps, diarrhoea and vomiting

If the nut allergy is more serious, the child may also have:

- swelling of the lips, tongue, throat or face - if their throat swells, they may find it difficult to breathe
- dizziness

With a very severe nut allergy, you or your child may develop anaphylaxis. This is when the airways from the lungs become swollen and make breathing difficult. There is also likely to be a drop in blood pressure and an increase in heart rate. Your child may collapse or become unconscious. If you or your child has a nut allergy, it's important to check the packaging of food carefully to find out if it contains nut. In 2005, new rules were introduced which mean that all pre-packed food sold in the UK and the European Union must say on the label whether it contains nuts.

Visit [www.wakoos.co.uk/Links](http://www.wakoos.co.uk/Links) for links to Billingshurst Surgery and NHS Direct