



Ofsted Calling....

October 2016

Facebook

Apologises for this newsletter being late – I was waiting for our Ofsted report to come back after our inspection on 27th September....

We now have our report which I hope you have been sent a copy of, and is on our website.

We were graded Good which we are very pleased with. Ofsted continually raise the bar when it comes to the expectation and standards needed to be met and to achieve a 'good' grade gets harder and harder for settings to achieve so we should be very proud of the level of care and education we provide.

Some of the comments made in the report were –

“Well qualified staff team has a good knowledge and understanding of the early years foundation stage”

‘Staff ensure that children’s individual ability is challenged well’

“They consistently share information and communicate effectively to promote children’s learning and development”

“All children including those who have special educational needs or disability make good progress according to their starting points and capabilities”

It is important to recognise the staff’s hard work, determination and enthusiasm in continuing to provide a high standard of care and education. Ofsted governs the early years sector and to be able to showcase their skills, knowledge and practice without panicking or hiding is a true testament to how good they all are!

For those who have not yet ‘liked’ our facebook page, please do!

As well as sharing photos of what we get up to, we also share useful information including changes in law relating to children and local events.

We also use facebook as a way of communicating any upcoming events, any closures (very important with the winter months encroaching) and any SOS’s!

Join us at

www.facebook.com/stondonstompers



Fussy Eating and young children

Do you worry your child is not eating enough? Are they becoming fussy about what they will eat? This information given by Nigel Denby may help.

Problem or faddy eating affects around 75 per cent of all young children; it's often a normal part of development as a child becomes more aware of foods and how their refusal to eat can affect others around them. However, it can be distressing for parents, who sometimes see this normal behavioural stage as evidence of food allergies or intolerance. Their anxiety can make the problem worse.

Most children have good and bad days when it comes to food, but the way in which the bad days are handled can have an enormous impact on whether they become the norm. Successful handling of eating behaviour needs a number of skills. The following factors should all be considered:

When a child has had enough- A child may have had enough if the portion of food they are being expected to eat is too big, or if they are still being spoon-fed when they should be moving on to feeding themselves.

Drinking too much? Children may have a poor appetite because they are consuming too many calories from drinks. About six to eight drinks a day is usually enough: a drink of around 120mls should be offered with every meal and snack, in a cup. Feeding bottles should be phased out by 12 months.

1. Too much milk? Bedtime bottles/drinks of milk should be phased out by the time they start pre school.

2. Too many sweet drinks? Research has shown that too much fluid from sweet drinks like fruit juice, squash and fizzy drinks can suppress appetite.

Force feeding and rewards

Parental anxiety over mealtimes can result in some children being force-fed or rewarded for eating food they didn't want. This can exacerbate the problem and leave children frightened. Other parents bribe and plead, and mealtimes can go on for far too long. Most children eat what they want in around 20 minutes, so meals that go on longer are unlikely to result in more food being consumed.

Parental anxiety has a huge impact over mealtimes.

It's unhelpful to talk about a child's eating in front of them. Emphasis should not be placed on the quantity of food eaten; A calm atmosphere is likely to result in improved eating from children. The meal needs to feel social with parents talking to the child, smiling and generally making the child feel confident and relaxed; if a child only gains attention when they don't eat, a pattern soon begins to form. Rewarding the eating of one food by promising another isn't helpful – the reward food always becomes more desirable than the food the parent is trying to encourage the child to eat.

An unstructured eating plan often means a child can be consuming high calories by grazing between meals. Two child-sized meals with two or three planned snacks is an ideal routine for toddlers.

The Children's Food Trust has some really useful information on portion size and nutrition.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/>

Reminder – Stompers promotes healthy eating therefore could we ask you to limit the amount chocolate and sweet products in your child's lunch box.

Do remember we are a nut free zone – therefore no nut products ,including chocolate spread and crepes, should be included in your child's lunch box.

We offer milk or water at all meal times therefore no additional drinks are needed.

Dates for your Diary

12th Oct –
Stompers AGM
8pm

24th-28th Oct –
Half Term –
Stompers
Closed

31st Oct – Inset
day – Stompers
Closed

1st Nov –
Parent Forum
– EYFS/parent
partnership

18th Nov –
Children in
Need (details
to follow)

Behind the Scenes –

Kim is
attending a 2
day course for
paediatric first
aid

Staff appraisals
are happening
w/c 17th
October

Karen is
attending
advanced
Safeguarding
training

Joke Corner

Q – What do you
call a donkey with
one leg?

A – A Wonkey

Q – What do you
call a sheep with
np legs?

A – A cloud

**CHILDREN'S
FOOD TRUST**
Eat Better Do Better