



## Robin Hill Nursery Newsletter

February 2017

### Rent a Balance Bike!

From this month, you will be able to rent a balance bike for the weekend! All we ask for is a deposit of £20 which covers anything happening to the bike whilst in your care. We have parent manuals available which are packed full of information and fun activities for you to do with the bikes.

Ask a member of staff for more details.



### Promoting healthy living with PhunkyFoods

We've teamed up with PhunkyFoods to promote healthy living in and out of the nursery. Our dedicated staff have all been taking part in training courses to gain a better understanding of physical development, nutrition and health.

We know that 1 in 5 children are overweight or obese by the time they reach primary school and that shockingly increases to 1 in 3 by the time they leave in year 6! The PhunkyFoods programme has been created to help teach parents and children about healthy living from eating well to getting active.

In a bid to support their hard work, we have teamed up with PhunkyFoods to teach our little ones how to create healthy lifestyles. They have provided us with a wide range of resources from dvd's and cd's to activity ideas created specifically for the early years sector.

We will soon be leading cooking sessions and encouraging the children to try new foods within the nursery and because we want you to get involved too, we will be sending home a cooking bag full of cooking equipment and healthy recipes for you to get cooking at home. Funky Monkey is the cooking mascot to motivate the children to get involved 😊 We'd love you to send some pictures of Funky and the foods you've cooked!

The PhunkyFoods website is full of delicious and healthy recipes which you are able to access – they also provide nutritional information for each recipe! The website is [www.PhunkyFoods.co.uk](http://www.PhunkyFoods.co.uk)

Lisa and Sophie have created a display board that is packed full with information about healthy foods, portion sizes and simple swaps that will help make meals that little bit healthier. There are also lots of resources to take home so make sure you have a look!



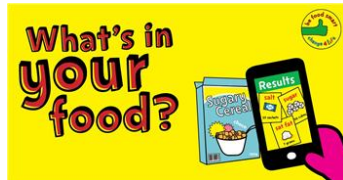
## Food Smart App

Change4life have created the 'Food Smart App' to help you get food smart. It's really quick and easy to download and means you can scan barcodes of any foods to find out their sugar, fat and salt content.

Helping you to make healthier food choices.

Check out the website for more information.

[www.nhs.uk/change4life/BeFoodSmart](http://www.nhs.uk/change4life/BeFoodSmart)



## Dates for your diaries

Half term holiday - 13<sup>th</sup> - 17<sup>th</sup> February incl.

Last day of term - Friday 31<sup>st</sup> March

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*All the ESCC term and holiday dates can be found on the East Sussex County Council website.*

## Administration - Funding \*PLEASE READ\*

Just a little reminder that there are two unfunded days this month - Thursday 2<sup>nd</sup> and Friday 3<sup>rd</sup> February.

If this causes you a problem please contact the office as soon as possible.

Thank you.

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If you access a completely funded place or if you joined us during this funding period (i.e. after 6<sup>th</sup> January) you will be contacted separately if this affects you. Please note the following excerpt from our EYEE Funding Terms and Conditions:-

*'Occasionally the term may be a few days longer than the funding period. In this case you will be required to pay for all the hours booked on the unfunded days.'*

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Don't forget you can email us with any queries -  
[info@robinhillnursery.co.uk](mailto:info@robinhillnursery.co.uk)

## Start & Finish Times

Recently there have been lots of instances where children are being dropped off early and/or picked up late.

As you know we have to adhere to very strict ratios of staff to children which can be affected when children are at the nursery outside of their booked hours. It can also have a knock on effect if staff are due to have their lunch breaks at a certain time to enable them to relieve another member of staff later.

We appreciate that outside factors have a way of messing up our plans but please can we ask that booked hours are kept to as much as possible. If your booked hours are not working for you please contact the office to see if they can be changed.

Many thanks.