

Settling into the autumn term



As we leave summer behind and enter the autumn term, the children in the **Coin Street family and children's centre (F&CC)** are starting to settle into their new routines as nursery-goers.

Settling into a new school can be an exciting time for both children and parents. However, it can also be a time of worry and uncertainty.

The aim of this month's **Freshly Minted** is to help make your child's

transition from home an easy and enjoyable time.

It offers advice on how to support your child's wellbeing in order to help raise healthy and happy children. It also provides an exciting update on the **Garden Project**, our plan to transform its existing outdoor space into **a bio diverse green space for children** using the centre.

Finally, it offers dates for your diary as many existing family activities resume and new ones begin.

DATES FOR YOUR DIARY

5 October & 15 December Staff Inset Days

7 October Speech and Language Advice

14 October Nutrition Advice

15 October Dads and Male Carers

15 October LGBT Parents' Group

18 October Community Gardening

29 October Autumn Walk: Noticing the Changes

3 November – 1 December Happy Parents Happy Families

26 November Mini Engineers LEGO Workshop at Coin Street

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For a full programme of activities visit www.coinstreet.org, pick up a leaflet from the Coin Street neighbourhood centre or speak to a member of the Coin Street team.

NURSERY

Children settling into a new nursery or school

In the autumn term we always welcome new children to the nursery. Our aim is to help make the experience of settling in a happy one. Although this can be a challenging change for parents and young children, with great communication between staff and parents we can help support that process. Most babies, at some point during their development, will experience **separation anxiety**. This is completely normal. However, it can be difficult for parents to cope with a child who gets upset when they're not around.

We'd like to share some tips on how parents and carers can help deal with this anxiety.

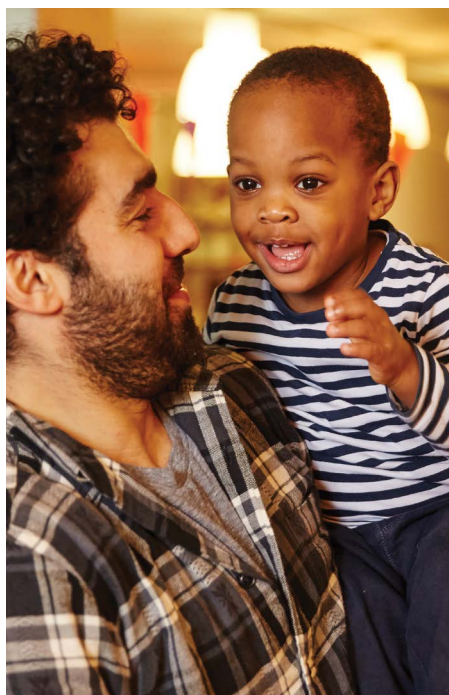
You may want to try taking your child to the parent and child groups and **Stay 'n' Play** sessions offered by our **Family Support** team. You can find out more about our family support activities at www.coinstreet.org/community/families-children. Here they can explore new surroundings with different people and build their feeling of independence.

The process can also be eased by someone else taking care of the child's needs for brief periods. If possible, try leaving your child with another person - such as a family relative or a friend - so they get used to being left without their main carer.



Pictured above: Getting used to playing in the nursery

Seven ways to support your child's emotional wellbeing and behaviour



Pictured above: Creating a nurturing environment in the nursery

- **Read** books about other children's experiences. This helps your child to understand, discuss and manage their own feelings.

- **Observe and listen** to your child to get an idea of their interests. Let them lead or direct play ensuring you give as much **positive attention** as possible by praising them. This also helps to build the child's self-esteem.
- **Try and spend at least 15 minutes of 'special' or quality time** with your child every day. Remember that this doesn't mean homework. This time should be spent doing things with no stress attached.
- **Use reward charts** to identify behaviours you'd like to see more of (remembering these need to be realistic). Steer clear of material rewards and focus on spending time with them and using meaningful praise instead. Children love their parents attention.
- **Sleep** is very important and

can have a significant impact on behaviour and emotional wellbeing. The NHS offers great guidelines for children's recommended sleep times. Take a look: www.nhs.uk/Livewell/Childrenssleep/Pages/howmuchsleep.aspx

- **Routines** are important for everyone. They support children's understanding and emotions as, the more they know what to expect next, the easier they find it to cope in stressful situations.
- **Healthy eating and exercise** are an essential part of wellbeing. The NHS' **Change4Life** programme offers recipes, lunch ideas and sugar swap ideas, as well as the 10 Minute Shake Up. Check their website for advice www.nhs.uk/Livewell/fitness/Documents/children-under-5-years.pdf

Book recommendation: Going to School (Usborne First Experiences)

Supporting children's understanding about feeling and what to expect through books is one of the best ways to support their emotional wellbeing at this stage in life.

Going to School (Usborne First Experiences) is a delightfully

illustrated book, which forms an ideal starting point for young children and adults to discuss first experiences associated with starting school. It also provides tips for parents and carers about discussion points they can have with their children, offering lots to look at and talk about.



UPDATE ON THE GARDEN PROJECT

Over the past months, the **F&CC** has been working to raise sufficient funds to transform the **nursery's outdoor space** into a bio diverse green space for children using the centre.

Our fundraising efforts have raised £4,030 already but would like to raise more. Our target is £12,000 - £16,000. As you can see, it's a big project and we need your help.

Vote for the F&CC to bag a grant from the Tesco Bags of Help initiative



Pictured above: Playing in the space the award would allow us to transform

As well as 'greening up' the space and creating natural shade and protection from the wind, the plan is to introduce natural play elements, including a mud kitchen, a mini-greenhouse as well as a worm farm and habitats for insects.

Outdoor learning is known to have a positive impact on children's development, instilling their love for nature and

We are thrilled to announce that **Coin Street family and children's centre** is one of three projects that has successfully bagged funding from the **Bags of Help** initiative, a collaboration between **Tesco** and the community charity **Groundwork**, which see grants of up to £12,000 – all raised from the 5p bag charge – being awarded to environmental and greenspace projects.

This is where your valuable votes come into play as how much funding our family and children's centre receives will be decided by shoppers voting for their favourite project at local Tesco branches between **31**

improving their physical and mental wellbeing immeasurably. Below, we share two **exciting updates** on our **fundraising efforts** and details on **how you can help** make our dream, of improving our outdoor space for the children who visit the centre, come to fruition.

To find out more please email **Deborah** at d.kukathas@coinstreet.org.

October and 13 November. The Bags of Help funding will allow the children's centre to flourish and will benefit the children's wellbeing. So, next time you're shopping at Tesco, **please vote for Coin Street's family and children's centre.** You will be able to cast your vote using a token given to you at the check-out in store each time you shop. Voting will be open in local stores* from **31 October.**

* Please visit www.coinstreet.org/vote-for-our-family-and-childrens-centre-to-green-up-our-outdoor-space-for-children-using-the-centre/ to find out which Tesco stores in your area you can cast your vote at.

'My Nametags' fundraising project



With **My Nametags** we have introduced a new initiative to help raise funds for the **Garden Project**.

My Nametags offers one excellent and easy way in which you can support us. It works like this: for every order of personalised labels you buy for your child's clothing and equipment, **My Nametags contributes 20%** to the **Coin Street nursery**.

As many of you know, attending nursery can also be quite challenging for children and parents when it comes to looking after the child's belongings, as they can sometimes get misplaced and end up in Lost Property.

One good way to avoid losing items such as hats, lunch boxes, bags or shoes, and to make life

easier for you and your child, can be to attach colourful and durable name tags to them.

If this is something you are interested in, please consider buying them from **My Nametags** as the more orders it receives the more it will donate to our **Garden Project**.

You can do this by going online at www.mynametags.com, remembering to quote our **school ID number, 69693**, at checkout. You can also do this by coming into the nursery to fill in a short form.

If you need further advice or a form please email **Deborah** at d.kukathas@coinstreet.org.

Pictured left: Enjoying a painting session in the nursery

STAFF ANNOUNCEMENT

We would like to say goodbye to our temporary nursery administrator **Anna Brown** who has returned to study occupational therapy at South Bank University. **Anna** was a wonderful member of our team and will be missed. We wish her all the best of luck with her studies and hope she comes to visit us soon.

Anna's replacement is **Charmaine Stapleton**, who joined us on Monday 12 September as the **new nursery administrator**. We are excited to welcome her as part of the family and children centre team. Please do come and say hello if you haven't already.

We would also like to say goodbye to **Sean Malone** who has gained a promotion after completing his **Early Years teacher training** with us. Good luck with your new role Sean.



Pictured above: Our new nursery administrator, Charmaine Stapleton

FAMILY AND CHILDREN'S CENTRE (F&CC)

Happy Parents Happy Families

Join this **FREE** five week learning unlimited course for parents and carers. Explore ways on addressing parental stress and how it can impact children, look at coping strategies and find sources of support.

Thursdays, 3 November-1 December 1-3pm at the Coin Street neighbourhood centre. Advance booking is required.

For more details or to book contact **Hayley** on **020 7021 1634** or h.mcgrane@coinstreet.org.



Pictured above: Playing happily in the nursery

LEGO Mini Engineers Workshop

Does your **3 or 4 year old** enjoy playing with LEGO? Our **nursery workshop** uses LEGO DUPLO to introduce your child to early learning concepts while having fun building. The theme will be the London Tube.

Our aim is to help your child's language development, numeracy, creativity and imagination while encouraging collaboration and of course preparing them to be great Mini-Engineers.

Saturday 26 November
10am & 11am at the Coin Street neighbourhood centre.



Pictured above: LEGO DUPLO construction

FACES OF COIN STREET

Meet Jo Day, our amazing nursery cook

After discussing the importance of nutrition for nursery and school-going children in this 'Back to School' edition, it only feels right to introduce **Jo Day**, our extraordinary nursery chef (also known as 'Chefy') to this new section of **Freshly Minted**.

Jo has been working at Coin Street since 2014. She ensures that the children have a balanced, nutritious and very extensive diet. She told us:

"When we come up with new menus, we always get them checked by a dietician who may tweak certain recipes to make them healthier. For example, for sweet and sour chicken, I swap the caster sugar in the original recipe for pineapple juice, a natural, healthier alternative.

I refuse to make cakes for the children; why give children sweets when they're perfectly happy with fruit? We also try to hide foods they've never seen before and may be put off by, like mixing butter beans into the béchamel sauce in our lasagne.

"Our children are lucky because they are exposed to such a wide range of interesting, more 'adult' foods. We have started giving them a hot breakfast, which includes smoked salmon and scrambled eggs, and they really like focaccia breads, spinach, hummus, olives and feta. I think children should be encouraged to try bolder flavours, especially when they are surrounded by their peers; they're more inclined to try things that way. Remember, sometimes an ingredient that

one child finds exciting such as dragon fruit or a lychee is another child's everyday food item. It's lovely to see them teaching each other about their home comforts and encouraging their friends to try new flavours."

Pictured below: Jo cooking up something delicious



TRAINING AND EMPLOYMENT

ESOL (English for Speakers of Other Languages) Training Course



If English is not your main language, you can take an ESOL course to help you improve your skills and help you live, work or study in the UK.

Improving your English will make it easier to:

- talk to doctors and teachers
- understand the laws and customs of the UK
- do a course and get a qualification
- help your child with homework
- pass the Life in the UK test

and become a British citizen

Please register your interest and we will begin assessments closer to the time. The level of course will be determined by assessment results. There will be a free crèche for those who need it.

To register please contact **Harjinder Nijjar** on **020 7021 1633** or **h.nijjar@coinstreet.org**

Pictured left: Training and Employment session in action

EVENTS

Gorgeous Gardens



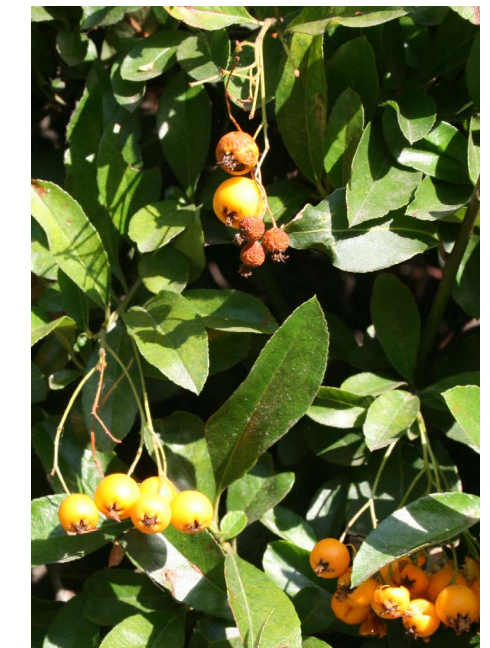
Community Gardening lunchtime sessions Tuesday 18 October, 15 November, 21 March, 12:30-2pm Come to our seasonal activities to tend to Bernie Spain Gardens over autumn and winter.

Autumn Walk: Noticing the changing seasons Saturday 29 October Join us for our **FREE** autumnal walk around some local gardens to appreciate the changing seasons, ending with a pumpkin carving session in preparation for Halloween.

12-1:30pm for the walk, 1:30pm-2.30pm for pumpkin carving. No need to book - just turn up.

Pictured left: Gorgeous Gardeners harvesting vegetables

For more information please email **Natalie** at **n.mady@coinstreet.org**.



HAVE YOUR SAY

Public Consultation on Improvements to Bernie Spain Gardens

Following our public meeting on 20 July, we are working in partnership with a public consultation agency to undertake the consultation into the improvements of **Bernie Spain Gardens**.

We will be running **three pop up events** between the **6-8 October** in the gardens and **one in Lower**

Marsh Market on 15 October to gather views of people who live, work and visit the area and gardens. We are asking people what they love about public green spaces and what they would like to see changed in Bernie Spain Gardens.

Alongside this, the same survey will be made available online

to residents, visitors and local businesses.

For more details please email **Anastasia** at **a.fawcett@coinstreet.org**. Alternatively, you will be able to pick up a survey from the **Help Desk** at the neighbourhood centre throughout the consultation dates (**6-8 October**).

If you have any advice or suggestions you would like to share with other parents and carers, please send them to **Jenny Deeks, j.deeks@coinstreet.org** and we'll try to include them in the next issue of **Freshly Minted**.

With special thanks to our contributors this month: Hayley McGrane, Debbie Kukathas, Harjinder Nijjar, Rebecca Kellehler, Jo Day and Sarita Bhagat.

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Coin Street family and children's centre was judged 'Outstanding' by Ofsted during its last inspection.

