

Childcare Business Support And Training

Winter 2018



Your pathway to success!



Welcome to our Winter issue of our newsletter.

So, what has been happening in the world of Childcare Business Support and Training?

We are very pleased to announce that we are now the providers of Childcare Business Support in Merthyr Tydfil. This new contract started on the 1st November 2018. We have been busy visiting lots of groups and have had a lovely, warm welcome in the County – thank you.

We held our first evening training session last Thursday Evening on GDPR and Welsh for English sessions. Which received great feed back.



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For the most up
to date news

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<http://www.cymryd-rhan.org/childcare-business-support/>

We are no longer providing Childcare Business Support in Powys as the service has moved back in house. However, we are having a lot of contacts still with providers and are looking at setting up a membership service in the New Year for any provider in Wales – details to follow shortly.

What else has or is happening? Well, we have delivered two successful Transition to Playwork Training's in Carmarthenshire recently and will be delivering one in Ceredigion in the New Year, we have had a successful week running the charity shop in Llandrindod Wells to raise funds for the Organisation and are starting on a pilot intergenerational project with 4 settings in Powys. We are really excited about this and are hoping that we can use the findings to expand this project in the next financial year.



We are also looking at a number of other new things – details to follow shortly.

If you want training, have details of our new membership scheme or want to be involved with any of the things we are doing then please contact Jenna – jenna.hughes@cymryd-rhan.org to join our mailing list or keep up to date with us on Facebook – Childcare Business Support and Training.





In the news:

New Welsh Government guidance for childcare services on healthy food and drink.

Minister for Children, Huw Irranca-Davies AM launched guidance on 29 November to help childcare settings to support the children in their care to eat well and learn about the food they are eating. Through encouraging good eating habits in early years we can help to establish lifelong eating habits. It features menus and recipes, and aims to support services to meet childcare regulations for food and drink.



<https://beta.gov.wales/food-and-nutrition-childcare-providers>

<https://beta.gov.wales/food-and-nutrition-childcare-providers/sample-menus>

Provider's in Wales find £4.50 rate or 30 hours funding commercially viable.

Follow the link to the full story on the 'Nursery world' website:

<https://www.nurseryworld.co.uk/nursery-world/news/1166251/providers-in-wales-find-gbp450-rate-for-30-hours-commercially-viable>

Welsh Government accepts Children's Commissioner's recommendations.

The Welsh Government has accepted, or accepted in principle, all the recommendations made by the Children's Commissioner for Wales, Sally Holland, in her 2017 – 2018 annual report.

Follow the link to the full story:

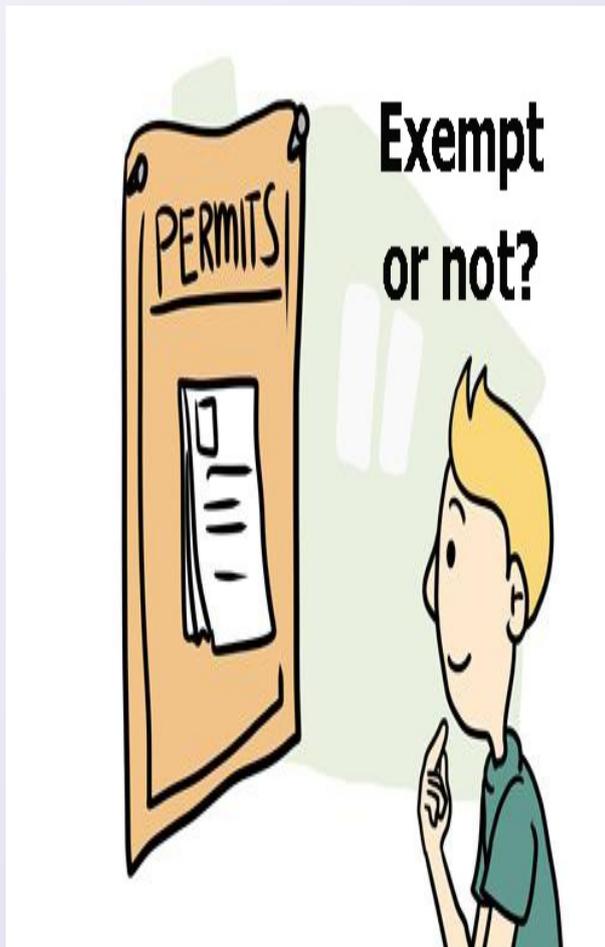
<http://playwales.org.uk/eng/news/1061-welsh-government-accepts-childrens-commissioners-recommendations>



Welsh nurseries win exemption from business rates.

27 September 2018 by Catherine Gaunt – Nursery World.

All nurseries in Wales will be exempt from business rates from April 2019 as part of plans to help the childcare sector to expand.



The Welsh government's finance secretary Mark Drakeford and minister for children Huw Irranca-Davies announced today (27 September) that all registered childcare properties will receive 100 per cent rates relief.

The Welsh government, which says it will review the scheme's impact, estimates that the exemption will provide £7.5 million of extra support to childcare providers over three years.

Around 100 nurseries in Wales are already benefitting from business rates relief, after the Welsh government raised the upper threshold for business rates relief for childcare settings from £12,000 to £20,500 in April.

Since April, all nurseries in Scotland have been exempt from business rates after the Scottish Government brought in the change, which means that England is now the only country in the UK where nurseries have no exemption from business rates.

To read full the full article visit:

<https://www.nurseryworld.co.uk/nursery-world/news/1165671/welsh-nurseries-win-exemption-from-business-rates>

Staying Safe Online

At least 80,000 people in the UK are believed to pose a threat to children online.

While not all social media apps are bad, it's important to be aware of what kids are up to when they're online.

Feel clueless about the online world? Don't worry, help is at hand - www.thinkuknow.co.uk/parents offers bespoke advice and support for different aged children, as well as a section for parents and careers to help identify risks that may be encountered online.

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW

- Calculator%**
This app looks like a calculator but functions like a secret photo vault.
- Hot or Not**
Strangers rate your profile. Goal is to lead to a hook up.
- Omegle**
A free online chat website that promotes chatting anonymously to strangers.
- Burn Book**
Post anonymous rumors about people through audio messages, texts, and photos.
- Snapchat**
This is the way most teens communicate with each other. Sending messages and snaps that disappear within seconds and stories go away after 24 hours. Teens live for a "streak" of communication.
- Wishbone**
An app that allows users to compare kids against each other and rate them on a scale.
- Whisper**
An anonymous app where the creators promote sharing secrets and meeting new people.
- Kik**
Messaging app. Kik has built in apps and web content that would be filtered on home computer.
- Ask.fm**
Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.
- Instagram**
Many kids are now creating fake accounts "finsta" to hide content from parents. Kids also like to text using Instagram because most kids know parents won't check messages.

FOR MORE INFO: APPSOLUTELYAPRIL.COM
Please note: Due to the nature of the Internet and App Store, web and app resources change often. Any outdated material will be corrected and updated.
This graphic was created by April Reardon.

Image source: APPSOLUTELYAPRIL.COM



Feedback from the Childcare and Play Event hosted by CIW

On Monday 12th November Julia Lewis and Jenna Hughes from the Childcare Business Support Team attended the CIW Childcare and Play Event at City Hall Cardiff. The aim of the event was to look at the new joint programme framework with Estyn, the Online Questionnaire used by CIW, Publishing Ratings of Inspections and the CIW Structure.

We first received a talk from Kevin Barker, the Head of Childcare and Play Inspection, on the new CIW structure and the inspection teams. He talked about the 4 main CIW priorities – Quality, Assurance, Consistency and Innovation and how many settings and inspectors there are in the sector. We were then told about the ratings and as of the 31st March 2019, childcare and play settings will now have their ratings published. If settings however haven't received a silent rating then CIW have shown commitment that this will still take place. Only on the second inspection will ratings be published.

The new CIW ratings are as follows

- Excellent
- Good
- Adequate
- Poor

It was then time to hear about the new joint inspections with Estyn. This will come into effect from January 2019 but is only applicable for settings who provide education and care. If you just provide care then your inspection will stay the same with just CIW inspecting you on the same cycle you are currently on.

CIW have two types of inspections: full and focused.

Full Inspections

These are routine inspections, planned as part of our inspection schedule. Full inspections take place approximately six months after a newly registered service becomes operational. After that, CIW inspect:

Full day care services at least once in every two years

Other childcare services for example, child minders, sessional day care, open access play, crèches and out of school care - at least once in every three years.

Focused Inspections

These normally happen when concerns are raised or to follow up on areas of improvement identified at previous inspections. These inspections may only look at some aspects of a service.

All CIW inspections are unannounced, however for child minders and open access play, they will normally telephone you one week before they intend to inspect. This is to check your availability and operating times. This means they avoid missing visits. If CIW have tried to contact you but have not been able to speak to anyone, then the inspection will go ahead without prior discussion. However, it is your responsibility to let CIW know of any changes in your days and/or hours of operating. CIW will inspect any service at any time, especially where concerns have been raised.

Joint Inspection

If you are a setting that provides both care and education then you will receive a joint inspection. Estyn will still inspect on the same cycle as they currently do which is every 4 years. CIW will now inspect with them. Where CIW inspect currently on 4 areas there will be 2 further inspection areas – Learning and Teaching and Assessment. You will be given 10 working days' notice before an inspection and will be inspected by a lead inspector and team inspector, one from Estyn and the other from CIW. One joint report will be produced. CIW will continue to inspect you independently between joint inspections in line with your inspection cycle. For example if you are a playgroup and receive a joint inspection then CIW will carry out an independent inspection 2 - 3 years later. For more information on the new joint inspections please follow the link:

<https://careinspectorate.wales/early-years-and-childcare-ensuring-quality-care-and-learning>

Lastly we were informed about what is currently going on with CIW. As you are all aware by now there was no CIW SASS released in 2018. CIW are currently building their online portal. This is where you log into your SASS. By spring 2019 CIW are hoping that all paper work will be able to be submitted securely on the portal. This includes online CIW registrations, Notification of changes, Variations and in future the SASS. They did highlight the factor just because the SASS wasn't released this year settings should still be completing their quality of care report and sending these into CIW. CIW are also in the process of producing a template for the quality of care report and we will keep you posted when we hear more on this.



**Arolygiaeth Gofal
Cymru
Care Inspectorate
Wales**



Karaoke Nights



Dog Show



Treasure Hunt



Cheese and Wine Night



Car Cleaning



Balloon Pop!

Guess the baby photo competition



Organise a child and parent day



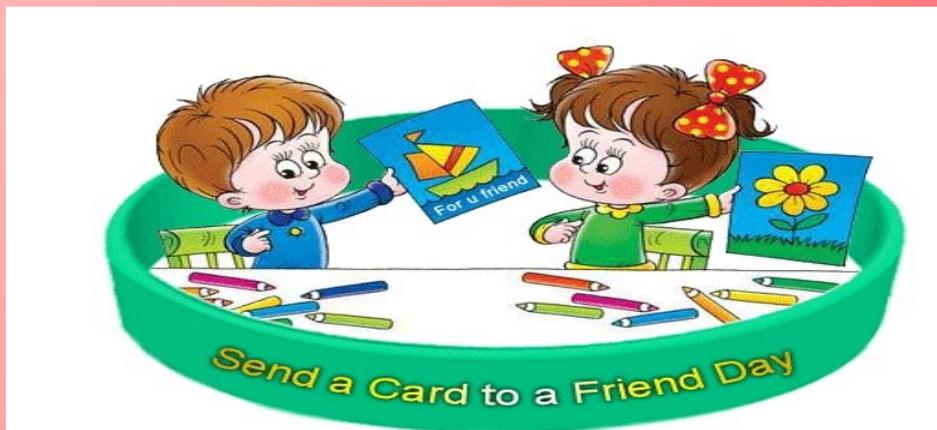
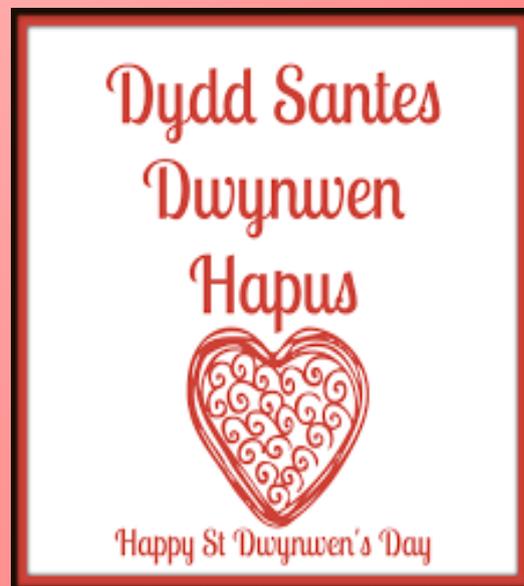
Grants available

Funding Organisation	Information
Ashley Family Foundation	Up to £10,000 for project/revenue costs
Powys Community Endowment Fund	Up to £1500 for groups (50% of costs)
Fund for Wales	£500 - £1000 Encouraging healthier and more active people and communities
Powys Welsh Church Act Fund	£1000 - £5000 for capital costs for disadvantaged families

Dates for your diary Winter 2018

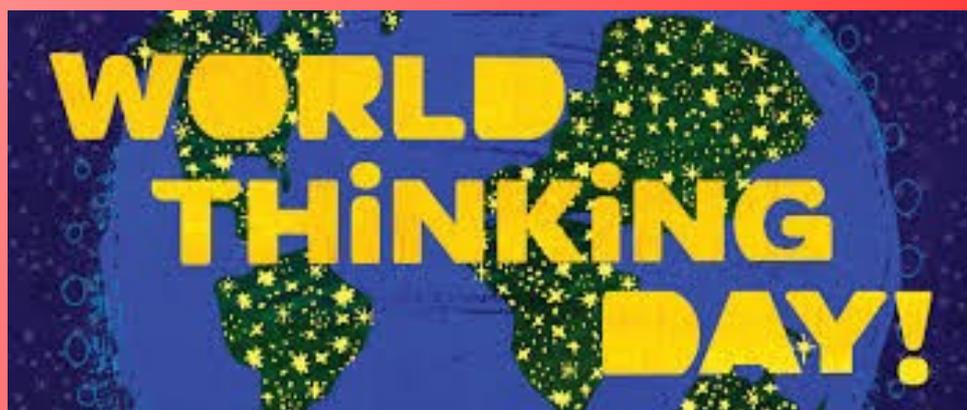
25th January— Burns night & St Dwynwen's Day

5th February—Chinese new year (year of the pig)



7th February: Send
A Card To A Friend
Day

22nd February:
World Thinking
Day



Random Acts of Christmas Kindness—RACK's

Spread kindness during the festive season

Random Acts of Kindness Advent Calendar

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
						1 Make a card for a soldier.
2 Choose one toy to donate.	3 Do a chore for someone.	4 Give someone a nice compliment.	5 Bake a treat for a neighbor or fireman.	6 Hold the door open for someone.	7 Write a nice note to your friend.	8 Clean up litter outside.
9 Tell jokes to make people laugh.	10 Let someone go ahead of you in line.	11 Call Grandma or Grandpa and say hi.	12 Help a neighbor with a chore or errand.	13 Make Christmas cards for your neighbor.	14 Have dinner with an elderly person.	15 Donate food to the food bank.
16 Write your teacher a nice note.	17 Tape popcorn to a RedBox machine.	18 Hand out candy canes to people.	19 Hide a dollar at the Dollar Store for another kid.	20 Donate a few books to the library.	21 Put the carts back in the store parking lot.	22 Make a present for a friend.
23 Help cook dinner for our family.	24 Read someone a Christmas story.	25 				

www.comebackmomma.com

Link to tags here:

<http://batonrougemoms.com/wp-content/uploads/2014/12/xsmall-Rack-tag.pdf>



1st March: St David's Day

5th March: Pancake Day

5th March: Mardi Gras

7th March: World Book Day

17th March: St Patrick's Day



20th - 21st March: Holi - <https://www.activityvillage.co.uk/holi>

Holi is a spring festival full of colour, singing and dancing! Although as an ancient religious Hindu festival it is observed particularly in India and Nepal, it is becoming popular with many non-Hindus in South Asia and around the world.

31st March: Mothering Sunday

21st March: Nowruz

Nowruz is celebrated on the Spring Equinox - 20th/21st March - each year and is a joyful, colourful celebration dating back at least 3,000 years and featuring many ancient rites and customs. Also known as Noruz, Norouz, Norooz, Noe Ruz, Naw Ruz and many other variations, the holiday originated in the ancient Zoroastrian religion, once widespread in Central and Western Asia, but is now a secular holiday celebrated by Iranians all over the world and also in Iraq, India, Afghanistan, Tajikistan, Turkmenistan, Uzbekistan, Azerbaijan, Kazakhstan and Kyrgyzstan.



Christmas Activity Ideas



Handprint reindeer

Simply two handprints, decorated to make your favourite reindeer.

Gel sensory bags

Sensory bags are a great way for little ones still in the mouthing stage to explore play materials.



Use zip seal bags and add in hair gel, glitter, buttons....anything you like. Maybe try coloured spaghetti, rice, mashed potato or pumpkin!



Melting snowmen biscuits

Decorate plain biscuits with icing, marshmallows, smarties and black icing. You could try baking your own biscuits with this simple recipe.

<https://www.bbcgoodfood.com/recipes/easiest-ever-biscuits>

Magic reindeer food

Just mix porridge oats and glitter to make your own reindeer food.

You could sell as an easy fundraiser.



Some more Christmas and Winter Room Ideas

homemade Snow Dough!



Sensory
Play!

the imagination tree



Recipe for Snow Dough:

2 cups corn flour

1/3 to 1/2 of a cup vegetable oil

3-4 tablespoons silver glitter

(This recipe does not create a huge amount of snow dough, just enough to cover the base of a washing up bowl by about 2 inches. If you want more for a larger scale sensory tub, then increase the quantities accordingly.)



Christmas sensory bin

Coloured rice and loose parts—you could add Christmassy smells too.

Ice Tuff tray

Crushed ice and coloured paint in spray bottles. Exciting science and early mark making activity.



Best Ever No-Cook Play Dough Recipe

You need:

2 cups plain flour (all purpose)

2 tablespoons vegetable oil (baby oil and coconut oil work too)

1/2 cup salt

2 tablespoons cream of tartar

1 to 1.5 cups boiling water (adding in increments until it feels just right)

gel food colouring (optional)

few drops glycerine (my secret ingredient for stretch and shine!)

Method:

Mix the flour, salt, cream of tartar and oil in a large mixing bowl

Add food colouring TO the boiling water then into the dry ingredients

Stir continuously until it becomes a sticky, combined dough

Add the glycerine (optional)

Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. * This is the most important part of the process, so keep at it until it's the perfect consistency!*

If it remains a little sticky then add a touch more flour until just right

Voila!

For Christmas try adding peppermint essence to red playdough, pine essence to green playdough and cinnamon/ all spice to brown playdough for a multi-sensory experience.

Loose parts to decorate a tree. >>>>>



Cymryd Rhan's Christmas Raffle



Cymryd Rhan are celebrating their new Intergenerational Project and are running a competition. The Christmas draw will take place on 18th December and the prize will need to be collected from one of the Cymryd Rhan offices.

Cymryd Rhan has been measuring the support it provides to citizens in Powys for a number of years, and we have seen a huge increase in older citizens accessing the supported housing service within Cymryd Rhan. Our reviews and reflective learning practice highlights that around 90% of demands being made by older citizens are due to social isolation and well-being type need for support. Our response towards meeting this type of demand has been provided through greater community inclusion and locality based support.

One of our clear charitable objectives is to commit to finding and improving the way in which we provide the right support, at the right time and in the right way. This is key for us in meeting our purpose of supporting citizens to live their life in their way.

What we are designing is a new project which will connect our older citizens with a number of selected child care settings and to create a platform for our older citizens to share their wisdom and knowledge so they may support the younger generation to explore and engage with people from different times and with different experiences. We have found that for older citizens, a younger energy being around them has given them a different sense of purpose and a welcome distraction from some of the day-to-day pressures and feelings of isolation and poor health.

Follow this link to read the full story and for a chance to be entered into a draw
Ctrl and click.

<https://www.facebook.com/cymrydrhan.takingpart/>



Nadolig Llawen a
Blwyddyn Newydd Dda

Dyma geiriau rydych chi'n gallu
defnyddio gyda'r plant:

Here are words you can use with the
children:



Coeden Nadolig
Coy den Na doll ig



Dyn eira
Din ai ra



Anrhegion
An reg (rhymes with beg) ee on

Where is? Ble mae'r?
Blair my r?

What is this? Beth yw hwn?
Beth you hoon?



Dyma Gân Nadolig hyfryd a syml:

Here is a lovely and simple

Christmas Song:



Mi welais Santa Claus

Me well ice Santa Claus

Yn eistedd ar ben to

Un ay steth ar ben tor

Hêt coch ar ei ben

Het cor ch ar ay ben

A dwy goes bren

Ar dooe goe ees bren

Ho Ho Ho Ho Ho Ho

Ho Ho Ho Ho Ho Ho

