

Royal Greenwich – a great place to grow up!



Childcare
Options
Royal Greenwich

Dear Providers

We hope that you, your staff and families are re-adjusting to national restrictions. Included here as usual are all the latest updates. Please remind your staff and parents to socially distance from other adults and to wear face masks in staff areas, corridors and when waiting to collect children. Please remain alert to symptoms, send symptomatic children and staff home, arrange for tests to confirm result as soon as possible and then take appropriate action with regard to the rest of the setting. Coming up on **Thurs 19 Nov - Covid 19 update briefings** – please be sure to attend one.

We would like to wish you and your families are Happy Diwali where celebrating – there's lots of ideas at the bottom of the ebulletin!

Best wishes to you, Kallie – Team Leader, Kerry, Elaine, & Rebecca – Advisors, Danielle & Janet – Funding



Main telephone lines are not fully available but if you provide a phone number we will call you right back and speak to you in person – we are open 9am – 5pm Mon - Fri.

Parents FIS@royalgreenwich.gov.uk

Providers Childcare-support@royalgreenwich.gov.uk

Miss a copy of the e-bulletin?

Catch up here and check out links to important information sources

https://www.royalgreenwich.gov.uk/info/200283/nurseries_and_early_learning/2183/early_years_team_information_for_providers/2



Early years and childcare information for professionals



Key information and resource links for early years and childcare providers

Key information and resource links for early years and childcare providers

Monthly newsletter

The latest updates and information for early years professional working in Royal Greenwich.

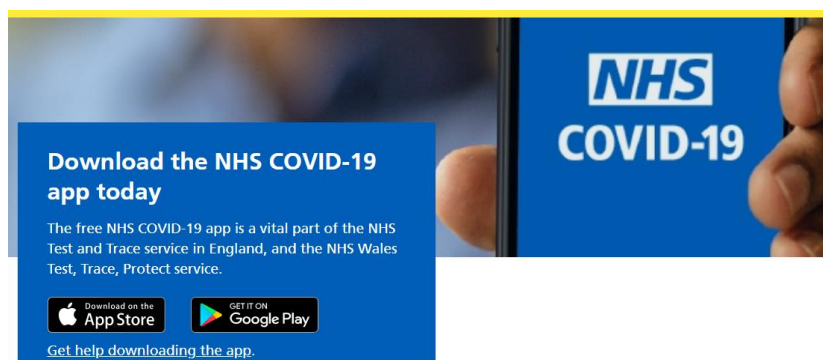
Early years professional newsletter 

National Restrictions

From Thursday 5 November until Wednesday 2 December, the Government is taking the following action:

1. Requiring people to stay at home, except for specific purposes.
2. Preventing gathering with people you do not live with, except for specific purposes.
3. Closing certain businesses and venues.

<https://www.covid19.nhs.uk/>



<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

Contents – Quick hyperlinks below to relevant sections

National restrictions from 5 November

1. Stay at home
2. Meeting others safely
3. Where and when you can meet in larger groups
4. Businesses and venues
5. Weddings, civil partnerships, and funerals
6. Going to work
7. Education, school, college and university
8. Childcare and children's activities
9. Protecting people more at risk from coronavirus
10. Visiting relatives in care homes
11. Travel
12. Staying away from home overnight
13. Moving home

STATUTORY INSTRUMENTS

2020 No. 1200

PUBLIC HEALTH, ENGLAND

The Health Protection (Coronavirus, Restrictions) (England) (No. 4) Regulations 2020

Made - - - at 2.45 p.m. on 3rd November 2020

Laid before Parliament at 4.10 p.m. on 3rd November 2020

Coming into force - - 5th November 2020

https://www.legislation.gov.uk/uksi/2020/1200/pdfs/ukxi_20201200_en.pdf



Guidance

Actions for early years and childcare providers during the coronavirus (COVID-19) outbreak

Updated 5 November 2020

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures>

Contents – Quick hyperlinks

[Main changes to previous guidance](#)

[1. Who this guidance is for](#)

[2. Responsibilities of local authorities and early years providers](#)

[3. Infection prevention and system of controls](#)

[4. Children's attendance](#)

[5. Considerations for operating the setting](#)

[6. Safeguarding and welfare](#)

[7. Early years foundation stage and reforms](#)

[8. Ofsted](#)

[9. Childminders](#)

[10. Funding](#)

FREE COVID 19 Update Briefing

Thursday 19 November

13:00 – 14:30 or 19:00 – 20:30

Get the most recent update on government guidance, national restrictions, and the local picture.

This is your opportunity to ask questions and discuss challenges.

Book at [http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-\(pvi\)-and-childminders](http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-(pvi)-and-childminders)

**Covid 19 Responding
to a Suspected
/Confirmed Case**

Child / staff member develops Covid-19 symptoms:

- High temperature
- New continuous cough
- Loss of or change to sense of smell or taste

Send child / staff member home immediately to isolate for at least **10 days** and notify household members to isolate for 14 days

If child is waiting to be collected, separate from group (room or 2m if no room) and isolate with **one** member of staff

Staff member to wear PPE until child has left and then safely discard PPE

clean all areas affected

all in contact with child/staff to wash hands

(Follow **Cleaning of non-health care settings** guidance)

Child / staff member should arrange to have a test within 8 days <https://www.gov.uk/get-coronavirus-test> or call NHS 119

NEGATIVE

Child / staff member can **return** to setting and household members can end 14 day isolation

POSITIVE

Rest of children and staff in **close contact** sent home to isolate for 14 days (whole of childminder household)

POSITIVE

Other household members of those in close contact sent home **do not** need to isolate unless the child / staff member sent home develops symptoms

You must IMMEDIATELY NOTIFY

1. Telephone new PHE / DFE helpline **0800 046 8687** select Option 1 – positive cases only
2. Local Authority Early Years and Childcare and Public Health team via notification form childcare-support@royalgreenwich.gov.uk and healthprotection@royalgreenwich.gov.uk
3. Ofsted enquiries@ofsted.gov.uk

Outbreak - if two or more confirmed cases within 14 days or overall rise in sickness absence where COVID-19 suspected – PHE local health protection to advise on additional actions phe.slhpt@nhs.net; slhpt.oncall@phe.gov.uk

News story

Furlough Scheme Extended and Further Economic Support announced

The Coronavirus Job Retention Scheme has been extended for a month with employees receiving 80% of their current salary for hours not worked and further economic support announced.

Published 31 October 2020



<https://www.gov.uk/government/news/furlough-scheme-extended-and-further-economic-support-announced>

Job Retention Scheme

Employers small or large, charitable or non-profit, are eligible for the extended Job Retention Scheme, which will continue for a further month.

Businesses will have flexibility to bring furloughed employees back to work on a part time basis or furlough them full-time, and will only be asked to cover National Insurance and employer pension contributions which, for the average claim, accounts for just 5% of total employment costs.

The Job Support Scheme, which was scheduled to come in on Sunday 1st November, has been postponed until the furlough scheme ends.

Who is eligible?

Employers

- All employers with a UK bank account and UK PAYE schemes can claim the grant. Neither the employer nor the employee needs to have previously used the CJRS.
- The government expects that publicly funded organisations will not use the scheme, as has already been the case for CJRS, but partially publicly funded organisations may be eligible where their private revenues have been disrupted. All other eligibility requirements apply to these employers.

Employees

- To be eligible to be claimed for under this extension, employees must be on an employer's PAYE payroll by 23:59 30th October 2020. This means a Real Time Information (RTI) submission notifying payment for that employee to HMRC must have been made on or before 30th October 2020.
*As under the current CJRS rules:
- Employees can be on any type of contract. Employers will be able to agree any working arrangements with employees.
- Employers can claim the grant for the hours their employees are not working, calculated by reference to their usual hours worked in a claim period. Such calculations will broadly follow the same methodology as currently under the CJRS.
- When claiming the CJRS grant for furloughed hours, employers will need to report and claim for a minimum period of 7 consecutive calendar days.
- Employers will need to report hours worked and the usual hours an employee would be expected to work in a claim period.
- For worked hours, employees will be paid by their employer subject to their employment contract and employers will be responsible for paying the tax and NICs due on those amounts.

Part of Coronavirus (COVID-19) **Business support**

Coronavirus (COVID-19) support is available to businesses

- Loans, tax relief and cash grants are available
- Employers might be eligible for financial support to pay wages
- Self-employed people might be eligible for a taxable grant covering 55% of trading profits

<https://www.gov.uk/coronavirus/business-support>

Find coronavirus financial support for your business

Coronavirus (COVID-19) support is available to employers and the self-employed, including sole traders and limited company directors. You may be eligible for loans, tax relief and cash grants, whether your business is open or closed.

Use this business support finder to see what support is available for you and your business.

Start now >

<https://www.gov.uk/business-coronavirus-support-finder>

Policy paper

Self-Employment Income Support Scheme Grant Extension

The grant is being extended from 1 November 2020. Find out if you're eligible and how much you can get.

<https://www.gov.uk/government/publications/self-employment-income-support-scheme-grant-extension>



Home | Benefits and financial help

Integrated Employment and Advice Support Service

More support for residents financially hit by COVID-19

The Council has launched a new integrated service for residents who have been affected by the pandemic.

The scheme will help residents facing unemployment, financial hardship or who are at risk of becoming homeless because of COVID-19.

Residents will be able to complete a form on the Council website indicating the service required, with the option to access all three services at the same time. They will then be contacted to go through the type of help required.

For more information about the service visit: www.royalgreenwich.gov.uk/covidsupport

Integrated Employment Support and Advice Service

The Integrated Employment Support and Advice Service will support residents affected by COVID-19 in three areas:

- Employment
- Finance - Changes in income and benefits
- Housing or risk of becoming homelessness

How will you get help?

In order to help us understand the support you need; you will need to complete a [short form](#) to let us know about your circumstances. You will then be contacted by the relevant department to get the help you need.

Contact GLLaB

The Old Library,
Calderwood Street,
Woolwich SE18 6QW

Telephone: [020 8921 2440](tel:02089212440)

Contact Welfare Rights

Textphone: [18001 020 8921 6375](tel:1800102089216375).

Phone lines are open Monday, Wednesday and Thursday 10am to 1pm
Welfare Rights Service,
The Woolwich Centre,
35 Wellington Street,
London SE18 6HQ

Telephone: [020 8921 6375](tel:02089216375)

Speech

Amanda Spielman at NCASC 2020

Ofsted's Chief Inspector gave a speech at the online National Children and Adult Services (NCAS) Conference.



<https://www.gov.uk/government/speeches/amanda-spielman-at-ncasc-2020> Published 6 November 2020

“First, I want to thank you for everything that you’ve been doing over the past few months – holding it together for children in the toughest circumstances. There’s no sign of this abating, with a new lockdown now in force. But, while there’s been the stop, start and stop again of normal life, your work, and ours, has of course had to continue.

COVID-19 issues

On the one hand, you’re contending with the logistics of schools and early years providers operating in unusual circumstances – the nuts and bolts: making sure that children get to school, that transport works safely. Doing your bit to help schools, nurseries and childminders stay open, as well as all the other vital services.

On the other, you will have been trying to keep your eyes on the children at risk of falling from view. The impact of COVID on children’s visibility has been one of our biggest concerns – as I’ve said repeatedly. A concern that I’m sure you share.

COVID has affected every one of us, but children have had to absorb much of the damage. Because time and again, they’ve come second to other national priorities. So, I’m pleased that, for this lockdown at least, closing schools is a red line. It really is so important that we have children in school, not just for their education, but for their safety and security too.

As you know, schools are among the top referrers to children’s social care. But, over the summer, with schools closed and health visitors working in the acute sector, referrals to children’s social care dwindled in some places. Helping the children you are aware of during a pandemic is a challenge in itself. But, you can’t care for those you can’t see. And just because the phone isn’t ringing, it doesn’t mean that children aren’t suffering.

And of course, this vacuum has been filled, up to a point. Most schools are now open, which is of course reassuring. But the issues affecting children haven’t magically been resolved. School referrals are still low, as is the attendance of vulnerable pupils.

And, although attendance figures are actually pretty decent, our autumn school visits have shown a rise in the number of parents opting to home educate their children. For some, it’s a positive choice here – having enjoyed putting on their ‘teacher hat’ over the summer.

Heads tell us that many parents are keeping children at home because they’re worried about their safety. Of course, as a parent, it’s completely natural to feel concern and want the best for your child. But it’s frustrating if much of this is being sparked by ‘fake news’ and misinformation on social media, which is what we’re hearing.

...And, as I’m sure you’ll recognise, there will sadly be parents who want to avoid scrutiny, to keep their children out of sight – exploiting the situation to their own ends.

Under-1s

I think it's fair to say that the effects of lockdown are being felt particularly keenly by very vulnerable children.

We're now on the second day in a fresh lockdown, and the message from government is that school closures remain a last resort. While this is good for our line of sight, there are other issues here. Tighter restrictions have brought increased tensions for many, especially in the most troubled families. We're all spending more time at home these days. And for most children, that's a place of comfort at best, boredom at worst. But for some, sadly, it's a source of danger.

The pandemic has brought difficult and stressful times. Financial hardship, loss of employment, isolation and close family proximity have all put extra pressure on families who were already struggling. Poverty, inadequate housing, substance misuse and poor mental health – they all add to the toxic mix. You'll be well aware of the increase in domestic violence incidents over the summer – just one symptom of the COVID pressure cooker.

Perhaps one of the most alarming trends that we've seen is the continuing rise in incidents of harm to the youngest and most vulnerable of all children, the under-1s. Of course, babies can't tell an adult if there's a problem. Often, abuse is only uncovered when there's a critical injury, or when it's too late. Another young life damaged, and in the worst cases, lost, before it's really had chance to begin.

I'm sure you share our worry. Every week, we are seeing notifications from local authorities about babies that have died or been seriously harmed through abuse or neglect.

The figures are stark. Between April and October, we saw over 300 serious incident notifications. A significant proportion of these – almost 40% – were about babies, over a fifth more than in the same period as last year. And tragically, over half of these cases – that's 64 children – suffered non-accidental injuries. And sadly, 8 died as a result.

It doesn't bear thinking about. But we must all be alive to this hidden danger.

Violence towards babies was already a worry before COVID. Over a quarter of all incidents reported to the Child Safeguarding Practice Review Panel last year involved non-accidental injuries to babies. Children being abused, often by young parents, or other family or household members, who had very little social support.

As well as babies being intentionally harmed, we're seeing a high number of unexpected infant deaths. Some, apparently preventable tragedies: babies not being put down to sleep safely, sharing a bed or sofa with a parent who has been drinking, for example.

And we know that there has been good work going on to identify high-risk babies during lockdown before the unthinkable happens. For example, work to prevent harm to the children of parents misusing substances, or with serious mental health problems. Situations where professionals understand the risk factors and have acted decisively to give families the help they need, or take action where they need to. There is a great deal of expertise out there and we know that you are well aware of the risks. But everyone needs to play their role. That includes professionals across whole communities. Midwives, health visitors, GPs and other health workers who have good relationships with families and can build on that trust. Staff working in schools and nurseries who may have information about a vulnerable infant because an older sibling attends the setting.

And help for younger parents is important, but without labelling or patronising them. Building their trust so that they accept advice and learn how to look after their children safely.

And as ever, we cannot overstate the importance of curiosity here. It may not always be comfortable territory. But the right questions protect children. All professionals who work with a family where there is a new baby have a role to play. Consider how well parents are coping, and if there's any help that they might need. And we need to make sure that all staff and volunteers understand the risk factors and what to do if they spot them.

Continuing restrictions may be hampering face-to-face visits. But, while these children are out of sight, they should never be out of mind."

Press release

Ofsted: Children hardest hit by COVID-19 pandemic are regressing in basic skills and learning

Ofsted has today published its second report on the effects of the COVID-19 (coronavirus) pandemic across the sectors it inspects and regulates.

Published 10 November 2020

<https://www.gov.uk/government/news/ofsted-children-hardest-hit-by-covid-19-pandemic-are-regressing-in-basic-skills-and-learning>

- Ofsted's second report into the impact of the pandemic finds that children who were hardest hit by school closures and restrictions have regressed in some basic skills and learning
- Some young children, who were previously potty-trained, have lapsed back into nappies, particularly those whose parents were unable to work flexibly
- Older children have lost stamina in their reading and writing, some have lost physical fitness, others show signs of mental distress, including an increase in eating disorders and self-harm
- Concerns remain about children who were out of sight during school closures, with falling referrals to social care teams raising fears that domestic neglect, exploitation or abuse is going undetected

Collection

Ofsted COVID-19 series

Briefing notes and commentaries from Amanda Spielman about providers that we have visited or spoken to during the interim phase of our return to routine inspection.

<https://www.gov.uk/government/collections/ofsted-covid-19-series>

Research and analysis

COVID-19 series: briefing on early years, October 2020

Evidence from research interviews with 208 registered early years providers and maintained nursery schools between 5 and 16 October.

Published 10 November 2020

<https://www.gov.uk/government/publications/covid-19-series-briefing-on-early-years-october-2020>

Almost all providers said that the pandemic had significantly impacted the learning and development of children who had left and subsequently returned. They were particularly concerned about children's **personal, social and emotional development**.

- Some children had returned **less confident and more anxious**.
- In some cases, children had also become **less independent**, for example returning to their setting using dummies or back in nappies having previously been toilet trained.
- However, providers reported that **children who continued to attend their setting or who were well supported at home had made good progress in their learning**.

Many providers have given some aspects of the curriculum (what they wanted children to learn and be able to do) a greater focus as a result of children's experiences of the pandemic.

- Most said they have put more emphasis on personal, social and emotional development because they felt that children's skills had regressed.
- Some providers said their curriculum had stayed mostly the same but with small adaptations, such as allowing **extra time for children to settle in with additional adult support** on a one-to-one basis.
- Many providers have made changes to the resources and routines in their settings and most have increased their **teaching of personal hygiene**.

Research and analysis

COVID-19 series: briefing on schools, October 2020

Evidence from visits to schools between 29 September and 23 October 2020.

Published 10 November 2020

<https://www.gov.uk/government/publications/covid-19-series-briefing-on-schools-october-2020>

IMPORTANT ACTIONS FOR PROVIDERS

DFE Data Collection Survey link to be completed

NEW TIME EXTENSION

every WEDS by 7pm – this continues to be a requirement by the DFE

The weekly survey has been changed, made shorter!

It is really important that you complete it in order for the work you are doing to be reflected nationally

<https://wh.snapsurveys.com/s.asp?k=160258722722>

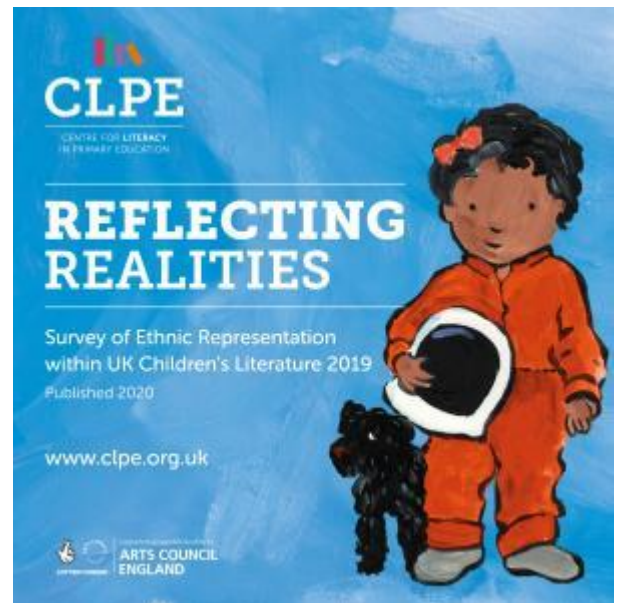
Announcing Reflecting Realities: the CLPE's third survey into ethnic representation in UK Children's Literature

Better representation means just that, better in all regards, because all young readers deserve the best that the literary world has to offer.

Farrah Serroukh, CLPE

Children's books more likely to feature animal main characters as compared to people of colour (38% feature animals or inanimate objects)

CLPE's research shows that characters from a Black, Asian or minority ethnic background remain **significantly under-represented** in comparison to the UK primary school population where 33.5% of children are from a minority ethnic background



<https://clpe.org.uk/aboutus/news/announcing-reflecting-realities-clpe%E2%80%99s-third-survey-ethnic-representation-uk-children%E2%80%99s>

6478 children's books were published in the UK in 2019
Of these **680** featured ethnic minority characters

10% of the children's books published in **2019** featured **ethnic minority characters**, compared to **7%** in **2018** and **4%** in **2017**

5% of the children's books published in the UK in **2019** had an **ethnic minority main character**, compared to **4%** in **2018** and **1%** in **2017**

Literature helps us to dream differently. It can inspire ambition, plant seeds of hope and, of course, educate us.

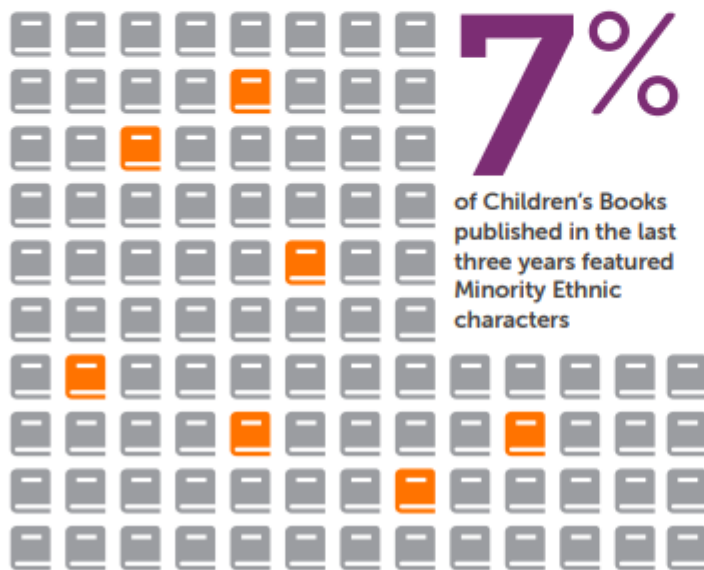
Professor Vini Lander, Professor of Race and Teacher Education at Leeds Beckett University



2017 – 2019

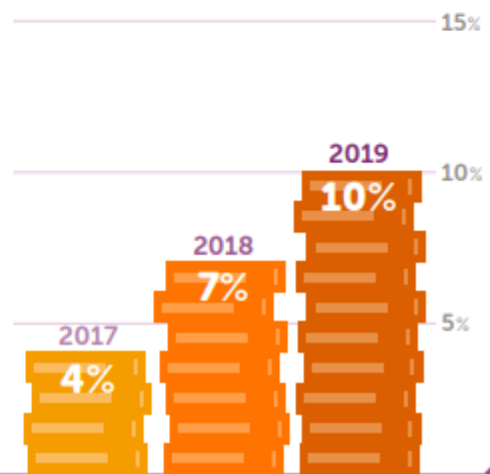
Overview of Trends

Black, Asian and Minority Ethnic Presence in UK Children's Literature in the last 3 Years



Children's Books

Percentage of Children's Books published featuring Black, Asian or Minority Ethnic characters
© CLPE



Contrast in Demographic Makeup with the Proportion of Ethnic Minority Presence in Children's Literature

Proportion of Ethnic Representation in Titles Submitted

Ethnic Category	Percentage of Population in England and Wales Reported as Belonging to an Identified Ethnic Minority Category	Percentage of Total Books Published Featuring Ethnic Minority Main Characters		
		2017	2018	2019
Arab	0.4%	0.1%	0.2%	0.2%
Asian	6.8%	0.5%	0.14%	0.3%
Black	3.4%	1%	1%	2%
Chinese	0.7%	0.1%	0.1%	0.2%
Mixed Heritage	2.2%	0.2%	0.3%	0.9%
Other	0.6%	0.3%	0.3%	0.3%

Source: Office of National Statistics





“There is always a call to diversify the kinds of books we publish and promote, but more important than that is the need to diversify our lives, that should be the first step to creating an equitable world for our children – we have to make sure our lives reflect the kind of world we want for them.”

Kwame Alexander, Author

Why representation matters

Books play an important role as mirrors for children: these stories and characters will affect how they see themselves and the world around them, their motivation to read, and their aspirations to become authors and illustrators of the future.

BookTrust Represents has two clear aims;

1. to increase the number of published creators of colour of children's books and
2. for children to have access to and to read more books by creators of colour.

The latest findings from BookTrust's interim results show that whilst there has been an increase, there is still a long way to go.

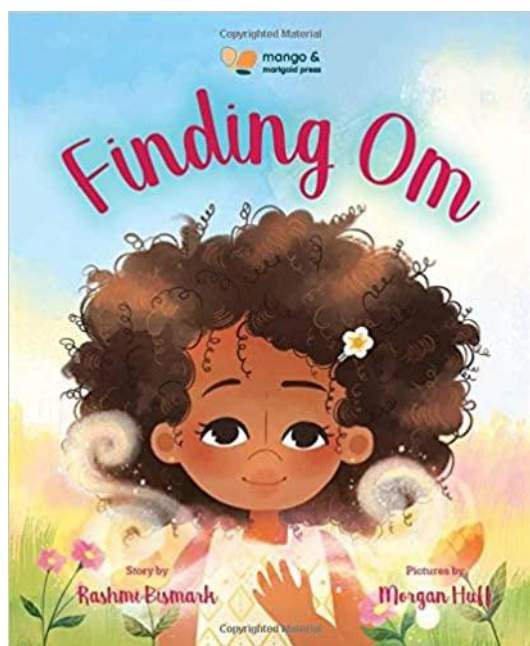
The number of authors and illustrators of colour published in the UK in the last three years has grown to over 8%, an increase of 3%, rising from less than 6% in 2017.

According to BookTrust's findings, the number of British debut creators of colour has increased from 12 in 2017 to 24 in 2019, but nearly half of these are self-published or published by a hybrid publisher.

Jill Coleman, Director of children's books at BookTrust said:

“Books play an important role in shaping children's lives : these stories and characters will affect how they see themselves and the world around them, their motivation to read, and their aspirations to become authors and illustrators of the future. We are pleased to see that there has been slow and steady progress in the representation of authors and illustrators of colour since 2017: but we are ambitious to achieve more. We have now revised our targets and want to challenge ourselves and the publishing industry to increase the number of creators of colour in the UK to 13% by 2022.”

Representation Matters



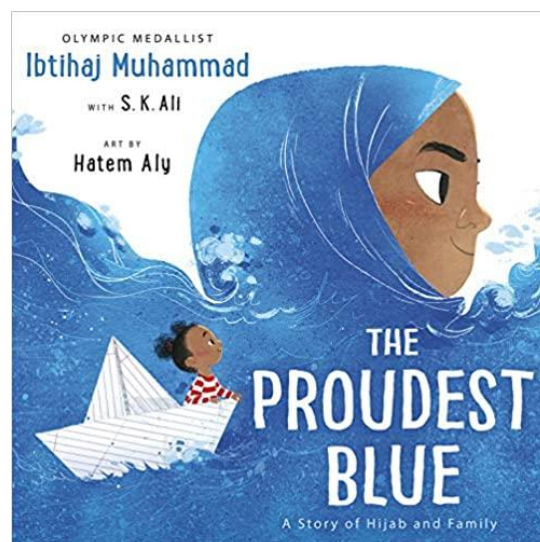
Finding Om, by Rashmi Bismark, is a delightful and magical children's book that tells the story of Anu, an Indian-African girl who explores the mantra Om with her much-loved grandfather, Appuppa. T

Throughout this tale, Anu begins to discover methods of mindfulness that readers of all ages can learn along with her.

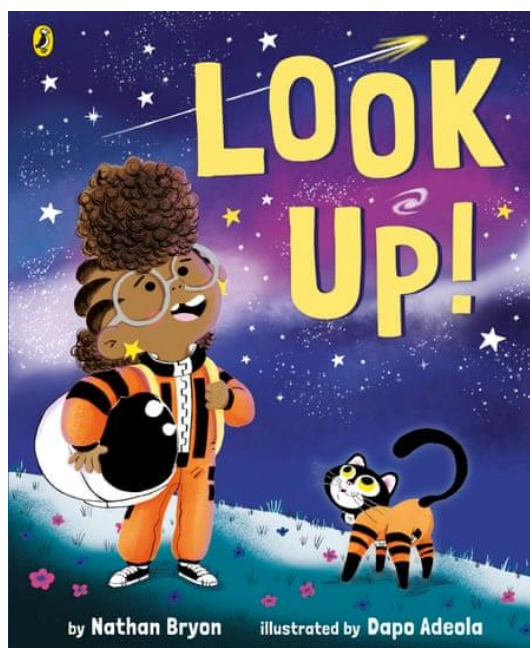
This beautiful book is inclusive and invites children to see themselves in children's picture books.

A beautiful book by Olympic swimmer, Ibtihaj Muhammed. It's Faizah's first day of school, and her older sister Asiya's first day of wearing hijab – made of a beautiful blue fabric.

But not everyone sees hijab as beautiful. In the face of hurtful, confusing words, will Faizah find new ways to be strong?



'Look Up!' won Waterstones children's book of the year 2020. Nathan Bryon and Dapo Adeola's picture book about a science-mad young black girl trying to distract her brother from his phone is utterly joyful.



Healthy Early Years London

Following a major public campaign, spearheaded by Marcus Rashford MBE, the Government has announced a significant funding package to help alleviate child food poverty over the coming months.

Alongside Marcus Rashford and his Taskforce, more than 20 civil society organisations have been calling on Government to back the three recommendations in part one of the National Food Strategy to support disadvantaged children.



One of these recommendations was specifically about **Healthy Start vouchers**.

- **Ask 3: Increase the value of Healthy Start vouchers to at least £4.25 per week, and expand the scheme to reach more children.**
- [Government Announcement:](#) The value of the voucher will be increased from £3.10 to £4.25 from April 2021. As of yet, there has been no commitment to expand the scheme to more children.

This increase of £1.15 will be a significant increase to the budget for healthy foods for these families.

Now, more than ever, increasing the uptake of Healthy Start vouchers in Greenwich is so important.

There are nearly 1800 pregnant women and young children missing out on **£161.20-£322.40 (£221.00-£442.00 from April 2021) per child, per year** to spend on healthy food.

Our goal is to increase uptake in Greenwich to 80% by October 2021, when the scheme plans to go digital.

How can you help?

1. Promote Healthy Start vitamins – the vitamins are as valuable as other brands and have fewer side effects.
2. Encourage under 18s to register with the scheme - 8 out of 10 pregnant women under 18 are missing out.
3. Support families to contact healthy start or benefits agency once their baby is born – mother should phone 0345 607 6823 OR update their local Jobcentre Plus office.
4. Signpost families to children's centres for help completing application forms and to collect their vitamins.
5. Signpost families to the Healthy Start website for registered retailers.
6. If eligible applicants are rejected encourage them to apply again –27% of applications are rejected as they have been completed incorrectly.
7. Inform families that once Healthy Start receive an application, if it has been filled in correctly and they confirm that they qualify, families should receive vouchers within two weeks. However, this can take longer.
8. Review the attached Brief Guide to Healthy Start for everything you need to know about the scheme.
9. Be aware of the following changes to the scheme and cascade this information to your relevant networks



Healthy Early Years London

FREE Healthy Eating Training

19:00 – 20:30

Thursday 3 December

with Gillian Bennett

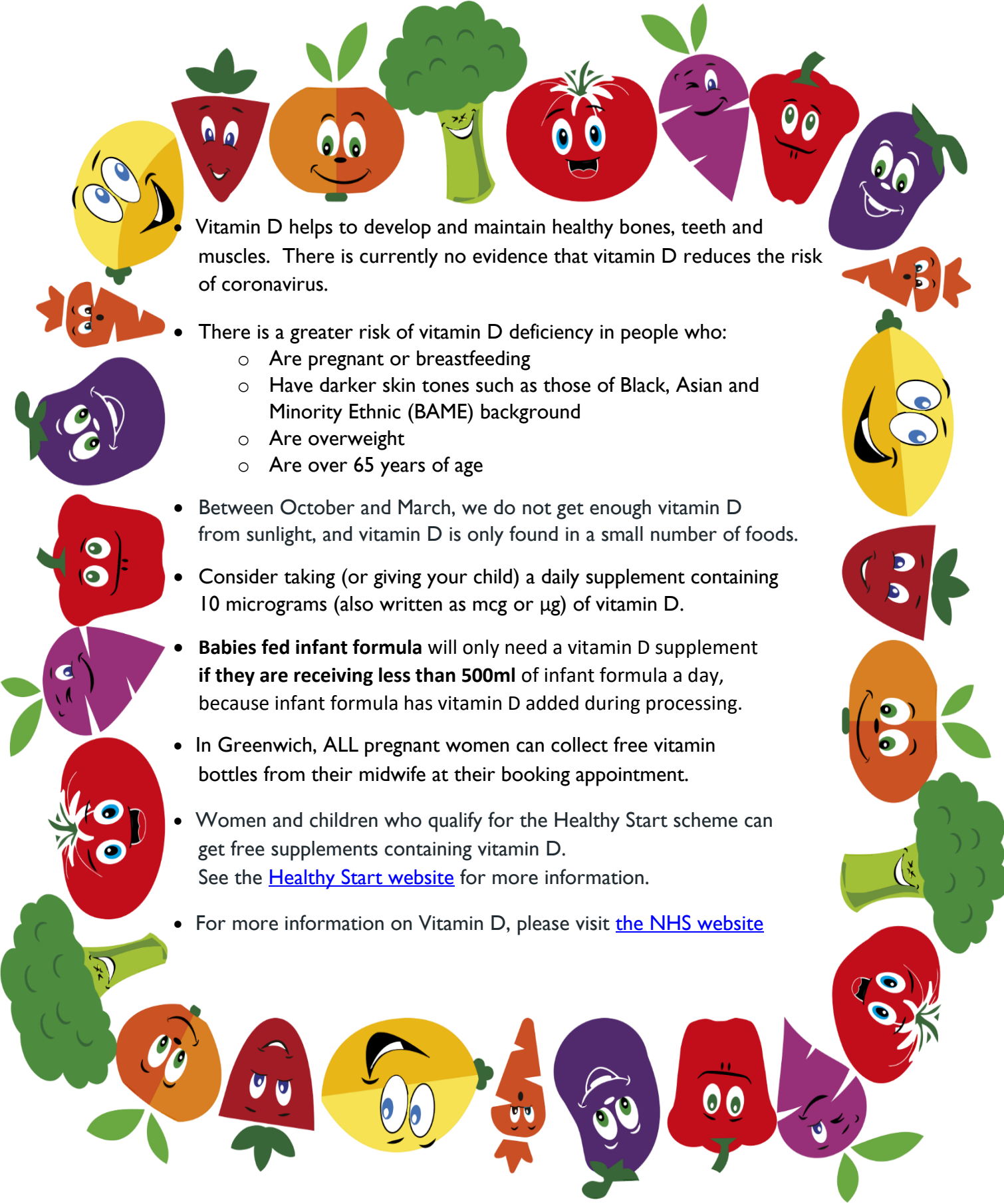
Early Years Nutritionist, Public Health

- Health Eating
- Healthy Start
- Food hunger
- Food recipes on a budget
- Vitamin D

To book, visit

[http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-\(pvi\)-and-childminders](http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-(pvi)-and-childminders)

Vitamin D



Vitamin D helps to develop and maintain healthy bones, teeth and muscles. There is currently no evidence that vitamin D reduces the risk of coronavirus.

- There is a greater risk of vitamin D deficiency in people who:
 - Are pregnant or breastfeeding
 - Have darker skin tones such as those of Black, Asian and Minority Ethnic (BAME) background
 - Are overweight
 - Are over 65 years of age
- Between October and March, we do not get enough vitamin D from sunlight, and vitamin D is only found in a small number of foods.
- Consider taking (or giving your child) a daily supplement containing 10 micrograms (also written as mcg or µg) of vitamin D.
- **Babies fed infant formula** will only need a vitamin D supplement **if they are receiving less than 500ml** of infant formula a day, because infant formula has vitamin D added during processing.
- In Greenwich, **ALL** pregnant women can collect free vitamin bottles from their midwife at their booking appointment.
- Women and children who qualify for the Healthy Start scheme can get free supplements containing vitamin D.
See the [Healthy Start website](#) for more information.
- For more information on Vitamin D, please visit [the NHS website](#)

Healthy Early Years London

<https://www.london.gov.uk/what-we-do/health/healthy-early-years-london/about-healthy-early-years-london>



BRONZE AWARD APPLICATIONS

Great news – some of our providers are making excellent progress on their bronze applications by working with us. We have noticed that some providers are going directly online to start the Bronze award process.

Register for Healthy Early Years London [here](#). For more information, please contact childcare-support@royalgreenwich.gov.uk

- ✓ Register your setting online
- ✓ Completed next steps by attending healthy eating and menu planning training with us
- ✓ Post your sugar smart pledges
- ✓ Send in your menus,

Then approval review takes place and if you are ready, we will support you to move to the Bronze stage.

- ★ A reminder to contact us **before** you start completing your Bronze application.
- ★ You must use the Royal Greenwich template rather than submit your application directly online.
- ★ Each setting in a chain must apply individually

We have set up a quicker and more efficient process to move you through the application. This will be sent to you when you are ready to start working on the Bronze. You will be invited to attend a briefing with our Public Health lead on Healthy Early Years London and an Early Years Advisor to take you through.

Accompanying Evidence - these documents and policies must be included
Menu that meets Eat Better Start Better
Sugar Smart Pledge
Healthy Eating & Food Statement/Policy
Physical Activity Statement / Policy
Immunisation Statement/Policy
No Smoking, Alcohol and Drugs Statement/ Policy
Behaviour Policy



Community Hub

With the second lockdown, and winter approaching, things may get more difficult.

The Greenwich Community Hub offers lots of free support.

Whether you're isolating and don't have any friends, family or neighbours to help, if you're struggling to get food because of self-isolation or financial reasons, or if you're struggling with winter fuel bills and heating your home,

Call the Community Hub today to speak to a friendly advisor on 0800 470 4831.
Open Monday – Saturday, 8.30am – 6pm.

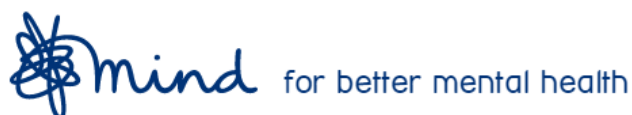
Mental Health



Now, more than ever, it's important to look after our mental health.

The second lockdown, along with darker evenings, may make us feel anxious, low and frustrated.

There's lots of support available and it's ok to ask for help. Visit '[Look After You](https://lookafteryou.org.uk/)' for information, advice and support. <https://livewellgreenwich.org.uk/lookafteryou>



Difficult feelings about the coronavirus pandemic

This page explains difficult feelings and emotions you might be experiencing about the coronavirus (Covid-19) pandemic. It also has tips on managing these feelings and where to get more support.

<https://www.mind.org.uk/information-support/coronavirus/difficult-feelings-about-the-coronavirus-pandemic/>



Happy Diwali to all those celebrating this weekend

Encourage parents and carers to learn more or celebrate Diwali online,

Royal Museums Greenwich will be hosting [free online stories, activities and more](https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light)

Saturday 14 November

<https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light>

Stories with Paul Chand



<https://youtu.be/M2byl4UeC34>



https://youtu.be/kF_wFXwedRg

Activities

Make a Rangoli decoration

<https://www.rmg.co.uk/family-activities/how-make-rangoli-decoration>

Make a Diwali lantern

<https://www.rmg.co.uk/family-activities/how-make-diwali-lantern>

How to make akki kadela bele payasa

<https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light/plate-india-akki-kadela-bele-payasa>

How to make Chilli Paneer

<https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light/plate-india-chilli-paneer>

How to make Sholay

<https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light/plate-india-sholay>

How to make Bhatura

<https://www.rmg.co.uk/see-do/exhibitions-events/diwali-festival-of-light/plate-india-bhatura>

Celebrating Diwali

The word Diwali means 'rows of lighted lamps'.

Diwali is known as the 'festival of lights' because houses, shops and public places are decorated with small oil lamps called 'diyas'.

Diwali always falls some time between October and November, but the exact date varies each year as the Hindu calendar is based on the Moon.

This year Diwali is on **Saturday 14 November**.

For many people this five day festival honours **Lakshmi**, the goddess of wealth. Lamps are lit and windows and doors are left open to help Lakshmi find her way into people's homes.

Other ways that Hindus celebrate the festival include:

- ☆ Spring-cleaning the home
- ☆ Wearing new clothes
- ☆ Exchanging gifts (often sweets and dried fruits) and preparing festive meals
- ☆ Decorating buildings with fancy lights
- ☆ Huge fireworks displays

You will need:

1 cup of Salt
2 cups of Plain Flour
1 cup of water

Add to a bowl and mix well.

Bake the lamps in the oven on 100 degrees for around an hour and a half.

Leave to cool.

Paint and decorate diyas ready to use



Sweet treats to make - Indian sweet rice is a firm favourite as a treat. The recipe below would be a lovely addition to your menu to celebrate Diwali. It's called kheer and it is like rice pudding.

Ingredients

1.1 litres/2 pints whole [milk](#)
2 tbsp [long-grain rice](#), such as basmati
4 whole green [cardamom](#) pods, lightly crushed
2 tbsp [sugar](#)
10 unsalted [pistachios](#) (Optional) substitute with choc chips, mixed seeds, sprinkles
To decorate
Vark (edible silver or gold leaf, available from specialist cake shops or some Asian grocers, optional)
extra [pistachios](#) (optional)



Pour the milk into a heavy-based pan and heat gently (you can preheat the milk in a jug in the microwave then transfer the hot milk to the pan, to save time, if you prefer)

Add the cardamom pods and rice to the milk.

Slowly bring to the boil then lower the heat and simmer rapidly, stirring from time to time to prevent the rice from sticking to the bottom of the pan. Simmer, stirring occasionally, until the milk is reduced by about half; this may take as long as 1¼ hours.

While the milk is simmering, roughly chop the pistachios.

When the milk has reduced by half or more, remove and discard the cardamom pods.

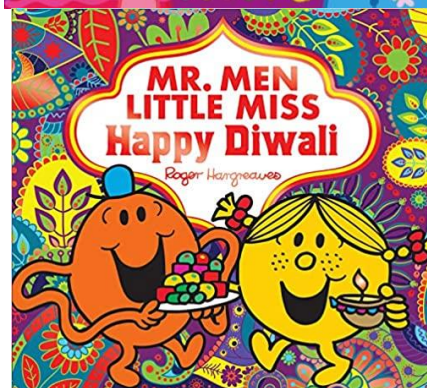
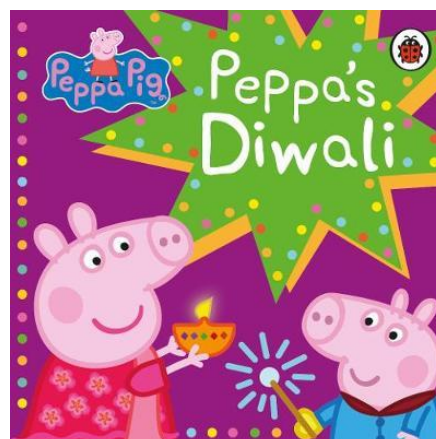
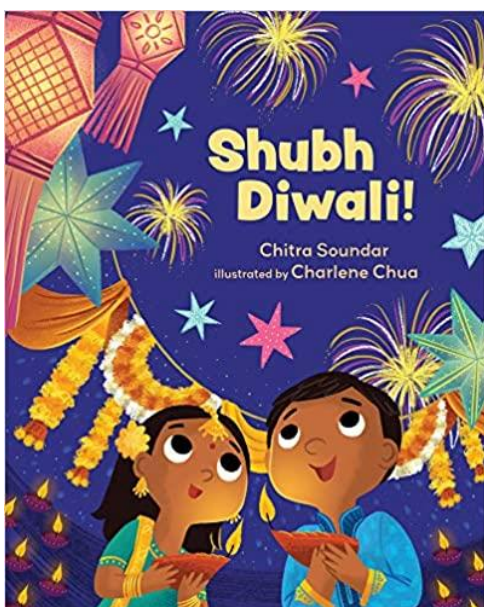
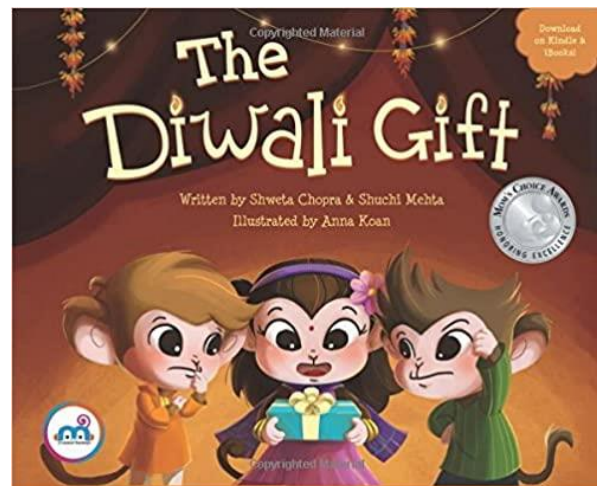
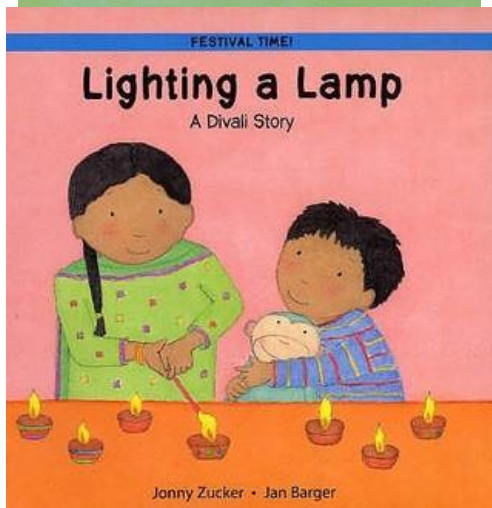
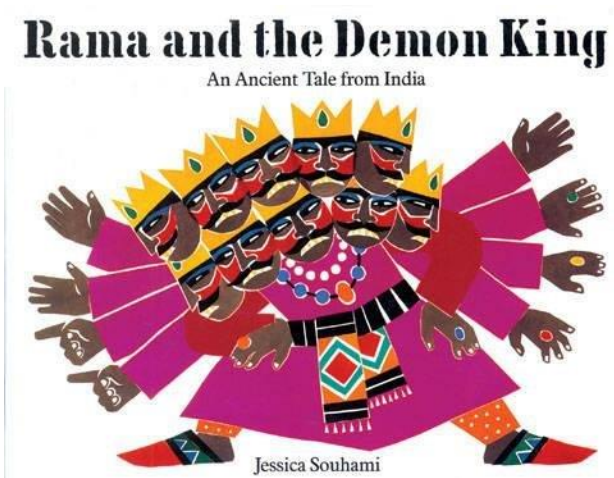
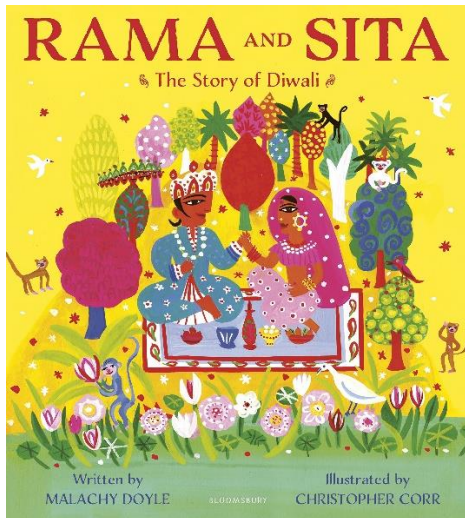
Transfer the rice pudding to a bowl. Add the sugar and taste, adding more sugar if you want it sweeter.

Add the chopped pistachios, stir well, and leave to cool.

Cover the bowl with cling film and cool in the fridge for at least four hours or overnight.

When ready to serve, spoon into individual serving bowls. Decorate with vark, if using.

Representation Matters - Diwali Stories





The snow must go on

While Royal Greenwich have had to postpone Christmas events until December when lockdown restrictions are eased, we will be virtually switching on our Christmas lights this weekend to light up lockdown and bring a bit of festive cheer to the borough. Keep an eye on our [Facebook page](#) where we will be live streaming the switch on and [‘like’ our page](#) to receive a notification when we go live.

Fabulously festive Christmas markets will also be popping up in Eltham, Woolwich, Thamesmead and Greenwich throughout December where you can discover handmade gifts and unique presents for loved ones or indulge in a tasty treat while supporting local traders.

Our enchanting winter light trail is now fully booked. You can [check back on our website](#) for any ticket cancellations.

ACTION FOR PROVIDERS – HAVE YOUR SAY!

Deadline for responses - Monday 16 November 2020



You may be aware that the Greater London Authority (GLA) is currently working with the Early Years Alliance and CEEDA to conduct research into the business support needs of London's early years sector.

As part of this process, the GLA are inviting London early years providers, sector stakeholders and suppliers of business support to share their views and help shape future support for the sector.

If you have already received this information through other channels please accept apologies for the duplication, all efforts are being made to spread the word and get great engagement with the project.

If you are an early education and childcare provider in London: please share your views on the business support that would help get you through and beyond the pandemic.

- If you are a registered childminder click [HERE](#)
- If you run a nursery, pre-school or maintained nursery school click [HERE](#)

If you are a sector stakeholder, and/or business support provider:

- If you work with the early years sector in London and/or provide business support services please click [HERE](#) to tell us about existing business support in London and how this can best be developed in the future.

Surveys will take between 10 and 25 minutes depending on your role, needs and circumstances.

Thanks for your help with this important research; your input is invaluable in helping us shape the support offered to the sector.

Early Years & Childcare Training

Safeguarding & Welfare	Intermediate Safeguarding	28/11/2020	09:30	12:30
Covid 19 Briefing NEW!	Covid 19 Update Briefing	19/11/2020	13:00	14:30
	Covid 19 Update Briefing	19/11/2020	19:00	20:30
	Healthy Early Years London <i>healthy eating & food hunger</i>	03/12/2020	19:00	20:30
Paediatric First Aid	Paediatric First Aid – blended	02/12/2020	08:45	16:00
	Paediatric First Aid – blended	12/12/2020	08:45	16:00
	Paediatric First Aid – blended	19/12/2020	08:45	16:00
	Paediatric First Aid – blended	13/01/2021	08:45	16:00
	Paediatric First Aid – blended	16/01/2021	08:45	16:00

1:1 slots to support Risk Assessments and Systems of Controls advice available or drop ins for advice

To schedule email childcare-support@royalgreenwich.gov.uk

Trainings & Briefings.

Please download free Zoom app on device of your choice <https://zoom.us/download>

 Book via usual Direct Services to Schools training link below. For info email eyc.training@royalgreenwich.gov.uk

[http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-\(pvi\)-and-childminders](http://servicestoschools.royalgreenwich.gov.uk/courses/private,-voluntary-and-independent-(pvi)-and-childminders)

Digital Offers by **Children's Centres** and **Greenwich Libraries**

<https://www.facebook.com/pg/Greenwich-Libraries-375637446612900/videos/>



Children's Centres

To get in touch with your local Children's Centre by phone – you can find their contact details here

https://www.royalgreenwich.gov.uk/directory/15/childrens_centres

EAST CHILDREN'S CENTRES

www.facebook.com/abbeywoodthamesmeadchildrenscentres

Telephone 020 8311 5491 / Email waterways@gll.org

SOUTH GREENWICH CHILDREN'S CENTRES

www.facebook.com/southgreenwichchildrenscentres

Tel: 020 8859 1110 / Email: SGCCSM@gll.org

GREENWICH WEST CHILDREN'S CENTRES

Website: <https://www.quaggydevelopmenttrust.org/>

Facebook: <https://www.facebook.com/quaggycc>

Follow Halo the Hippo <https://www.facebook.com/halothehippo>

CENTRAL GREENWICH CHILDREN'S CENTRES

<http://www.homestartgreenwich.org.uk/>

[Join us on Facebook](#) [Follow us on instagram](#)

East Children's Centres "Children Centres without walls"



We've missed you 😊

Join your Children Centre team for a catch up

DIGITAL OFFER
to reserve your place
020 8311 5491 x1

Monday	Singalong with Deni
Tuesday	Rhyme time with Elaine and Zoe, Cardio with Rosanna and Boys will be...with Kelly
Wednesday	Get Curious with Danielle, Story Time with Michelle
Thursday	Pilates with Rosanna, Live singalong with Deni and Cuddles
Friday	Mama Bakes and Story Time with Jane
Saturday	Storytime with Jacqui
Sunday	Fitness Fun with Cuddles

Waterways Children's Centre
Southwood Road SE28 8EZ
020 8311 5491 ext 1

Mulberry Park Children's Centre
Boxgrove Road SE2 9JP
020 8311 5491 ext 3

Discovery Children's Centre
Battery Road SE28 0JN
020 8311 5491 ext 4

Abbey Wood Children's Centre
Dahlia Road SE2 0SX
020 8311 5491 ext

BETTER
the feel good place


ROYAL borough of
GREENWICH

SOUTH GREENWICH CHILDREN'S CENTRES

Facebook: @southgreenwichchildrenscentres Instagram: @betterchildrenscentres_south Email: SGCCSM@gll.org Tel: 020 8859 1110

www.facebook.com/southgreenwichchildrenscentres

Sample Week

Monday 9 th	10am Ted and Flo start the week with a song	11am Morning Story	12noon Messy Play Monday	1pm It's a song and dance!
Tuesday 10 th	10am Flo starts the day with a song	11am Morning Story	12noon Get Crafty	1pm It's a song and dance!
Wednesday 11 th	10am Flo starts the day with a song	11am Morning Story	12noon Cook and no Book...it's a rap!	1pm It's a song and dance!
Thursday 12 th	10am Flo starts the day with a song	11am Morning Story	12noon Top Tips with our Therapists Occupational Therapy	1pm It's a song and dance!
Friday 13 th	10am Scooby Story Time with Ted	11am Top Tips with our Therapists Speech & Language	12noon Interactive Music	1pm It's a song and dance!
Saturday 14 th	10am Winter activities	11am Fun fitness with Flo		

GREENWICH WEST CHILDREN'S CENTRE DIGITAL OFFER

Website: <https://www.quaggydevelopmenttrust.org/>

Online calendar: <https://www.quaggydevelopmenttrust.org/live-calendar/>

Facebook: <https://www.facebook.com/quaggycc>

Twitter: @quaggycc www.twitter.com/quaggycc

Instagram: quaggycc1

Follow Halo the Hippo <https://www.facebook.com/halothehippo>

Family support

We continue to offer family support, but we will only be able to offer phone calls whilst we are in lockdown, we will try and guide you to the right agencies who can help with finances, housing, activities to do with your children at home and more.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity	10am Halo the Hippo Family Learning Activity
	3pm Music and Movement with Sharon			Sensory Play Session		
3.30pm Story Time with Quaggy staff	3.30pm Story Time with Quaggy staff	3.30pm Story Time with Quaggy staff	3.30pm Story Time with Quaggy staff	3.30pm Story Time with Quaggy staff		

CENTRAL GREENWICH CHILDREN'S CENTRE DIGITAL OFFER <http://www.homestartgreenwich.org.uk/>

[Join us on Facebook](#)

[Follow us on instagram](#)

[Follow us on Twitter](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
Homestart Greenwich YouTube channel Online Video Content	Reading Corner Various Staff, Volunteers and Service Providers will be sharing their favourite books – All Ages –	Interactive Music-Making (IMM) Therapy Targeted musical activities which encourages early childhood development with Oxleas Speech and Language advice Sessions How to advice sessions from the Speech and Language Therapist team	Tiny Feet An exciting introduction to dance and movement with We are Footsteps Walkers to Pre-school age	Laugh, Sing and Play Family laughter workshop with interactive games & songs with Video with Patricia Byrne 1yr-5yrs	Baby Play Story time and sing-a-long 0-12 months Fun Fridays: Miscellaneous fun-time videos from Staff, Volunteers and Service Providers All ages
Zoom Lessons/Sessions	ESOL 12.45pm-2.45pm Classes for adults wanting to improve their English and work towards a qualification. Mum's Aid Counselling Tailored one-to-one support for mums with postnatal depression and other mental health issues. 07758763908 Mindful Mums Group for pregnant and new mums to learn tips and techniques to look after themselves and build resilience to handle the stresses and anxieties of being a mum.	Greenwich Downs Group Greenwich Downs Group Parent-led support group, whose main aim is to provide support to families who have a member with Down's syndrome. Mindful Mums Group for pregnant and new mums to learn tips and techniques to look after themselves and build resilience to handle the stresses and anxieties of being a mum.	Taru Art Fantastic sessions 10am-11am – Interactive Storytelling, songs and crafts.	Special Babies and Children's Group 10.30am-11.15am – Friendly, supportive, parent-led group for babies and children under 5 with additional needs Beginners Ballet lessons 5.30pm-7pm To book a place call Nashira 07549 517 813 Young Mums Aid Provision of specialist counselling and support for pregnant and new mothers aged up to 21 years living in Greenwich. 07502 580928	Bouncing Babies 10am-11am This is a singing and signing session for parents which offers the opportunity for babies to experience music and singing accompanied with puppets, instruments and strategies to support early communication development.