

What's in the April edition

- Headcount reminder
- Family Hub Briefing By Invite Only
- Mental Health & Wellbeing

Online Suicide Awareness Training link Mental Health Awareness Training – II May MIND –coping in a crisis

- Children's Health Vaccines
- Equality & Equity Charter
- Home Learning & Early Language Eid Celebrations
- Cookery Club
- Summer Training programme
- Ditesize Webinars: in case you missed it
- DFE Update Childcare Regulatory Changes
- Ofsted New Adult in Childminder Home
- Together for Twos
- Tax Free Childcare
- Childcare Choices
- Start Well Greenwich

Keeping Children Safe

- Safeguarding Bitesize Webinars
- Carrie Babies Safer

Coping with Crying Safer Sleeping

Updated Safeguarding Useful Numbers



Main telephone lines are fully available and open between 9am - 5pm Mon - Fri

Parents 020 8921 6921 FIS@royalgreenwich.gov.uk



Providers 020 8921 3877 Childcare-support@royalgreenwich.gov.uk



Miss a copy of the e-bulletin? Catch up here and check out links to important information sources

Key information and resource links for early years and childcare providers | Early Years team information (for providers) | Royal Borough of Greenwich (royalgreenwich.gov.uk)

FUNDING CLAIMS SUBMISSION: HEADCOUNT 2022/23

Summer 2023: I April to 31 August
School Term Dates: Monday 17 April to Friday 21 July (3 INSET days)

Main Funding Claim Period Open for Submission

From Monday 17 April to Friday 26 May

Please submit main claim by headcount date and any amendments no later than one week

Summer 2023 Headcount Day

Thursday 18 May

- Pupils <u>must</u> be in your setting on <u>Thursday 18 May</u> to make a funding claim. Please submit main claim by this date.
- All amendments must be submitted by Friday 26 May
- Any late starters and early leavers during the term after headcount <u>must</u> be notified to <u>eyc-funding@royalgreenwich.gov.uk</u> by email

Summer	Easter holiday: Monday 3 April to Friday 14 April 2023	12 weeks
Term		(less 3 INSET days)
Dates	Term time: Monday 17 April to Friday 26 May 2023 (except May Day Bank Holiday on 1 May)	
	Half-term holiday: Monday 29 May to Friday 2 June 2023 (Spring Bank Holiday on 29 May)	
	Term time: Monday 5 June to Friday 21 July 2023	

IMPORTANT NOTE

If children have left your setting, please delete their child record rather than just add 0 (zero) hours – this will avoid unnecessary checking and delay in processing payments.

FOR INVITED PROVIDERS ONLY — THIS PILOT WILL BE EXTENDED OVER THE NEXT 2 YEARS. PLEASE DO NOT ATTEND <u>UNLESS INVITED BY EMAIL</u> — YOU WILL BE TURNED AWAY

FAMILY HUB BRIEFING

either 3 - 5 pm or 7-9 pm Thursday 20 April The Gallery, The Woolwich Centre

We are delighted to invite you to our briefing about minding the gap in early language, strengthening parental involvement in home learning and supporting young children's emotional security and development to improve outcomes





JOIN THE FAMILY HUB
NETWORK- FREE TRAINING,
MENTORING AND RESOURCES
FIND OUT ABOUT PROGRAMMES

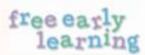
Bouncing Babies
Rhythm & Rhyme
Makaton Signing
Tots Talking
Early Talk Boost
Solihull Approach

CONFIRM YOUR ATTENDANCE EYC.TRAINING@ROYALGREENWICH.GOV.UK
PLEASE DO NOT SHARE FLYER - THIS IS AN INVITE FOR YOUR SETTING ONLY







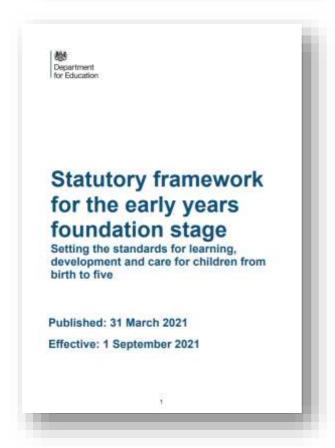


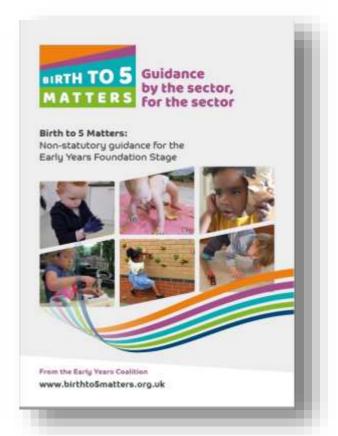


Get all 4 EYFS hard copy books free (worth £25.40) when you attend family hub briefing where invited









Downloads also available here

- Development Matters
- EYFS Framework
- Birth to 5 Matters
- Progress Check at 2





News story

Statement from His Majesty's Chief Inspector

Ruth Perry's death was a tragedy. Our thoughts remain with Ruth's family, friends and the school community at Caversham Primary. I am deeply sorry for their loss...The sad news about Ruth has led to an understandable outpouring of grief and anger from many people in education. There have been suggestions about refusing to co-operate with inspections, and union calls to halt them entirely.

I don't believe that stopping or preventing inspections would be in children's best interests. Our aim is to raise standards, so that all children get a great education. Inspection plays an important part. Among other things, it looks at what children are being taught, assesses how well behaviour is being taught and managed, and checks that teachers know what to do if children are being abused or harmed. We help parents understand how their child's school is doing and we help schools understand their strengths and areas for improvement. It's important for that work to continue.

The broader debate about reforming inspections to remove grades is a legitimate one, but it shouldn't lose sight of how grades are currently used. They give parents a simple and accessible summary of a school's strengths and weaknesses.

Amanda Spielman, 24 March 2023

https://www.gov.uk/government/news/statement-from-his-majestys-chief-inspector

Early Years & Childcare Support & Signposting

Take time to reflect on the impact on you and your staff at the death by suicide of Ruth Perry and how you can support yourself and your colleagues though the professional, emotional and mental health challenges. In partnership with Public Health and the Bridge, Mental Health Awareness virtual briefing has been organised on **Thursday I I May at 7pm** for you and your colleagues to attend and share your worries and find out where to go for help.

Email eyc.training@royalgreenwich.gov.uk to book or visit the training portal to book at

https://servicestoschools.royalgreenwich.gov.uk/courses/pvi?page=2



https://www.samaritans.org/how-we-can-help/contact-samaritan



116 123



io@samaritans.org



Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

childline

If you're under 19, you can also call <u>0800 1111</u> to talk to <u>Childline</u>. The number will not appear on your phone bill.



20 minute suicide awareness training (zerosuicidealliance.com)

FREE online training courses are available at Zero Suicide Alliance – these teach you the skills and confidence to have a potentially life-saving conversation with someone you're worried about.

Suicide Awareness Training – full version is 20 minutes with shorter gateway module is also available.

What you'll learn

- How to spot suicide warning signs
- How to have a conversation with someone you're worried about
- Where to signpost to for further support
- Suicide is preventable

Let's talk about mental health in our educational settings



MENTAL HEALTH AWARENESS

FREE, LOCAL MENTAL HEALTH AWARENESS AND SIGNPOSTING TRAINING

7 - 9 PM THURS 11 MAY ONLINE VIA ZOOM

To book, email eyc.training@royalgreenwich.gov.uk or

https://servicestoschools.royalgreenwich gov.uk/courses/pvi



- An understanding of what mental health and mental illness is, as well as the impacts of stigma and discrimination.
- How to feel confident and safe in having supportive signposting conversations.
- Knowing where to appropriately signpost for further help and support, including in a crisis situation.
- How to look after your own mental health and wellbeing.







If you can't make the training on Thurs 11 May organised Early Years & Childcare, you can find other dates below

Free, local Mental Health Awareness and Signposting Training both face-to-face and over zoom is now available for any front-line staff or volunteers working in the borough. The training will cover:

- An understanding of what mental health and mental illness is, as well as the impacts of stigma and discrimination.
- How to feel confident and safe in having supportive signposting conversations.
- Knowing where to appropriately signpost for further help and support, including in a crisis situation.
- How to look after your own mental health and wellbeing.

To view dates and book your place click <u>here</u>.

A certificate is available upon completion of the training and evaluation form. This training is delivered by local mental health organisation, Bridge and commissioned by the Royal Borough of Greenwich.

https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/

10 stress busters



https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/

What can I do to help myself cope?

If you're feeling overwhelmed or out of control, you might want to try different methods of calming yourself down. There are some specific strategies that a crisis team might try to use with you to manage and minimize any symptoms you might be experiencing.

Coping techniques are simple exercises that try to accept, address and reduce the things you are experiencing.

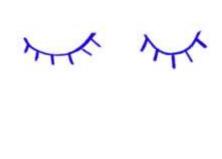
I want to try...

Making a plan for the next few hours

Relaxing and calming exercises

Coping with scary thoughts







Getting through the next few hours

Get through 5 minutes....

Try and think short term. Just think about getting through this one step. Look at a clock and see what the time it will be at the end of this activity and focus on that. Try not to think about what to do afterwards.

Here are some suggestions by people who have been through something similar to what you're feeling right now, but if they've worked for someone else, maybe they will work for you.

- Listen to a 5 minute song
- Do this 5 minute meditation

- Read one page of a book or magazine
- Make a hot drink
- Put on some moisturiser
- Stroke a pet
- Do some star jumps
- Do this 5 minute breathing exercise

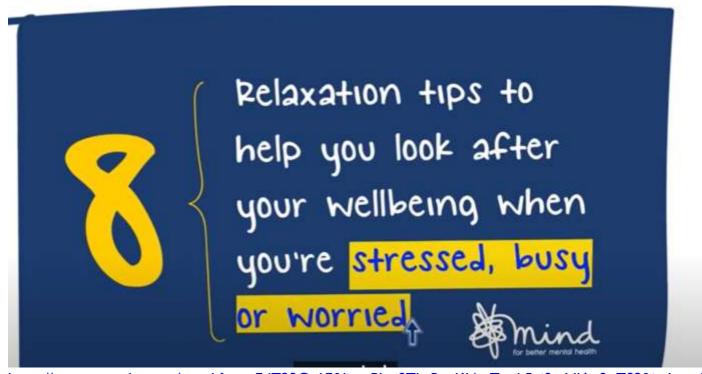
In the next 5 minutes I am going to...

Relaxing and calming exercises

If you are feeling anxious, scared or panicked there are many things you can do to help yourself cope. A common – and natural – response to anxiety is to avoid what triggers your fear, so taking any action might make you feel more anxious at first. It can be difficult, but facing up to how anxiety makes you feel can be the first step in breaking the cycle of fear and insecurity. Here are some simple exercises you can try that might calm you down.

Relaxing and calming exercises - Mind

Watch this YouTube video



https://www.youtube.com/watch?v=cyEdZ23Cp1E&list=PLw8TLvRgeKJ4mTvgib5ej9-yNIAp9 ZS8&index=4

Coping with scary thoughts

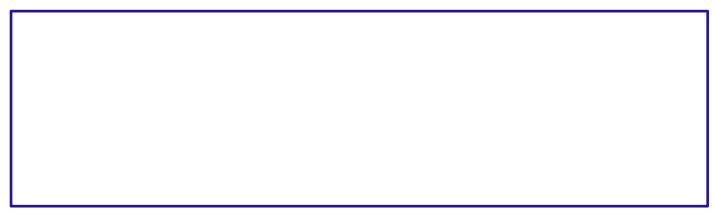
If you are having thoughts that frighten or alarm you but it's not an emergency, there are some steps you can take to coping and managing in your day to day until those thoughts go away. This could include thoughts about suicide, harming yourself, harming others, or hearing voices and other hallucinations.

Describe your thoughts

It might help to write down how you're feeling. This is a safe space where you can reflect, try to clear your mind and attempt to make sense of what you're experiencing.

And then you can throw away the bit of paper or head over to the Mind website and do the exercise there

https://www.mind.org.uk/need-urgent-help/what-can-i-do-to-help-myself-cope/coping-with-scary-thoughts/



Or try this 60 second meditation

A 60-second meditation tool to help clear your mind (pixelthoughts.co)



Silk – Interactive Generative Art (weavesilk.com)



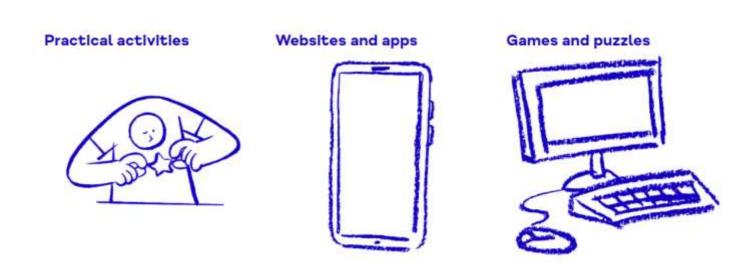
How can I distract myself?

How can I distract myself - Mind

If you are finding it difficult to process what you're going through, you might prefer to shift your attention onto something else for a while.

This is where you can take a break and immerse yourself in a soothing or relaxing activity that you enjoy.

I want to try...



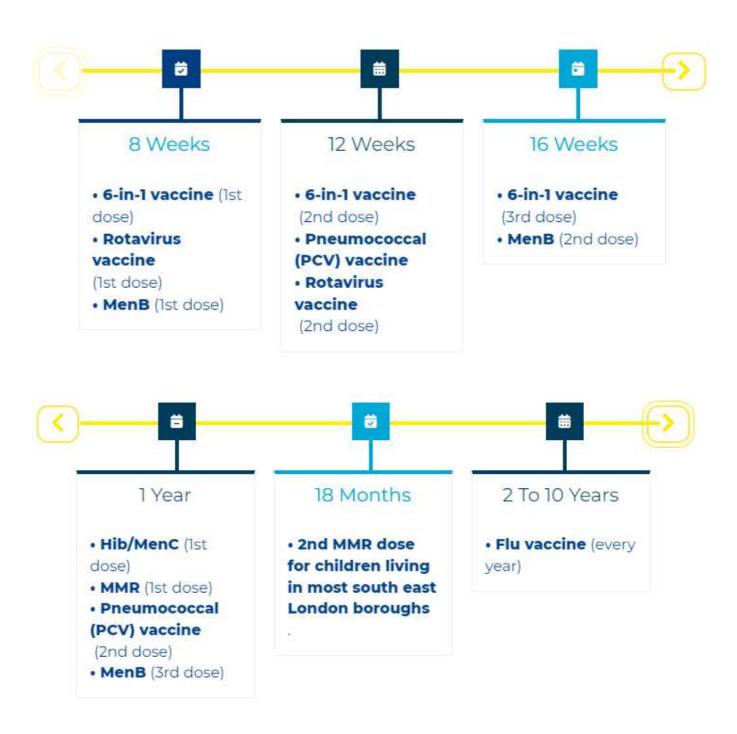
Practical activities - Mind

Videos, websites and apps - Mind

Games and puzzles - Mind



https://www.selondonics.org/childrenshealth/





Did you know?

- Vaccines reduce the spread of infectious disease and even get rid of some completely
- When enough people get vaccinated, it's harder for a disease to spread to those who can't have vaccines
- Getting vaccinated protects not only you but also your family, friends and community
- Vaccines are made to prevent people from getting serious infectious diseases. It's much safer for your immune system to learn to fight illness through vaccination than by catching and treating them.

Failing to protect children increases risk to health

In recent years, fewer children have been getting vaccines they need to help prevent illness now and in future.

In 2021, nearly 15% of children in London didn't have their 6-in-1 vaccination – which protects against diphtheria, pertussis, tetanus, polio, disease caused by Haemophilus influenzae type b and hepatitis B.

In 2021 – 2022, only 79.9% of children in London had their vital MMR vaccine – protecting them against measles, mumps and rubella.

The numbers of children having both vaccines are well below the World Health Organisation target of 95%. That's why we are encouraging parents and carers to find out more and ensure their children are up to date with their vaccine schedule – also known as their 'Red Book'. (Source)

Have you signed up yet?

FAIRER SAFER ACCESSIBLE INCLUSIVE

Royal Borough of Greenwich Equality and Equity Charter

Everybody counts - a pledge for equality across Royal Greenwich

Royal Greenwich is a vibrant borough with a growing diverse population. We share an ambition to create a fairer, safer, accessible and inclusive borough where everyone feels they belong, has a voice and an equal opportunity to succeed and thrive.

We are committed to making a real difference by:

- making Royal Greenwich a welcoming borough where everyone feels they belong
- inspiring trust and confidence in all the borough has to offer
- recognising, valuing and celebrating diversity
- listening to and understanding the diverse needs of all people
- building good relations and understanding between people
- creating a fairer borough through promoting inclusion, participation and equal access
- challenging discrimination,
 harassment, bullying, hate crime and victimisation
- eliminating barriers, encouraging a growth mindset, raising aspirations and creating opportunities for growth beyond limit.

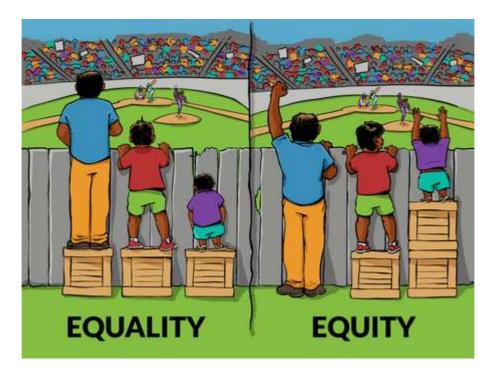
As an organisation we will:

- actively promote equality work with partners and the
- community to make our information, services and products more accessible and inclusive
- put equal opportunity at the heart of our recruitment, employee development and service delivery
- continually review the diversity

 of our workforce and ensure
- of our workforce and ensure it's representative of our local community across all levels
- address all allegations of
 discrimination, harassment, bullying and victimisation
- promote good relations between people from different backgrounds
- share good equality practice with our partners
- measure and share our progress and success.



Sign up here!



The Equality and Equity Charter sets out pledges to promote the values of equality, diversity, and inclusion.

Royal Greenwich is a vibrant borough with a growing diverse population. We share an ambition to create a fairer, safer, accessible, and inclusive borough where everyone feels they belong, has a voice and an equal opportunity to succeed and thrive.

All early years and childcare providers are invited to adopt the values and principles in the charter in everything that they do so that we can unlock opportunities for all children, families and staff across our borough.

Royal Greenwich primary schools and settings are signing up, including childminders - have you signed up yet?

You will get a certificate to display for parents and carers to demonstrate your commitment.

The new Service Level Agreement is due and will include a commitment to the Charter so don't delay.

It's quick and easy ... Sign up now on link below or scan QR code with your phone camera

https://www.royalgreenwich.gov.uk/xfp/form/677

Sign our Equality and Equity Charter



https://www.ed.ac.uk/equality-diversity/students/microaggressions/what-are-microaggressions



TINY Happy PEOPLE Your words build their world

https://www.bbc.co.uk/tiny-happy-people/eid-activities-young-children/z7ddjsg

Blogger Safeeya Habaik shares some of her favourite Eid ideas and activities



Decorate your home together

Nothing gets little ones more excited than the anticipation of a celebration. Putting up decorations is a big part of that.

Feeling the different textures and bright colours of the decorations can be great tactile, sensory play for younger ones. Whilst older children can get involved by creating DIY decorations.

Get crafty with Eid cards

The great thing about making cards is that it's easily adaptable for any age group. It can be a fun family activity but equally can encourage focused time and independent play in older children. And you can always spread the Eid spirit by dropping your homemade cards through a neighbour's letterbox.

Why not try finger painting a night sky or creating a collage mosque with different paper and fabrics? And if you're feeling really creative you could even make gift tags.

Bake and share Eid treats

Depending on your child's age they can either help bake the sweet treats or just have fun decorating them. And if you're short on time, shop-bought treats do the trick just as well.

Wrap them up for friends and family. You could even turn it into a fun feelings game, asking your child how they think someone might feel to receive this gift.

Check out this BBC Food Eid collection for a whole range of sweet treat inspiration.



Thank you for...

Singing Eid takbeer as a family

Celebrations of any kind can often be hectic and a little overwhelming for children (and sometimes parents too).

Take a moment during the busy celebrations be mindful and give thanks. Why not start by telling your little ones the thing you are most excited and thankful for this Eid? And then ask them to do the same.

Children are usually great at coming up with their own suggestions.

A big part of Eid is singing the Eid takbeer (a song of thanks and praise to God). This is a lovely activity to get the whole family involved with.

Singing and music are great for your child's development.

Even young babies can pick out rhythms in a piece of music and singing together can help with their memory and listening skills.

Giving and sharing

Eid is a great opportunity to encourage children to think of others and learn to share.

Why not explain to your child that there are children that don't have many toys or new clothes. Encourage them to pick out a toy from the shops, or from their own collection, that they would like to give away. Then wrap them up and donate them to your local mosque to be given out on Eid.



Eid day treasure hunt

This is always a family favourite and a nice way to gather the children together for a group activity.

It can be lots of fun outdoors but is equally great indoors (or a bit of both!).

Once you've hidden the treats you can make clues, draw a map, or if you're short on time just point in the direction of the hidden treats and play the hot and cold game. Adapt the clues based on the age of your child.

A treasure hunt is a great way to have fun with your child and encourages lots of conversation.

Eid is a time for giving, but who says it has to be bought gifts?

I'm a firm believer that Eid presents don't have to be expensive. In fact, spending quality one-on-one time with your children is the most precious gift you can give. Here are some alternative gift ideas that won't break the bank:

An experience Why not create your own unique gift token with a list of possible activities for your little one to choose from? These could include camping out in the garden, a picnic outing, or experiencing nature together.

Something homemade Make a craft bundle. It could include coloured paper, stickers, petals, finger paints and socks (to make sock puppets).

Something from nature Pick a pretty Eid bouquet from your garden or a treasure basket full of natural items for your little one to explore. This is great for their sensory development. Chat together about the different textures, smells and colours that you've found.

Make your own sun catcher

An Eid twist on a classic craft. Not only are crafty activities packed with sensory experiences to inspire your child, but they are a fun and relaxed way to spend time together.

You don't need to be super artsy to get creative and don't worry about making a really beautiful sun catcher – just focus on having fun and celebrating the occasion.

You will need:

- Clear vinyl / sticky back plastic or some card (optional)
- Tissue paper
- Scissors
- Pen
- Tape

There are two versions of this craft. One that uses the sticky back plastic and one that uses cardboard.



Version one

Peel back the cover film from the vinyl. Draw a crescent moon or star shape.

Encourage your child to rip up pieces of colourful tissue paper and place them onto the sticky vinyl.

Then stick a second layer of vinyl on top and cut out your decorated shape. Then you're ready to tape it onto a window for a pretty stained glass effect.

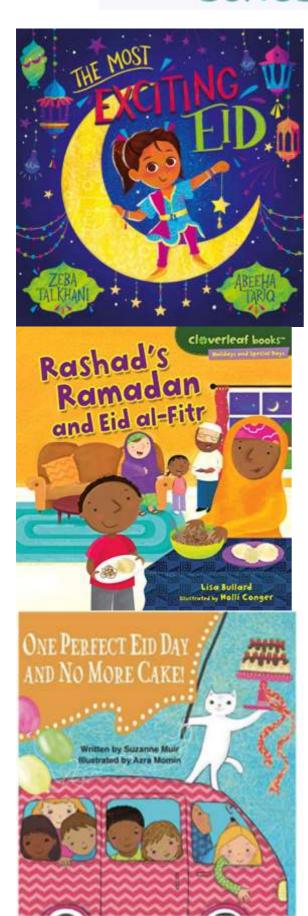
Version two

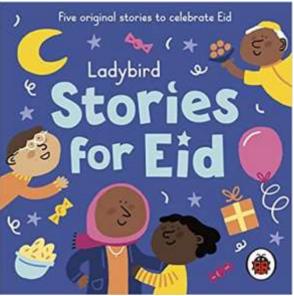
Cut out the outline of your chosen shape in the card. You will also need to cut out the middle, leaving only a border.

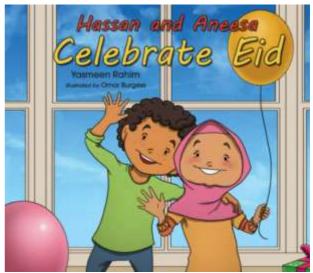
Do this again, so that you have two versions of this shape.

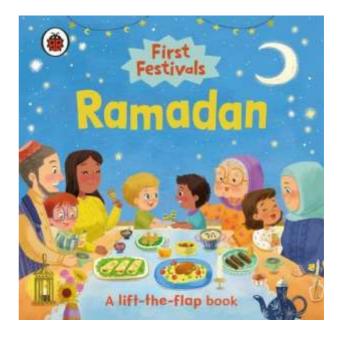
Ask your child to choose their favourite colour of tissue paper and lay a sheet of it in between the two cardboard outlines. Cut the tissue paper to size, so you can only see it inside the cardboard border. You can stick this together however you want, using either glue, tape or staples.

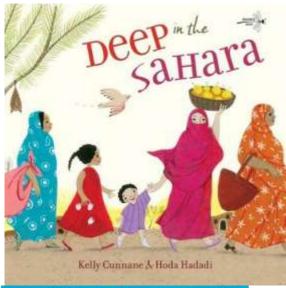
SHARING BOOKS SONGS & RHYMES

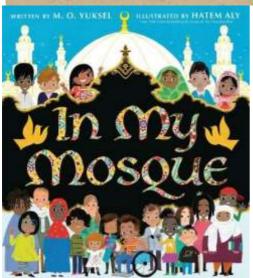


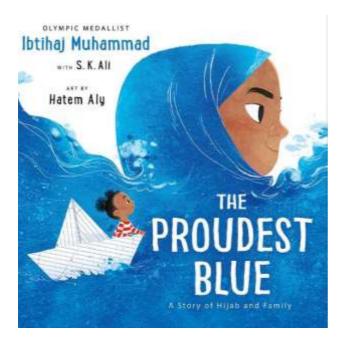


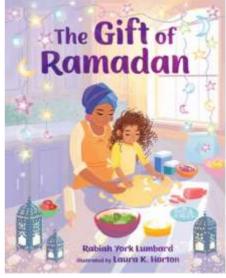


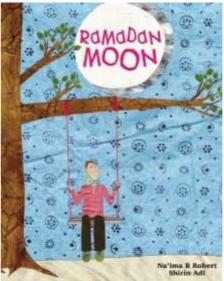












Listen and read along to Olympic swimmer, Ibiihaj Muhammed, as she reads her book <u>The Proudest Blue</u>



https://www.youtube.com/watch?v=cfmc_llybcU





Ramadan is a very important time in the Islamic calendar, and Muslims all over the world have been taking part.

Watch the CBBC Newsround videos to learn about Ramadhan and Eid

Ramadan: What is Ramadan?

Read on to find out more about what Muslims traditionally do during this month, and why it is so important to them.



https://www.bbc.co.uk/newsround/23286976

What is Eid? What is the difference between Eid al-Fitr and Eid al-Adha?



https://www.bbc.co.uk/newsround/41124480



We are pleased to announce our next round of Cookery Clubs. Please share with your networks.

The Cookery Clubs are back!

Eat well for less, meet new people, learn fresh skills!

GCDA runs FREE 5-week face to face cooking sessions showing you how to make small changes that can make a big difference to your health and your pocket!

Join us in person with our incredible tutors who will show you how to prepare delicious, mouth-watering and healthy meals. Participants receive a FREE cookery book upon completion!

Where: Glyndon Community Centre, 75 Raglan Road, Plumstead, SE18 7LB

When: Every Tuesday for 5 weeks, starting 25th April – 23rd May

Time: 10.30am – 1.00pm

Where: Trinity Methodist Church, 265 Burrage Road, Plumstead, SE18 7JW

When: Every Thursday, for 5 weeks, starting 27th April – 25th May

Time: 10.30am – 1.00pm

Where: Middle Park Community Centre, 150 Middle Park Avenue, Eltham, SE9 5SD

When: Every Thursday, for 5 weeks, starting 27th April – 25th May

Time: 10.30am – 1.00pm

Where: Clockhouse Community Centre, Defiance Walk, Woolwich Dockyard, SE18 5QL

When: Every Saturday for 5 weeks starting 29th April – 27th May

Time: 12.30pm – 3.00pm

For more info or to book, please call 0800 470 4831 and ask for cookery clubs or email cookeryclubs@gcda.org.uk

Early Years & Childcare TRAINING PROGRAMME

Area	Training Courses and Workshops	Day	Dates	Start	End	Method of delivery	Cost
Safeguarding & Welfare	Child Sexual Exploitation and County Lines	Wednesday	10 May	12:00	13:00	Zoom	Free
Safeguarding & Welfare	Designated Safeguarding Person	Thursday	11 May	09:30	17:00	In person	£60
Safeguarding & Welfare	Mental Health Awareness & Signposting	Thursday	11 May	19:00	21:00	Zoom	
Safeguarding & Welfare	Having Difficult Conversations with Parents	Wednesday	17 May	12:00	13:00	Zoom	Free
Learning & Development	Safeguarding Forum	Thursday	18 May	18:30	20:30	In person	Free
Learning & Development	Equality Diversity & Inclusion	Saturday	20 May	09:30	12:00	In person	£30
Ofsted Readiness	Looking Ahead to Ofsted	Tuesday	23 May	19:00	21:00	In person	Free
Safeguarding & Welfare	HAF Paediatric First Aid	Saturday	27 May	08:45	16:30	In person	£42
Safeguarding & Welfare	Staff Wellbeing	Wednesday	07 June	12:00	13:00	Zoom	Free
Safeguarding & Welfare	Prevent Duty	Thursday	08 June	19:00	20:30	In person	£IO
Learning & Development	HAF Designated Safeguarding	Saturday	10 June	09:30	17:00	In person	£75
Ofsted Readiness	Ofsted Trends	Thursday	15 June	19:00	21:00	Zoom	Free
Safeguarding & Welfare	HAF Intermediate Safeguarding	Saturday	24 June	09:30	17:00	In person	£75
Safeguarding & Welfare	Intermediate Safeguarding	Saturday	01 July	09:30	13:00	In person	£45
Safeguarding & Welfare	Safer Recruitment	Thursday	06 July	09:30	12:30	In person	£45
Safeguarding & Welfare	Designated Safeguarding Person	Saturday	08 July	09:30	17:00	In person	£60

Cancellation Policy

Must be made in writing by e-mail at least 5 working days before the course eyc.training@royalgreenwich.gov.uk

Where cancellation is not received, and you do not attend the training you will be charged the full amount



PROVIDER PEER NETWORK

Childminders and Groupcare Managers have an independent network of peer support

If you would like to join, send an email to childcare-support@royalgreenwich.gov.uk and you'll be linked in

Paediatric First Aid Training Dates



Day	Dates	Start	Finish
Wednesday	19 April 2023	08:45	16:30
Saturday	22 April 2023	08:45	16:30
Wednesday	10 May 2023	08:45	16:30
Saturday	20 May 2023	08:45	16:30
Wednesday	07 June 2023	08:45	16:30
Saturday	24 June 2023	08:45	16:30
Saturday	08 July 2023	08:45	16:30
Wednesday	12 July 2023	08:45	16:30

IMPORTANT NOTICE

You <u>must</u> complete the online part of PFA <u>before</u> you attend the in-person date. You will be sent a link in advance of the in-person date.

You must arrive on time so leave good time for your journey. If you are late, you will not be permitted entry and will still be charged. This is to ensure you complete the hours required for certification.

There is an exam which you must pass before receiving your certificate on the day.

If you do not pass, you will need to do the course again to safely embed your knowledge and practice. You will have to re-book and pay for the course again.



TO BOOK ALL TRAININGS

Most trainings are now in person so please check if via Zoom or in person

If you fail to attend training or fail to provide at least one week's notice of cancellation, you will be charged the full amount if your place cannot be filled

- For information about training or enquiries, email eyc.training@royalgreenwich.gov.uk
- Book via usual Direct Services to Schools below or the attached OR code
- <u>Courses (royalgreenwich.gov.uk)</u>
 https://servicestoschools.royalgreenwich.gov.uk/courses/pvi



Bitesize Webinars

Courses (royalgreenwich.gov.uk)



A series of one-hour free webinars at lunchtime with Early Years & Childcare Advisors to share key messages about important themes. You may use these for your staff training and inductions.

If you missed it, see the link below

https://www.youtube.com/playlist?list=PLUxwqjqbWABbEd-ZU6vDDxtLxt8ta9nFg



Free virtual trainings available include

- 2 Year Integrated Review
- FGM
- LADO and managing Allegations
- Emergency Planning
- Communication & Language
- Ofsted Trends
- Hygge Learning Environment

Training support available from DFE



The National Professional Qualification in Early Years Leadership (NPQEYL) is a free, high quality and evidence-based leadership course provided through the Department for Education. It's designed for current and aspiring nursery leaders, childminders, and leaders of school-based nurseries to help develop the knowledge and skills to lead a setting and boost early years development to ensure every child has the best start in life

https://foundationyears.org.uk/2023/01/blog-department-for-education-offers-free-high-quality-leadership-training-for-leaders-of-pvi-nurseries-and-other-early-years-settings/



The Early Years Professional Development Programme has now closed accepting applications for February 2023 with Cohort I paticipating in learning. Good luck to our Greenwich providers who have joined!

The programme will be open Cohort 2 soon. Meanwhile have a look at the training.

The training is designed for childminders and early years practitioners, qualified to Level 3 or above, who regularly work with disadvantaged children aged 2-4 (*eligibility criteria applies).

To find more information on eligibility and how to apply please visit the website. Early years practitioners should discuss with their line managers before applying

https://www.earlyyearspdp.com/about-the-programme/

Help for early years providers

Guidance for people who work in early years, from the Department for Education.

The <u>Help for early years providers</u> has a wealth of information that can help. For example, there's useful advice on <u>reducing paperwork</u> so you have more time to focus on areas such as <u>sensory food</u> <u>education</u>.

Early years child development training



This training:

- is free for childminders and nurseries
- combines theory with practical tips and ideas to use in your setting
- includes opportunities to reflect on your practice
- reinforces your understanding through learning check questions and tests
- links to additional resources
- offers the opportunity to download certificates of completion
- has been developed by expert practitioners

Early years child development training: Home page (education.gov.uk)





DFE

Education Hub Blog

Childcare Regulatory Changes

Government consultation response

March 2023

- Government will proceed with changing staff:child ratios from 1:4 to 1:5 for two-year-olds new statutory minimums. Providers will continue to decide the staffing levels to meet the needs of the children in their care in discussion with parents
- September 2023 subject to parliamentary procedure. DFE say: Changing minimum staff:child ratios will give providers greater flexibility over how they run their businesses, without compromising on children's safety or the quality of provision
- clarifying in the EYFS that childminders can care for more than the specified maximum of three children under the age of 5 if they are caring for siblings of children they already care for (rather than just 'babies'), or if the childminder is caring for their own baby or child (rather than just 'baby').
- DFE will proceed with changing the EYFS to make explicit that "adequate supervision" while children are eating means that children must be in sight **and** hearing of an adult.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1142987/Childcare_regulatory_changes_government_consultation_response.pdf





Ofsted

Early years inspection handbook

Ofsted education inspection framework (EIF) inspections and the early years foundation stage (EYFS)

Guidance

Childminders: report new adults in the home

You must tell Ofsted about new people aged 16 or over who live or work in the home you look after children in within 14 days. This includes children who turn 16.

This new service replaces the EY2 and EY3

- I. What you must do
- 2. New adults in the home
- 3. Household members and visitors
- 4. What the new adults on your childcare premises must do
- 5. Tell us about new adults in the home you look after children in
- 6. What happens next
- 7. Childminder assistants

Until the new adult have received their enhanced Disclosure and Barring Service (DBS) certificate with barred lists), anyone who counts as a new adult in the home cannot be left unsupervised with those children. Do not wait for the new adult's DBS to arrive to tell Ofsted about them. Ofsted recommends new adults then join the DBS Update Service to keep their details up to date.

Tell Ofsted about new adults >

https://www.gov.uk/guidance/childminders-report-new-adults-in-the-home







Dear colleagues,

We would like to thank you all for encouragement and support in assisting parents to apply online for their Together for Twos places and following on from a year of successful online applications and ironing out system issues, we are making the move to totally remove the use of placement forms for children entitled to a place under **economic criteria** from Summer Term 2023.

For any new placements from I April 2023

Settings will not be able to claim funding for economically entitled children unless they have a **valid** eligibility code that parents have applied for online

Going forward, *placement forms can only be used* if parents have been checked at a Children's Centre under the additional criteria:—

- Children in our Care
- SEND (DLA or EHCP)
- Special Guardianship/adoption order
- Nil recourse to public funds

Please do continue to help parents who may struggle to apply online as you have been.

For any parents/carers who apply online and have any issues or receive a *not found* result but still believe they are entitled, please continue to refer to FIS

FIS@royalgreenwich.gov.uk

Please find attached the updated placement form to reflect these changes, evidence and thresholds document and a copy of the T4T online info for parents/carers.

Please cascade this information to all relevant colleagues.

Kind regards

Rachel Dunn (she/her)

Senior Families Information Officer

Early Years & Childcare with SENDIASS and Families Information Service

Royal Borough of Greenwich

FIS Helpline - 020 8921 6921



Together for Twos Flowchart for Early Years Settings & Children's Centres

FIS

- Full DWP list shared with Children's Centres (forwarded by PAS)
- Import and check all online 2 year olds applications
- Confirm eligibility of extended criteria Children in our Care (previously LAC), SEND (DLA, EHCP), SGO/Adoption, nil recourse to public funds

All parents / carers

• Contact parent inviting them to apply online or to local Children Centre for support in applying or checking eligibility criteria

CC

• Extended criteria parents/carers

- Complete placement form with parent/carer
- Confirm age of child, verify and record documentary evidence
- Check eligibility with FIS Children in our Care (previously LAC), SEND (DLA, EHCP), SGO/Adoption, nil recourse to public funds
- Keep copy of placement form on EiSi
- Email copy of password protected placement form to FIS (please use password T4T2017)
- Broker a place with approved providers only and send password protected form where requested
- Parent takes original form to provider



- Obtain eligibility code for child before placement and double check eligibility on portal
- Request copy of Children's Centre completed Together for Twos placement form if extended criteria and keep with child records
- Submit funding claim as advised each term



INCOME EVIDENCE for use by CC and FIS only

Evidence required for Nil Recourse families

All applicants will be required to present a copy of their Biometric Residents Card (BRC) displaying their nil recourse status and must also meet these **income requirements:**

£34,500 for families within London with one child

£38,600 for families within London with two or more children

This includes any wider income or support applicant/s may be receiving in addition to any earnings from employment.

Families must also declare that they have no more than £16,000 in savings.

Income evidence should include 2 of the following

- P60
- Pay slip
- Bank statement
- Letter from employer or bank



Some parents and carers are now able to apply online to find out if you are eligible for a Together for Twos place. This means if your child is eligible, you will be able to take up their place quickly and easily as you can go along to an approved childcare providers once you have completed the application online.

- I. If you receive any of the following benefits you will be able to apply online. Your Children's Centre can also help you to get online.
 - Income Support
 - income-based Jobseeker's Allowance (JSA)
 - income-related Employment and Support Allowance (ESA)
 - Universal Credit if you and your partner have a combined income from work of £15,400 or less a year, after tax
 - tax credits and you have an income of £16,190 or less a year, before tax
 - the guaranteed element of State Pension Credit
 - support through part 6 of the Immigration and Asylum Act
 - the Working Tax Credit 4-week run on (the payment you get when you stop qualifying for Working Tax Credit)
- 2. You may also be eligible if any of the following apply. Please visit your local Children's Centre in person who will check if you are eligible.

You will be asked to provide evidence of your income and your status under this criteria to help make an assessment.

- child in our care (looked after by the local council)
- current statement of special education needs (SEN) or an education, health and care (EHC) plan
- receive Disability Living Allowance
- left care under a special guardianship order, child arrangements order or adoption order
- nil recourse to public funds

Your local Children's Centre can also help you to apply online.

Details of your local Children's Centre can be found below or call Families Information Service on

020 8921 6921 https://www.royalgreenwich.gov.uk/directory/15/childrens_centres



How to Apply

An online application is quick and easy

You get an immediate response on whether or not you are eligible for a place





Access the online portal

https://tinyurl.com/Together-for-Twos

2 Year Old Childcare: Application

You must be signed in as a Citizen in order to perform an Early Years application. Please sign in or sign up for a new account to continue.

Sign In or Create Account



Set up a citizen account – have ready these details, your full name, home address, contact phone number, valid e-mail address and secure password



Click on validation e-mail automatically sent to the e-mail address you provided



Complete and submit your application for Together for Twos – have ready your National Insurance (NI) Number or National Asylum Seekers Service (NASS)

Number, your date of birth and your child's details



If you are **eligible** – you will get a letter with a code in an e-mail

Take this code to your approved childminder or nursery



If you are **not eligible** or there is an **error**, please contact
Families Information Service on 020 8921 6921 / fis@royalgreenwich.gov.uk



Share the video with your parents, carers and local community

https://www.youtube.com/watch?v=cWg0SkcfMlg



Find out more information

https://www.royalgreenwich.gov.uk/info/200283/nurseries and early learning/1137/free early learning





By the age of 2, your toddler is likely to be talking, walking, climbing, jumping, running and bustling with energy. Your child may have a have a growing vocabulary and is acquiring new words on a regular basis. They may be sorting shapes and colours and may even show an interest in toileting independently. As your little one grows more independent and confident, they may show signs of testing boundaries and are curious about exploring the world around them.

What you need to know about your growing 2-year-old can be found here at UNICEF website

https://www.unicef.org/parenting/child-development/yourtoddlers-developmental-milestones-2-years



Spring Budget Announcement



Autumn 2023	 Childminder grants become available Invest £204m into 3/4yo and 2yo funding rate Staff:child 2yo ratio change
April 2024	 15hrs for eligible working parents of 2-year-olds introduced Invest £288m into 3/4 yo and 2yo funding rates
Sept 2024	 National wraparound support begins 15hrs for eligible working parents of children 9 months plus introduced
Sept 2025	30hrs for eligible working parents of children from 9 months to primary school age introduced
Sept 2026	All schools able to offer 8am-6pm wraparound on their own or in partnership

Eligible working parents in England will be able to access 30 hours of free childcare per week, for 38 weeks of the year (although parents can use fewer hours over more weeks of the year), from when their child is 9months old to when they start school

This will be rolled out in stages:

- From April 2024, eligible working parents of 2year-olds can access 15 hours per week
- From Sept 2024, eligible working parents of children aged 9 months up to 3 year olds can access 15 hours per week
- From Sept 2025, eligible working parents of children aged 9 months up to 3 years old can access 30 hours free childcare per week





When can your child access free early learning?

	3-4yr	2yr	9-23 mths
Now	All 15hrs 30hrs if eligible	15hrs if eligible	None
Apr '24	All 15hrs 30hrs if eligible	15hrs if eligible	None
Sep '24	All 15hrs 30hrs if eligible	15hrs if eligible	15hrs if eligible
Sep '25	All 15hrs 30hrs if eligible	30hrs if eligible	30hrs if eligible

*Young children can get free childcare for 38 weeks a year. royalgreenwich.gov.uk/earlylearning



Information for Childcare providers

Tax-Free Childcare

https://www.childcarechoices.gov.uk/providers/





Tax-Free Childcare - eligibility

- For working families, including the selfemployed, in the UK
- Earning no more than £100k and at least £152 per week (equal to 16 hours at the National Minimum or Living Wage) each
- Are not receiving Tax Credits, Universal Credit or childcare vouchers
- With children aged 0-11 (or 0-16 if disabled)
- Tax-Free Childcare (or Universal Credit) can be used to reduce the cost of any additional hours required above government funded schemes.

Tax-Free Childcare: process

- Parent/carer sets up an online account
- For every £8 paid in, the Government pays in £2 up to a maximum of £2,000 a year (£4,000 for children with SEND)
- This account can be used to pay the childcare provider if that provider is registered for TFC
- Eligibility needs to be reconfirmed every three months



Up to £2,000 towards childcare costs



Find out more here https://www.gov.uk/government/organisations/hm-revenue-customs/contact/childcare-service-helpline

Call the childcare service helpline for your unique II digit user ID on 0300 123



HELP PAYING FOR YOUR CHILDCARE



An online application is quick and easy

You get an immediate response on whether you are eligible for a place



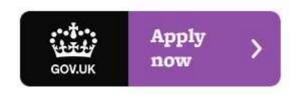


Access the online portal

https://tinyurl.com/Together-for-Twos



Get an **estimate** of how much help you can get with Tax-Free Childcare and other offers. https://www.gov.uk/childcare-calculator



https://www.gov.uk/apply-for-tax-free-childcare
https://www.gov.uk/apply-30-hours-free-childcare



https://www.childcarechoices.gov.uk/



Start Well Greenwich

https://www.royalgreenwich.gov.uk/info/200234/children_young_people_and_families/2092/start_well_greenwich

Start Well Greenwich offers children the best start in life by integrating health visiting with children's centres, resulting in improved service delivery and better outcomes for children under five. To find out if you are eligible for a 2 year old place, visit your local children's centre below!

How are the services delivered? Families and young people can access support services for children under five in the locations listed below:

Children's Centres (with hyper link to website)

Greenwich Leisure Limited (GLL) operates the following children's centres in the east and south of the borough:

- Discovery
- Waterways
- Mulberry Park
- Abbey Wood
- Alderwood

- Shooters Hill
- Eltham
- Greenacres
- Vista Field
- Storkway

Home-Start Greenwich operates the following children's centres in the centre of the borough:

- Brookhill
- Plumstead
- Plumstead Common
- Slade

- Glyndon
- Mulgrave
- Cardwell
- Eglinton

Quaggy Development Trust operates the following children's centres in the west of the borough:

- Sherington
- Invicta
- Quaggy

- Rachel McMillan
- Robert Owen
- Pound Park

Health Visiting for Under-fives

Health Visiting is delivered by <u>Bromley Healthcare</u> who are working together with our Children's Centre providers. You can contact the Health Visiting Service direct at:

Telephone: 0300 330 5777 (Monday – Friday – 9.00am – 5.00pm)

Email: bromh.greenwich0to4@nhs.net

Keeping Children Safe

Contact Children's Services

Emergency Duty Team (out of office hours only): 020 8854 8888 Referral team: 020 8921 3172

Email: mash-referrals@royalgreenwich.gov.uk

You don't need to be sure that a child or young person has been abused - it's OK to report a suspicion.

Early Years & Childcare

020 8921 3877

childcare-support@royalgreenwich.gov.uk



20 8921 4477

🔽 safeguardingchildren@royalgreenwich.gov.uk

LADO

J

020 8921 3930



Ofsted: 0300 123 4666 / enquiries@ofsted.gov.uk

DBS Regional Office: 0300 105 3081 / Kiranpreet.rehal@dbs.gov.uk

DBSRegionaloutreach@dbs.gov.uk



Prevent Team 020 8921 8340



prevent@royalgreenwich.gov.uk

This is the Greenwich Domestic Violence and Abuse Service.

Telephone: 020 8317 8273

Email: info_gdva@h4w.co.uk

All children in Royal Greenwich, regardless of their background and circumstances, should have a happy and fulfilled childhood where they enjoy school and family life, learn, belong, grow and achieve so that they enter adulthood ready, willing and able to achieve their highest potential.





Free Bitesize Webinars

Courses (royalgreenwich.gov.uk)

COMING UP

A series of one-hour free webinars at lunchtime with Early Years & Childcare Advisors to share key messages about important themes. You may use these for your staff training and inductions



Child Sexual Exploitation and County Lines

Weds 17 May 12:00 - 13:00

Having Difficult Conversations with Parents

Weds 17 May 12:00 - 13:00

All via Zoom



Book here https://servicestoschools.royalgreenwich.gov.uk/courses/pvi



If you missed it, click on the links below to watch

- Female Genital Mutilation
- LADO Managing Allegations
- **Emergency Planning**

Safeguarding Children PARTNERSHIP

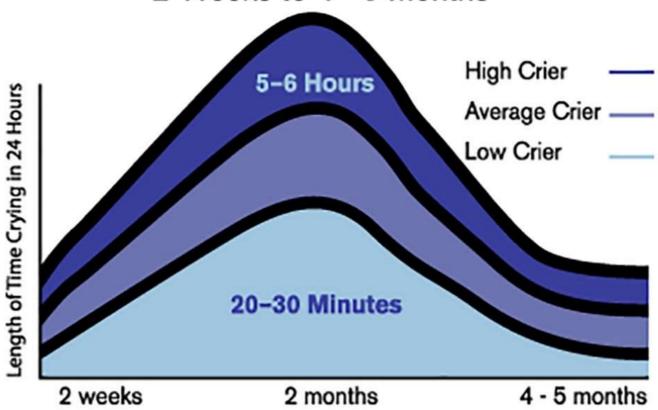
Keeping Babies Safe

Keeping Babies Safe - Greenwich Safeguarding Children Partnership

For parents and carers - information, advice and access to further support in relation to coping with a crying baby and ensuring your baby is safe whilst sleeping. If you have any immediate concerns about your baby or your own mental or emotional wellbeing please contact your GP, Health Visitor or attend A&E in an emergency

Coping with Crying

Curves of Early Infant Crying 2 Weeks to 4 - 5 Months



Babies cry for lots of reasons because their brains have not developed the circuits that allow self-control or understanding. Crying is a baby's way of telling you something and it is meant to be upsetting for you to hear. This is nature's way of making sure you pay attention. A crying baby can mean different things such as they are hungry, uncomfortable, tired but, babies sometimes cry for no reason at all. It can be incredibly upsetting and stressful for a parent or carer when a baby continuously cries after they have tried everything to settle the baby and it has not worked. It is important to remember that a baby will not hurt themselves by crying and the crying will eventually stop. At around 5 months of age, a baby's cry becomes more purposeful which means the baby is more likely to be crying for a reason.



Coping with crying can be upsetting and frustrating especially when combined with other emotions that you may be feeling and a possible lack of sleep you may be experiencing - all things associated with having a new baby. It is normal to find this difficult and it is a good idea to seek support of a professional, family member, friend or another parent or carer. Talking about your experiences and seeking support for yourself and your baby is a positive thing to do and in no way means you have failed at being a new parent or carer.









The ICON website has further information and advice on coping with crying. Remember:

I - Infant crying is normal

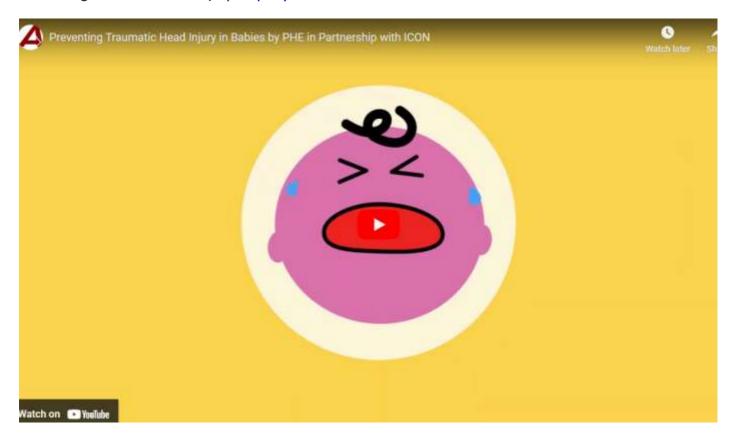
C -Comforting methods can help

O - It's OK to walk away

N - Never, ever shake a baby

There are a range of videos to support parents and carers here: https://iconcope.org/parentsadvice/

Preventing traumatic Head Injury https://youtu.be/Q3mc0FhrNF8



Bromley, Lewisham & Greenwich



Mindful Mums

Mindful Mums offers award-winning, free wellbeing groups that help pregnant women and new parents look after their mental and emotional wellbeing during pregnancy and their baby's first year.

Mindful Mums offers an opportunity to:

- Learn tips and techniques to manage the changes related to the life-changing and often hugely challenging period of pregnancy and the early months after childbirth.
- Connect with other pregnant women and new parents with similar experiences.

The groups are for pregnant women and parents with babies up to 12 months old who live in the London boroughs of Bromley, Lewisham or Greenwich.

https://blgmind.org.uk/mindful-mums/

Being Dad

Being Dad groups are free for men who live in the borough of Lewisham and are:

- expectant dads
- new dads with a child under two years old
- male caregivers such as a grandparent of young children up to the age of two

Stay-at-home, working, adoptive and foster dads and step-fathers are all welcome.

Topics covered include:

- Understanding your parenting identity/style.
- Supporting your partner in your new parental role.
- The changing dynamics with your partner, family and friends.

Plus proven techniques for managing stress, tiredness and worry.

The groups are led by men with their own personal experience of looking after themselves as dads or male caregivers.



NB: As this is a Lewisham -funded service, priority is given to Lewisham residents, but dads from Bromley and Greenwich are welcome too if space is available

Email beingdad@blgmind.org.uk / tel 07707 274391

'Better Mental Health for New Dads, Partners and Non-birthing Parents' and 'Wellbeing Skills for New Parents' offer top tips on the best ways to care for yourself and your partner both mentally and physically during the life-changing process of becoming a parent.

Written by Neville Walters, who runs the Being Dad groups, the booklets cover a host of helpful topics, including: listening skills; coping with negative thoughts; balancing work and family life; and what to do if you're no longer with your partner, plus links to further information and supportive organisations.



Having difficult conversations with your partner	۷	1
How to listen	5	5
How to calm yourself	6	5
Conversation starters	7	7
How to cope with negative thoughts	8	3
Building a sustainable routine	9)
Working on your relationship with your partner	10)
Developing your patience	1	1
Pregnancy	4	
Pregnancy Birth	8	
Birth	8	
Birth Newborn 0-3 Months	8	

Download free booklet here https://blgmind.org.uk/wp-content/uploads/2022/10/Partners-Packs-PDF-1.pdf

Safer Sleep

Following the advice and guidance for safe sleeping can reduce your baby's risk of sudden infant death syndrome (SIDS) which is commonly known as cot death.

Your Health Visitor, GP or Midwife can advise you on safe sleep including the correct positioning of your baby, room temperature, coverings such as blankets and co-sleeping.

Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome (SIDS) by up to 50 times. You may not intend to sleep on the sofa with your baby –it is important to make a plan to prevent this from happening:

GSCP Sofa Sleeping Awareness Advice 18 Feb 2021



<u>The Lullaby Trust</u> raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for bereaved families. For more information, read <u>The Lullaby Trust's Safer Sleep Guide for Parents/Carers</u>.

The Lullaby Trust has developed Safer Sleep in Winter information and advice for parents and carers.

Useful Links

There is a lot of information available for parents and this can sometimes feel overwhelming. We have provided a few useful links below in addition to those mentioned above, which will take you to helpful and practice advice, information as well as give you access to contact details for support.

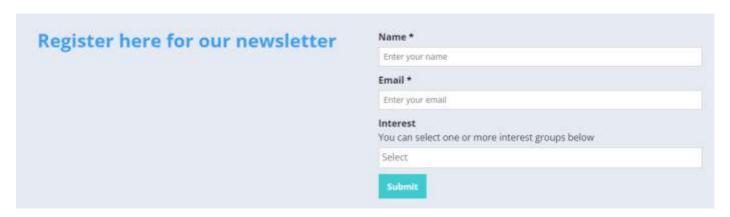
- The DadPad app is an easy-to-use, freely downloadable resource for new dads and dads-tobe. Read more here.
- Cry-sis started as a small group of parents, who were experiencing problems with their crying and sleepless babies and set up a support group. They discovered how important support is and how reassuring it can be to talk to someone. Today that support group is the only UK charity offering help and support to parents with babies who cry excessively or have sleeping problems. The Crysis website has lots of helpful information and advice for mums, dads and carers. Cry-sis have a helpline which is open 7 days a week between 9am and 10pm: 08451 228 669
- The NHS Baby Buddy app guides you through your pregnancy and the first 6 months following your baby's birth. It is designed to help you look after your baby's mental and physical health, as well as your own, and give your baby the best start in life.
- The NSPCC Baby Parenting Tips webpage has information and advice from getting babies to sleep, to managing stress. The page has tips and advice to help you through the early years.



All children in Royal Greenwich, regardless of their background and circumstances, should have a happy and fulfilled childhood where they enjoy school and family life, learn, belong, grow and achieve so that they enter adulthood ready, willing and able to achieve their highest potential.



https://www.greenwichsafeguardingchildren.org.uk/



https://www.greenwichsafeguardingchildren.org.uk/news-2/



Sign up to NSPCC newsletter safeguarding here

https://learning.nspcc.org.uk/newsletter/email-subscriptions-safeguarding-child-protection

Royal Greenwich Children's Services

Useful Safeguarding Contacts and Telephone Numbers

Children's Services Front Door (Safeguarding, Social Care & FaASS previously Early Help)				
'Multi Agency Safeguarding Hub' (MASH)	020 8921 3172			
MASH-referrals@royalgreenwich.gov.uk				
Safeguarding Consultation Line	020 8921 2267			
Social Care and Safeguarding Emergency Duty Team	020 8854 8888			
Childrens-Out-Of-Hours@royalgreenwich.gov.uk				
Local Authority Designated Officer - Winsome Collins Service Leader				
childrens-LADO@royalgreenwich.gov.uk	020 8921 3930			
Rachel Walker – DO PVIs/ CMs	020 8921 3930			
Laura Lhumbis –DO Schools				
Greenwich Safeguarding Children Partnership				
Greenwich Safeguarding Children Partnership website	020 8921 4477			
http://www.greenwichsafeguardingchildren.org.uk				
Prevent				
Adam Browne – Prevent Co-ordinator	020 8921 8321/ 8340			
Confidential Anti-Terrorist Hotline	0800 789 321			
Police 999				
CAIT - Child Abuse Investigation Team	0207 230 3705			
Ofsted				
Ofsted enquiries, complaints, investigation, and enforcement	0300 123 1231			
Royal Greenwich Early Years				
Early Years & Childcare	020 8921 3877			
Families Information Service	020 8921 6921			
Support, Advice & Signposting				
NSPCC	0808 800 5000/ 0800 136 663			
Childline	0800 1111			
Samaritans	08457 909090			
Family Lives - Parentline	0808 800 2222			
Young Minds – Parent Helpline	0808 802 5544			
CAMHS	0203 260 5211			
Greenwich 0 to 4 Health Visiting Service	0300 330 5777			
bromh.greenwich0to4@nhs.net				
Children with Disabilities				
Disabled Children's Social Work & Occupational Therapy	020 8921 2599			
Disabled Children's Keyworker Team	020 8921 4939			
SEND Assessment & Review Service	020 8921 8029			
SEND Outreach Support Services	020 8921 3311			



