

October 2023

## Early Years news, advice and guidance for Square Mile families and settings

### Hello...

Welcome to our monthly newsletter.

Our aim is to share regular local and national Information for families in the City. If you would like to find out anything more on any item, advice or information, then please contact the Family Information Service.

020 7332 1002

[EEYService@cityoflondon.gov.uk](mailto:EEYService@cityoflondon.gov.uk)

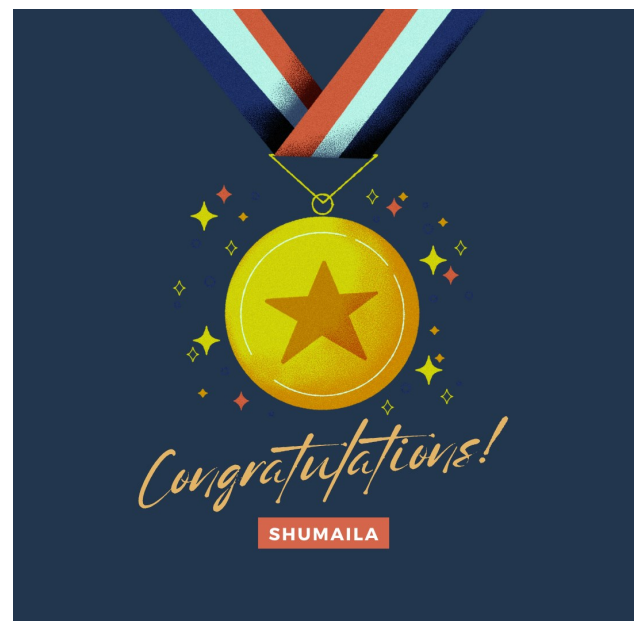


### Coltale Passport Winner

This year our Coltale passport was linked to Ready, Set, Read and delivered in partnership with our Libraries.

Here is a picture of one of the winners with her Nanny Monika celebrating her success. Shumaila attends the weekly 'Rhyme Time' at Shoe Lane Library.

As part of our Coltale programme (City of London Talks and Listens Enthusiastically) we post Makaton, Top Tips and Rhyme Time videos every Monday, Wednesday and Friday on our social media platforms. Follow us on Facebook and X (Twitter). [@SqMileFamilies](https://www.facebook.com/SqMileFamilies).



# 'A Day In The life' of Natalia Bohun – First in charge at Barbican Newpark Childcare Centre, The Barbican



**When I'm on an opening shift, it's a 5 am start. I arrive at work around 6.30 a.m. The journey to work takes me about 40 minutes on the tube.**

First, we make sure visual risk assessments are completed, checking that no surprises have arisen during the night! This involves checking our rooms and ensuring everything is safe.

Then I check emails, if ratios for the day are covered and all staff are fit to work. Another member of the team will set up breakfast and the environment.

Our main classroom is the epicentre of the nursery. In our open-plan room our children of all ages have the space they need to learn and grow. We are a Montessori setting where all our children benefit from a wide range of materials that are often hand-made. Some activities need to be set up in the morning before children's arrivals.

***"We make use of the many opportunities for adventure in the local area"***

Within the main room we have a few development areas that are also set up prior to the nursery opening. The areas are carefully designed and reviewed by the team on a regular basis to insure all our children learn through play. When the setting is set up and safe I'm then ready to start to plan the day. We often have additional activities such a drama lesson, gardening lesson or cooking every week. We take all children daily to explore the wide-open spaces of the Barbican local garden. We also visit the Barbican Children's Library once a week and make use of the many opportunities for adventure in the local area, such as the Museum of London and the Barbican Centre.

No matter how the weather looks like we are always out and about and my role is to make sure the outings are covered with ratios and have all the essentials.

We welcome children and parents warmly as they arrive. Once the children are signed in we place a colour coded wristband on each child to acknowledge food preferences and allergies. Our chef prepares all the babies and children's meals from scratch on-site every day.

Communication is important in our nursery, so we ask children how their weekends went and chat about news or stories of events that happened within their home. Our children are actively involved in planning for the day and make choices on what would they like to do.

When the rest of the team arrives and the setting is in ratio I might take the opportunity to go back into the office to complete some tasks. However, often I role model teaching within the class and support children's learning.

I always enjoy lunch with children and support the team with transitions. I'll try to cover breaks after lunch, and that is also the time we often arrange to have meetings.

***"My walk home is 9 km and can take 2 hours"***

Afternoons always seem much calmer, and the children are very settled. This is often the time I can catch up with remaining managerial tasks and administrative work.

Some of the tasks involve occupancy, supervision, appraisals, interviews, induction, ordering stock, checking staff training, invoices, and salaries.

I'll then re-check the ratio near the end of the day, so staff on the early shifts can finish up and head home.

Our children leave at different times throughout the afternoon - which are mostly between 5 pm and 6 pm.

My walk home is 9 km and can take 2 hours, but this physical activity supports my health and well-being and helps me mentally reflect on the day.

# Autumn Fun!

There are plenty of outdoor activities in the City during autumn.



Check out the FIS What's On section on the FIS website:

<https://www.fis.cityoflondon.gov.uk/whats-on>

City of London Corporation is encouraging families in the Square Mile to take small steps to improve wellbeing. Having a more active lifestyle can have big benefits not only to your health, but to your family. An activities guide can be found here!



For some Londoners, Flu or COVID-19 can be very dangerous and even life-threatening. Flu and COVID vaccines reduce the risk of serious illness in colder months. Find out if you're eligible by clicking the link below:

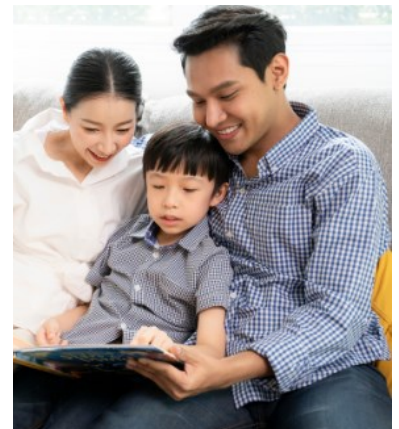
<http://nhs.uk/seasonalvaccinations>

## Top Tips for Talking

Developing the ability to listen, understand and respond are important foundational skills for the development of language and literacy

Extend your children's vocabulary by repeating back what they have said, adding one new descriptive word. "You're digging a hole? Yes, you're digging a deep hole!"

When reading familiar stories, ask children if they can remember the events of what happens in the story just from looking at the cover page.



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