

AUTUMN COTTAGE CHILDCARE



Breakfast

&

After School Club

Parent

Information Pack

Our Breakfast Club is about much more than just breakfast!

It's an early morning sanctuary, that plays an important role in ensuring children are prepared for the day ahead, promoting health and wellbeing and providing a space for before-school social interactions and activities. Children can kick start their day with a nutritious meal, which fuels their levels of concentration and improves their ability to digest information in lessons.

We provide a healthy, informal, family breakfast, encouraging the children to interact with their peers, whilst independently ensuring that they have their own breakfast of choice.

Every day there is a selection of cereals, toast, bagels, crumpets, with or without jam. We prepare scrambled upon request from children. There is a selection of fruit to eat with water and milk to drink also.

Starting from 7.30am, children are encouraged to serve themselves their cereal and drink, before putting in a request for something to be toasted!

Once children have eaten, there are many games and colouring opportunities for the children to engage in, as well as helping to set up the 'small world' area for our preschool children to enjoy!

Here at Autumn Cottage, we believe our Breakfast Club helps:

- to build positive relationships
- provide a healthy, substantial breakfast, improve concentration levels during the morning and therefore academic achievement
- promote social skills
- promote table manners
- encourage healthy eating by providing a wide range of healthy choices
- encourage children to make their own choices
- provide a calm, positive start to each day

We will always cater for children with food allergies/intolerances and dietary requirements. Please ensure this is noted when registering with us.

# Session Times

Session 1 - 7.30am

Session 2 - 7.45am

At 8.30, children are taken from Autumn Cottage and walked over to CKS, where a member of staff see them through the gates to the school playground. Please inform us in the morning if you need a message to be delivered to your child's teacher.

# After School Club

Each child has very individual needs after school. Some have high energy and like to burn this off, and some children like to rest and would rather participate in calmer activities. At Autumn Cottage, we provide a wide range of opportunities for the needs of all of our children.

New play opportunities and quiet areas are planned each day for the children to enjoy, such as:

- construction areas using guttering, cardboard tubes and loose parts. Magnet shapes to build and construct, along with Lego and wooden blocks;
- Ball games;
- Board games, bingo;
- Arts and Crafts;
- Quiet reading areas and dens to relax;
- Music area with piano for children to ignite a love of music;
- Music for everyone to dance to!

If a child attends clubs delivered by the school, they will be collected after the club and taken over to After School Club. School clubs usually finish at 4.1pm

Please keep us informed if your child will not be attending after school club.

Our After School Club runs Monday to Friday during term time from 3.15pm until 5.30pm. It is available to all children who attend Charles Kingsley's CofE School in Reception to Year 6

## Itinerary

3.15pm – staff pick up children from CKS and once everyone is registered, will walk back to Autumn Cottage at The Village Hall

3.30pm – Drink and a biscuit or fruit of choice

3.30pm – 4.00pm – Free play

4.00pm – Autumn Cottage Family Meal

4.15pm – Pick up from After School Clubs at CKS

4.30pm – 5.30pm – Free play

## Session Times

3.15pm – 4.30pm

3.15pm – 5.00pm

3.15pm – 5.30pm

Please arrive promptly to pick up your child. **It is important that you let staff know if anyone other than you (the parent/carer) is collecting your child.**

# Ad-hoc Sessions

Ad-hoc sessions are available upon request. Parents will have the flexibility to book ad-hoc sessions, where places are available.

The procedure for ad-hoc sessions remains the same as for regular sessions and a Registration Form, signed Terms and Conditions and Health Forms must be completed before a child attends the After School Club.

A nutritious evening meal is prepared by staff on site and served at 4pm, on a 3-week rotation, taking into consideration the CKS lunchtime menu.

## Sample Food menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Fish Fingers Potato Waffles Peas or Sweetcorn  CAKE	Chicken Wraps With Wedges Sweetcorn And Salad  MOUSSE	Mac Cheese  YOGHURT	Sandwich or Wrap with Picky Bits  YOGHURT	Tomato Pasta  JELLY
Week Two	Chicken Burgers In Buns With Chips  YOGHURT	Jacket Potatoes Beans and Cheese Tuna mayo With Salad  CAKE	Pasta Bolognaise Garlic Bread  MOUSSE	Chicken Tex Mex Rice bowl with Nachos  ICE POPS	Toasties or Wraps With salad  YOGHURT
Week Three	Chicken Nuggets Jacket Potatoes Baked beans or hoops  JAM TART	Burrito Boats Cheese Sweetcorn Salad Nachos  YOGHURT	Sausage in a roll Wedges  ICE POP	Spaghetti and Meatballs Garlic Bread  MOUSSE	Sandwiches and picky bits  YOGHURT

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# Aims & Objectives

We aim to provide a high quality After School Club that meets the needs of both parents and children. For parents, this means knowing that your child is safe and happy in a club that is reliable and offers a consistent service.

For a child, this means an environment that is safe, supportive and encouraging. It is a place to be with friends and make new ones and to be able to try out new activities, to relax, to have fun and enjoy themselves.

At Autumn Cottage, we believe that all children have the right to play. Play is the basis to providing healthy development and the wellbeing of individuals. We aim to provide a balanced structure of activities and play experiences.

# Holiday Club

Holiday Club for ages 5 to 11 for children who attend Charles Kingsley's CofE School, offers a wide range of exciting activities, focusing on engaging children in a fun and safe environment. Our activities are planned to enhance new skills, encourage inclusion, teamwork and strategic thinking. We deliver different themed activities for each day, giving something for all the children to enjoy.

We offer a range of team challenges aimed at promoting social and collaboration skills throughout all ages.

We take small groups and put them into teams and take them to The Bluebell Woods in Eversley for 'find the Lego Figures' trail, where we hide Lego figures around the woods, and provide children with a map on where to locate them. The team who finds the most, wins!

We offer a large range of arts and crafts activities, all tailored to our themes of the week.