



# newsletter

Harpenden Children's Centre - Autumn 2010  
**A Sure Start Children's Centre**

Good news, we have at last, taken possession of our new building in Southdown. The bad news is we are still waiting for telephone and data connections; hopefully these will be installed soon and we will be able to get up and running. Many of you have been enquiring as to what services we will be offering from the new centre, unfortunately the size of the community room is going to restrict use, however we are currently in discussions with the Health Visiting Team to explore how we can deliver some more locally based services to complement those already offered at our Batford Centre

If you are already registered with the Children's Centre you will automatically receive updates on activities and opening hours. Registration is free and ensures that you are amongst the first to receive information on activities, courses and early years news. The registration form can be found on the help and support page of our website.

*Thinking of returning to work? Considering your choices for pre-school education? Confused about funding and the free entitlement? Concerned about the application process for school places?*

If the answer to any of these questions is yes, why don't you pop along to Harpenden Children's Centre at Batford or Southdown and join one of our information sessions. Information and advice will be available to help you demystify the childcare puzzle. There will be an opportunity to talk with children's centre staff and to take away information on local early years' provision. Times and dates are:

Tuesday 28<sup>th</sup> September at 7.30 pm – Batford Centre

Thursday 30<sup>th</sup> September at 1.15 pm – Southdown Centre

Please email us on [admin.harpenden@hertschildrenscentres.org.uk](mailto:admin.harpenden@hertschildrenscentres.org.uk) or call us on 01582 714 210 to book your free place.

**Pat Everett**  
**Harpenden Children's Centre Manager**



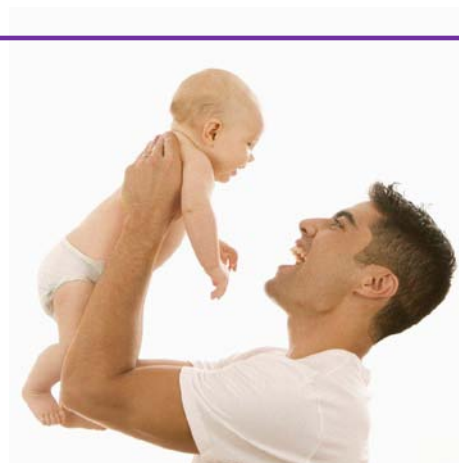
## New drop-in sessions for Dads

Coming soon..... drop in sessions for Dads on the second and fourth Thursday of each month we are holding a drop-in session for stay at home Dads and their babies & toddlers. This is an opportunity for Dads to get together in a child friendly environment. No need to book just turn up at our new Southdown Centre at Dark Lane in Harpenden with children in tow and 50p in your pocket for a cuppa and a biscuit. The first session will be on 14<sup>th</sup> October from 2-4pm. We have a shared car park but strongly advise that visitors take the healthy walking option if possible. Not only will it burn the calories and give the family a dose of fresh air, it will avoid the chaos of parking close to two busy schools! If you like further information please call us on 01582 714 210.

## Did you know....

How many calories children need each day?

Age	1-3	4-6
Boys	1,230	1,715
Girls	1,165	1,545



*Why not try the following recipe for a basic tomato sauce to add to pasta or as a pizza topping:*

- Chop an onion & gently brown in a saucepan with a little oil
- Add a can of tomatoes
- Add black pepper to taste and some mixed herbs
- Bubble for about 10 mins (keep stirring)

## Harpenden Children's Centre steering group

To find out if you might be interested in helping to determine the way forward for our centres in Batford and Southdown please come along to an information session. There will be two no obligations sessions on Monday 4<sup>th</sup> October at 9.30 am or 7.30pm. Join us for a coffee to find out more. Babies are welcome but please try and make other arrangements for older children where possible.



### Helping families to:

- Be Healthy
- Stay Safe
- Enjoy & achieve
- Make a contribution
- Achieve economic well-being

## Thank you ....

Ed at the Baby Shop, St Albans for the donation of a Stokke Trip Trapp high chair

Clare Jaques for the donation of baby clothes and equipment

# I'm Learning as I Play

By Anita Wadley

When I'm building in the block room,  
Please don't say I'm 'just playing'  
For, you see, I'm learning as I play,  
About balance, I may be an architect someday.

When I'm getting dressed up,  
Setting the table, caring for the babies  
Don't get the idea that I'm 'just playing'  
I may be a mother or father someday

When you see me up to my elbows in paint,  
Or standing at an easel, or moulding and shaping  
clay,  
Please don't let me hear you say 'He is just  
playing'.  
For, you see, I'm learning as I play,  
I just might be a teacher someday.

When you see me engrossed in a puzzle or some  
playing at my school,  
Please don't feel the time is wasted in play  
For, you see, I'm learning as I play.  
I'm learning to solve problems and concentrate.  
I may be in business someday.

When you see me cooking or tasting foods,  
Please don't think that because I enjoy it, it is 'just  
play'  
I'm learning to follow directions and see the  
differences  
I will need to cook someday

When you see me learning to skip, hop, run and  
move my body,  
Please don't say that I'm 'just playing',  
For you see I'm learning as I play  
I'm learning how my body works,  
I may be a doctor, nurse or athlete someday

When you ask me what I've done at school today,  
And I say that 'I've just played'  
Please don't misunderstand me,  
For, you see, I'm learning as I play.  
I'm learning to enjoy and be successful in my work  
I'm preparing for tomorrow

*Today, I am a child and work is my play.*

## Your Toy Library needs you!

As you may know, the Toy Library is run by a team of volunteers to provide a fantastic service to local families. We really need some new people to get involved in running the Toy Library. **Please contact the children's centre to find out more.**

## Stay & Play

We hope you and your children enjoyed this summer's stay and play sessions at the Children's Centre. It was great opportunity for us to meet both established and new centre users and we were excited to see so many new faces.

As some of you may know, the Government and Ofsted judge the effectiveness of children's centre services by how they improve outcomes for children. To help us ensure our future funding we would be very grateful for any feedback on how your children benefitted from the stay and play sessions.



## Regular events taking place at Harpenden Children's Centre

Day	Session	Venue	Cost	Time
Mon	Opportunity Class	Magpie Room	Supporting young children with significant delay or learning difficulties Referrals only/free	1pm – 3pm
Tues	Monkey Club	Magpie Room	Supported Mother & toddler group. By application only/Free	9.30-11.30am
	Post-natal classes	Chaffinch Room	Free informal themed sessions – call for programme	
Wed	Toy Library	Magpie Room	Registration Fee & Hire. Cost applies	9.30-11am
	Baby Clinic	Chaffinch Room	Free	1pm-3pm
	Opportunity Class	Magpie Room	Referrals only/Free	1pm-3pm
Thurs	Monkey Club	Magpie Room	Referrals only/Free	9.30am-11.30am
	Opportunity Class	Magpie Room	Referrals only/Free	Every 2 weeks 1pm-3pm
	Dad's drop-in group *starts w/c14th Oct	Southdown centre	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday of each month.	2-4pm
Fri	Post natal drop-in	Chaffinch Room	Free	10am-12pm

### Other upcoming events

**First Aid:** There is a Part I session (basic first aid) taking place on Monday 18<sup>th</sup> October 2010 and a part II (resuscitation) session on Monday 22<sup>nd</sup> November 2010, both from 7-9pm.

**Post natal group** - A new 12 week programme began on 7<sup>th</sup> September with different topics covered each week. Please call or look at our website for details.

**Dads drop-in group** – a new group that starts on Thursday 14<sup>th</sup> October and takes place every second and fourth Thursday of the month.

### Harpenden Children's Centre

c/o Batford Nursery School, Holcroft Rd, Harpenden, Herts, AL5 5BQ

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