



Well Green Club 2008, 2012  
 Heyes Lane Club 2010  
 Navigation Club 2011  
 Cloverlea Club 2011  
 Bowdon Club 2012



[www.schoolsoutgroup.co.uk](http://www.schoolsoutgroup.co.uk)

# Healthy Club Awards!

Six School's Out Clubs Trafford Healthy Setting Awards were recently due for review and we are pleased to announce that the award, based on the National Healthy Schools Scheme, was retained at all 6 Clubs. This award is assessed by the Trafford Children's Young People's Service.

The CYPs saw how our menus (examples on our website) are regularly reviewed by our dietician to ensure children are offered the right quantities of foods from all food groups in order to lead a healthy life. It was also noted how we meet mandatory guidelines, reducing salt, saturated fat and sugar levels in the ingredients we use and utilising wholemeal / high fibre alternatives where appropriate as well as ensuring reputable high quality suppliers.

As well as healthy eating, the award also considers how we meet set criteria in physical activity and healthy lifestyle education. At School's Out, physical play is one of our main areas of daily planning provision ensuring plenty of opportunities for physical activity!

## NEW ALLERGY LEGISLATION

To comply with new legislation coming into force this December, we will keep parents informed about allergens in our food as follows: Information for each recipe is available on the School's Out website Parent Portal Daily menu allergens will also be written on a chalk board on Club Reception Desks

We do rely on parents keeping us informed with regard to their child's allergy status. Allergies and food intolerances must be medically diagnosed in order for us to follow our policy of initiating risk assessments and individual play/food plans: it is not the same as a food preference which, for example, may come about through choice, belief, religion or a simple like/dislike.

If any parent has any questions about the new allergy legislation or wants to check the daily allergens, please ask any member of staff.

## Forthcoming Events

### \*Remembrance Day

11th November - The children will be creating their own poppies and will be holding a two minute silence as a mark of respect.

### \*Children In Need

10-14th November - There will be fundraising events at each of the settings to raise money for Children In Need. Please see each individual setting for events.

### \* Karate Workshop (Autumn Half Term)

The children will participate in a Karate Workshop to focus on attention and self defence.

### \* St Andrews Day

30th November - The children will create their own origami Loch Ness monsters, woven tartan placemats and Scottish flags.

### \*Inter Club Hockey Tournament

1st December - Interclub Hockey tournament, all clubs will participate. The tournament will be run for us by Shooting Stars.

### \*Chanukkah

16th December - Creating candle holders and menorahs to celebrate the festival.

### \*Christmas activities

8th - 19th December - The children will be kept so busy with Christmas activities such as creating calendars, cards, tree decorations and Christmas parties and much more. So look out for more information within the individual settings.

### \*February Holiday Club

16-20 February 2015 - All Activity Plans and Registration Forms will be available from the beginning of January.



*The Children at Schools Out@Bowdon enjoying a healthy snack time*

# WHAT HAVE WE BEEN UP TO?

Right: The children and staff at School's Out@Bollin brought their play inside with the change in weather and enjoyed indoor camping.



Right: Children at School's Out@Worthington enjoying den making inside, using the community blocks and materials, working together as a team.



Left: Children at Bowdon CofE enjoyed an Autumn-themed creative week where one of the activities involved the children creating their own hand-print hedgehogs to take home.



Right: Children from School's Out@Navigation made their own scarecrows to take home as part of their harvest activities.



Above: Children from School's Out@Well Green made the most of the Circus Resource Box and made their own candyfloss to eat and take home!

Below: Children from School's Out@Heyes Lane dressed up and enjoyed Halloween activities including bouncing bats and hand print spiders...



Right: Isn't this clever? It was Superhero week at Bollin, and the children created their own city and flew over the city to ensure everyone was safe!



Below right: Children from School's Out@Cloverlea create hand print butterflies to take





#### HOLIDAY ROUNDUP

Children at our recent October Half-term Holiday Clubs really enjoyed the Medieval and Halloween themes. The children participated in varied daily activities, taking examples of their creations home to show their parents. These included making their own shields for a jousting match, baking biscuits, decorating Halloween cupcakes, chocolate apples and bouncy bats. The children enjoyed trips to the Cinema and Ten-pin Bowling. The Bouncy Castles are always popular too!

# SCHOOL'S OUT

## Holiday Clubs

Outstanding Childcare for children aged 3-14

**"what do you enjoy..?"**

February Half-term 2015: 16-20 February  
Easter 2015: 30 March- 17 April

There is so much to do! Clubs open to all at:  
Bollin Primary School  
Cloverlea Primary School  
Worthington Primary School






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# Christmas Parties

**APS - 18th December**

**Bollin - 18th December**

**Bowdon - 18th December**

**Cloverlea - 18th December**

**Heyes Lane - 18th December**

**Navigation - 19th December**

**Well Green - 18th December**

**Worthington - 17th December**



# FREE WORKSHOPS

School's Out run free workshops every half term for children to try out new skills and experiences. This half term the children will enjoy a **Karate Workshop** delivered by an instructor from the Jason Baird's academy (see individual clubs for dates).

We will also be holding our first **Inter-club Hockey Tournament** on 2nd December. This builds on the success of the summer Football Tournaments as children have asked if they can compete in different sports as well.



After Christmas we hope that the **Emergency Services** will visit each Club so children can see how people help us and have fun investigating a Fire Engine.



# Community Matters

The Children's Adventure Farm Trust

CAFT is a local charity providing fun days and respite breaks for terminally ill, chronically sick, disabled and disadvantaged children from the North West. The Elmscot Group raised £1263.20 for them this year from the School's Out Disco. It's daily Christmas parties at the farm at the moment and the Elmscot Group volunteers are once again helping on the 5th December.

APS visit a Local Care Home

The children from School's Out After School Club at Altrincham Preparatory School recently went out in the community by visiting Handsworth Care Home, on West Road, Bowdon, to celebrate harvest. Handsworth is a forty-three capacity Cheshire care home from the respected voluntary charity MHA/Methodist Homes. On Friday 3<sup>rd</sup> October we took the harvest boxes to the local nursing home. Whilst



there, the boys enjoyed juice and biscuits and chatted with some of the residents about what they had done at school that day. The boys were fantastic and their visit was very much enjoyed by the residents.

# TEAM TRAINING UPDATE

Congratulations to everyone who has successfully completed the following courses since Summer:

## First Aid Training

Beckie (APS), Jenny N (Bollin), Emma (Worthington), Kelly (Navigation), Jeanette (Bowdon), Kealey (Bowdon), Michelle (Navigation), Hannah B (Heyes Lane), Chelsie (Heyes Lane) and Rachel (Cloverlea)

## Health and Safety

Tracy (Bowdon), Kealey (Bowdon), Monika (Bowdon) and Emma (Worthington)

## Food Hygiene

Angela (Worthington), Charlotte (Worthington), Emma (Worthington), Beckie (APS) and Vicky (Bowdon)

Congratulations to Hannah Reeves (Bowdon) and Wendy Bourke (Group Manager) for completing their Foundation Degree. They are both looking forward to receiving their dates for graduating.



# Season's Greetings from the School's Out team!



Trafford  
Healthy Club Award



QUALITY  
COUNTS  
NDNA ACCREDITED

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