

CLUB NEWS



CCC Club Newsletter

November 2016

This newsletter contains important information about after school clubs, club fees and club menus and Zip Cards for holiday club kids – please make sure you read it!

Term Dates

ASC and BC Club Closes on Friday 16th December at 6.30pm. We will pick children up early from school at an extra cost of £5.

ASC and BC Open and closure dates

3rd January 2017 –Friday 10th February
Monday 20th February –Friday 31st March
Tuesday 18th April – Friday 26th May
Monday 5th June – Friday 21st July

Half term club open 8am-6pm

Monday 13th February – Friday 17th February
Monday 29th May – Friday 2nd June

NB: We will be closed during the Easter Half term Break

Summer Club open 8am-6pm

Monday 17th July 2017 to Friday 25th August 2017

Inset days open 8am-6pm

HATG – 25th November 2016
27th February 2017
5th May 2017

Halloween Party

Tuesday 1st November

Christmas Fundraiser and party

Friday 9th December 5pm – 7.30pm

Homemade Gifts to buy, mulled wine to drink and mince pies to eat! Followed by a D I S C O!



New Clubs for 2017

From January 2017, unfortunately we will no longer be picking children up from after school clubs at their schools (we will continue to drop off and pick up at clubs in the Telegraph Hill Centre). We have taken this decision because our staff have been struggling to make multiple pick ups from multiple schools on a daily basis. The pick ups take the staff away from the club for extended periods during the day, and it is no longer sustainable or fair on the other children.

However we will be happy for children to be dropped off at the CCC, after their club if you arrange for someone else to pick your child/ren from them.

However, we have some exciting new clubs that *we* will be running, led by our own talented staff team. These clubs are all free to join.

Monday	Tuesday	Wednesday	Thursday	Friday
Painting Club with Ellie	Music Club with Annalise	Food Club with Ellie	Gardening Club with Galdric	Circus club with Galdric
Football club with Stephen	Gardening club with Galdric		DIY Club with Ellie	Recycling Materials with Karen

These clubs will run for the duration of each term, so all children that attend will need to attend for the duration of the term. We will have rules within the clubs and the children we need to responsible whilst taking part as they may be using tools, going out on visits and learning new life skills.

We have limited numbers with in the clubs. A form will be emailed out before the end of this term and allocation will be on a first come first served basis on return of the completed form.



New menu

After much consideration and discussion with parents and staff, we have decided to change the meals we provide. We will no longer be providing a hot meal. Instead we will be providing healthy, wholesome and nutritious snacks.

Why are we doing this? Many children go home from the club to eat another cooked meal. A lot of food gets wasted at the club. Some children don't eat and some do. Government guidelines suggest that children should have 3 meals a day and consume only 1500-1900 calories a day (depending on age). Therefore we feel that offering a cooked meal (that is often around 1000 calories depending on what we serve) and then children going home to eat again is often above the recommended daily allowance.

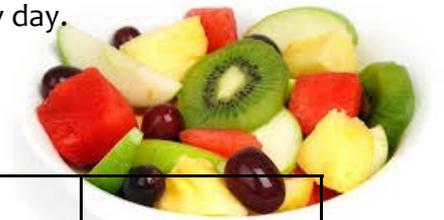
Providing children with *healthy* snacks in appropriate portions can improve overall health, curb cravings, fight weight gain, regulate mood, boosts brain power and give them the energy they need to keep going.

We spend a lot of time preparing and serving food and cleaning up after the meal, but we feel that the children would benefit so much more from our staff focussing on making the club what we originally set out to achieve: inspiring and supporting children to develop as rounded, creative and responsible members of the community in which they live.

The club rooms will have a table that will be full of healthy snacks that the children can help themselves too at a time they would like to eat it. Children will learn about sharing, making and preparing their own food and taking responsibility for their own needs. We will of course monitor your child's consumption to make sure their diet at the club is reasonable and balanced.

The menu will change every term, but here is a sample of our new menu:

A selection of Fresh Fruit and raw vegetables will be available every day.



Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Pitta pockets with a selection of fillings Rice pudding	Pasta salad with garlic bread Yogurts	Selection of sandwiches Fruit jelly	Rice Salad with nan bread Sorbet	Selection of dips, cous cous and Muffins
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Quiche and dips Banana Bread	Selection of crackers, cheeses and cold meats Rice pudding	Tomato, bean and potato salad Smoothies	Chicken and salad tacos Carrot cake	Mixed meat and veggie wraps Jelly and cream



Fee increase

This is to inform you of our fee increase for your child/children effective from 1st December 2016.

As you are aware we are a not-for-profit organisation which insists on paying our excellent staff a fair wage. Unfortunately, due to increases in our costs during the last two years, we now need to increase our fees.

Unfortunately we have no other option. We are only just covering our costs and at times we are unable to afford new resources or pay for activities for the children.

We want to continue to be sustainable and offer this vital resource for parents, but we will only be able to do this with a small fee increase.

As for the 1st December Breakfast club will increase by 50p per session and after school club £1 per session.

BC - £5.50 per session

ASC - £13 per session



Holiday club kids need a Zip Card

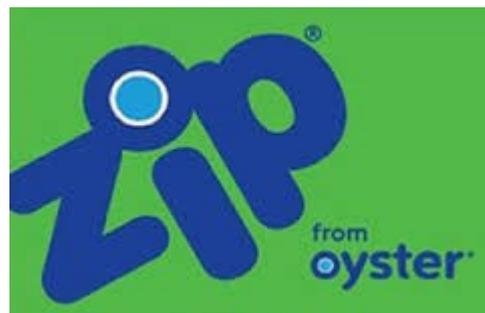
We will **not** be increasing our Holiday club fees., However, due to this year's difficulties in travelling around London for holiday club trips, we are asking that you get your child a free travel card so they can travel on the underground. During the last year the club had to unnecessarily pay the travel costs for many kids on numerous occasions. All children aged 5-11 can travel for free across London if they have a Zip Card. We shall continue taking the kids out on trips during the holiday club as we believe they are extremely beneficial to the children and something they love doing.

Therefore to enable the trips to continue and prevent a holiday club fee increase we are asking that all children that will attend the holiday club apply for a free Zip oyster card. [A zip card is free and lasts from age 5 – 11, offering](#) free travel on Tube, DLR, London Overground, TfL Rail and most National Rail services where pay as you go is accepted.

You can apply for one here:

<https://tfl.gov.uk/fares-and-payments/travel-for-under-18s/zip-oyster-photocards>.

We would really appreciate your co-operation in this., and you will find that it will save your family on travel costs throughout the year.



Communication - do we have the right email address for you?

There has been some confusion with communications from the club and some parents not receiving emails. Regular emails are sent out by the club to parents. Therefore, if you are not receiving regular emails from the club, please can you inform us.



Club locations

There has been a lot of disruption this term due to central heating works that have been happening within the centre, and this has caused some confusion as to where to pick up your children/child from.

We apologise for this, however we always endeavour to inform you if your child will be at a different site at pick up times. If your child is not at their designated site at pick up time they can only be in two other places:

The craft room in the Telegraph Hill Centre
The playclub in the lower park
Telegraph Hill Park

We are lucky to have such green space around us and we will continue to using it. We would appreciate your understanding in this. The children are all picked up at different times and we cannot guarantee they will be in their main designated space at the time you specify. We asked for your permission to take children to the local park at the time you registered (it's in the contract) therefore we would appreciate your support in allowing us to continue to do this.

The changes we are making are to improve the experience the children gain from the club and ensure that the children are learning, whilst having as much fun as they can, supported by our current very talented staff team. The children's creative community club, does not want to just be an after school club, but be a successful and sustainable club that inspires children to learn different talents and engulf themselves in community. We feel that our philosophy and approach have been successful, and the waiting list for places is evidence of this.

With winter on our doorstep, the snow about to fall, we all wish you a very merry winter (and in just 9 weeks) a happy Christmas too! Here's to a very exciting new year!

