

Things to Bring

General Clothing

- ★ We strongly recommend that your children bring a sun hat to camp as they will be spending time outside. Not having a sun hat could mean that your child will not be able to spend time outside.

Art Group and Apprentices

- ★ We suggest your children wear a pair of soft shoes and old clothes that can get dirty

Sports Group

- ★ We suggest your children wear trainers and bring a change of clothes in case they get dirty

Medication

- ★ If your child is on prescribed medication, please fill out a consent form (available on our website) and hand the labelled medicine to their group leader. We can't administer medication that is not prescribed.

Mid Morning Snack & Lunch

- ★ All children should have a piece of fruit and a drink for a mid morning snack.
- ★ We've included advice on food on the back of this sheet
- ★ Cross Keys is not a nut free zone but we respectfully ask you not to pack nut products (eg: nutella, nuts, peanut butter) as snacks and lunch.

Things to Remember

Times to come and go

- ★ All days at Cross Keys start at 9:30am and finish at 3.30pm
- ★ Extra Time (Lates): If you can't make the 3.30pm pick-up, we offer a late option until 4.30pm for £20 per week. There are no lates on the last day of each week at camp.

Friday Show

- ★ At the end of every week, the drama group puts on a play for parents. This starts at 2.45pm and finishes in time to go home. We hope you'll come along, whichever group your children are in!

Settling in

- ★ On arrival, you can stay with your children until you are happy to leave

Collecting

- ★ For security reasons, please let us know if your child is going home with someone else. No child can leave with someone not authorised.

Parking

- ★ We have a car park, the entrance is off East End Road. Please ensure you drive slowly and do not park on yellow lines, zig zags or disabled zones.

Useful phone numbers

- ★ If you need to contact us urgently during camp, please call 020 8371 9686. If we don't answer we'll direct you to an emergency mobile number on camp.

Things you might like to know

Our rules and regulations

- ★ We have a set of policies and procedures, created in line with Ofsted regulations. If you'd like to see them, please ask a member of staff or visit www.campsforkids.co.uk. We are registered with OFSTED. You can see what they do and have access to our inspection reports on www.ofsted.gov.uk
- ★ If you have a complaint of any kind, please speak to a member of staff who'll take you to the appropriate Cross Keys manager.

Making and storing a healthy packed lunch...

We don't provide refrigeration for packed lunches. These precautions will ensure your child's food is safe to eat. Food is not likely to be contaminated with food poisoning bacteria if you:

- ★ Store and prepare cooked and raw food separately.
- ★ Wash hands, cutting board or other equipment before preparing food.
- ★ Ensure that food is cooked thoroughly.

The following guidelines will reduce the risks:

- ★ Do not prepare food too far in advance. This is a common cause of food poisoning. If you have to prepare the food the night before ensure that it is refrigerated immediately.
- ★ Ensure perishable foods like meats including poultry eggs and egg products, rice and pasta are thoroughly cooked before use.
- ★ If leftovers are used ensure that they are kept refrigerated and used up within 24 hours.
- ★ Keep the packed lunch in the refrigerator until the last moment before leaving home.
- ★ Do not store packed lunches in direct sunlight or on top of heaters or radiators.
- ★ Keep the food covered at all times to prevent contamination.
- ★ Try to fit a picnic type frozen ice pack into the lunch boxes.
- ★ Please do not pack fish/chicken/eggs without an ice pack, as we do not have any method of refrigeration.
- ★ Please do not pack glass bottles for drinks.

Healthy eating

We're committed to promoting healthy living amongst children. Outdoor exercise and healthy food are two of the key ingredients of a healthy lifestyle. As we don't provide food we can't dictate what you put in lunch boxes. But every time we see healthy food in a lunch box we note and comment how great it looks!

Recommended Food/drink

Fresh Fruit	Dried Fruit	Cheese
Yoghurt	Rice Cakes	Marmite
Vegetables	Fruit Juices	Honey
Brown Bread	Water	Pasta
Rice	Fish	Meat
Cheese	Eggs	

Please read http://www.bbc.co.uk/food/recipes/mostof_childrenlunchbox.shtml which has some interesting and useful tips on lunch boxes for children.