

# Be Sun Safe

We all need some sun exposure it's our primary source of vitamin D, but too much can be dangerous.

One of the best ways to get protection from the sun is to cover up and shield skin from UV rays.

## Protected all children in your care by:

- Planning activities indoors between 11am and 3pm as the UV Rays are stronger at this time
- When outdoors plan activities in the shade, under a wide umbrella or a pop-up tent.
- Ask parents to dress their children in protective clothing as UV Rays can reflect onto your child even when in the shade. So encourage parents to equip their children with long sleeved shirts and pants, a wide brimmed hat which protects the neck, ears and face and sunscreen with an SPF of 50.
- Encourage children to wear UV-blocking sunglasses to help protect children's eyes
- Incorporating sun safety into your curriculum for example through coloring and story books.
- Arm all staff with sun safety knowledge and ensure all staff, parents, students and volunteers are aware of these.
- Advise all staff to act as a role model
- Insure children drink plenty of fluids on a warm day

## Did you know?

- 90% of all skin cancers are preventable.
- About 80 – 85% of the suns rays can pass through clouds so you need to take care on cloudy days too.
- Damage to the skin by the sun is permanent. It also builds up - that means damage to the skin in one year is added to damage done in previous years. In later life this can lead to skin cancer.
- Skin cancer can take 20 to 30 years to develop, so the rates of skin cancer today reflect the trends of the 70's and 80's.
- For the majority of the population, 10 - 15 minutes daily exposure of the face and hands to the sun and adequate diet provides a sufficient level of vitamin D.
- Skin damage is caused by exposure to ultraviolet rays, which are strongest from 11am to 3pm. This is not related to the hottest part of the day, which is usually later in the afternoon.

Reference: The Irish Cancer Society

[www.cancer.ie/sunsmart](http://www.cancer.ie/sunsmart)

## Cork County Childcare Committee

**Main Office**  
The Market House,  
Buttevant, Co.Cork  
Tel: 022 23880

**West Cork Office**  
Unit 12, Underhill Commercial Park,  
Dunmanway, Co.Cork  
Tel: 023 885962

**Email:** [info@corkchildcare.ie](mailto:info@corkchildcare.ie)  
**Web:** [www.corkchildcare.ie](http://www.corkchildcare.ie)

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## At the beach

- Sun- ag ghrianri
- Sun glasses - spéacláí gréine
- Sun cream - uachtar gréine
- Sun hat - hata gréine
- Life guard - garda tarrthála
- Swimming - ag snámh
- Swimming pool - linn snámha
- Swimming shorts - bríste snámha
- Swim suit - culaith snámh
- Arm bands - banda láimhe
- Sand - gaineamh
- Sand castle - caisleán gaineamh
- Bucket and spade - buicéad agus spád
- Beach ball - liathróid trá
- Boat - bád
- Surfing - ag surfáil
- Wave - tonta
- Star fish - crosóg mhara
- Crab - portán
- Shells - sliogáin
- Picnic - picnic
- Sandwich - ceapairí
- Ice-cream - uachtar reoite



Cork County Childcare Committee Limited  
Coiste Cúraim Leanaí Chontae Chorcaí Teoranta

# Newsletter

Cork County Childcare Committee Limited Newsletter

Issue 7 July 2010

## A Note From The Coordinator

# Summer deadlines

As the sun peeps out and some of you start to think about holidays and getting away from it all, can we put in a small plea to keep an eye on your email and post box?

The summer months are when the OMCYA try and finalise all of the paperwork to do with the childcare schemes including the free preschool scheme, the community childcare subvention scheme and the brand new childcare employment and training scheme.

If you are unsure of what you should have received, if you lose any of your bits of paper, terms and conditions etc. you

can find it all on the OMCYA's website – [www.omcya.ie](http://www.omcya.ie), click on childcare and click on the free preschool scheme, everything you need can be downloaded from there. Alternatively you can phone or email us and we will do our best to help you out.

Contracts should be out by now, make sure you sign and date both copies and send both copies to us at the Childcare Committee NOT to the OMCYA as you did last year.

Your draft contracts will **not** be valid if:

- One or both of the copies is missing or incomplete
- Any portion of the contract is illegible

- You have written material onto the contract
- The signatory is not the applicant and is not authorised to sign on behalf of the applicant

Please bear this in mind before sending the contracts on to us. We will check them and then forward them on to the OMCYA, as only designated officials can countersign the contracts, one copy of which will be returned to you.

Our offices are open most of the year so if you are in doubt or have any questions, please contact us.

*Karen McDonnell*

## SÍOLTA

### 12 principles of Síolta

1. The value of early childhood
2. Children first
3. Parents
4. Relationships
5. Equality
6. Diversity
7. Environments
8. Welfare
9. Role of the adult
10. Teamwork
11. Pedagogy
12. Play



The County Childcare committee will begin Aistear information sessions and workshops with providers from September/October 2010. At these sessions each service will receive one hardcopy of Aistear. We will contact you closer to the time with the details.

## Quality Childminding

When looking for a quality childminding service a parent should ask:

- ✓ Has the childminder completed a Quality Awareness Programme or has a childcare qualification?
- ✓ Has the childminder an up to date certificate in first aid?
- ✓ Has your childminder been Garda vetted?
- ✓ Does the childminder have insurance?
- ✓ Does your childminder have references available from previous employers?
- ✓ Is the childminder voluntary notified or HSE notified?
- ✓ Is the environment bright, clean, safe, warm and caring?
- ✓ Is the area being used for childminding suitable?
- ✓ Are the toys and equipment available for the needs of all age groups cared for?

Observe the childminder on their interactions with the children

- ✓ Are their interactions positive?
- ✓ Are the children happy in the childminders company?
- ✓ Where will your child sleep?
- ✓ Do they have individual places to sleep?
- ✓ How will they be checked?
- ✓ Where will nappy changing or toileting take place?
- ✓ What kind of activities will my child be involved in during the day?
- ✓ Is there a safe, well fenced outdoor area for children to play each day?
- ✓ Are there policies and procedures in place?
- ✓ Is there a signed working agreement with parents?

## ECCE Clarification

Under the terms and conditions of the ECCE September 2010 the OMCYA states:

*Playschool service providers should enroll children under the scheme on the basis of providing a full place. However, where for good reason a service provider provides part-places, i.e. where two or more children share one pre-school place and each attends for a number of days per week, this will be permitted. In such circumstances the service provider will be paid a pro-rata capitation grant (i.e. the grant will be calculated by reference to the total number of children attending each day rather than the total number of children attending per week.*

This states that splitting preschool places is permitted on a case by case basis where a parent has a good reason for not sending their child for 5 days. You are still asked to prioritise children that will attend for 4 and 5 days.

## ECCE

Parent will be asked to fill out a Parent Declaration Form in the week of the 6th-10th September 2010. This will require their child's PPS number. The service will then transfer all information on to an electronic returns form.

The process for ECCE September 2010 will be:



## Community Childcare Subvention Scheme 2010

The Community Childcare Subvention Scheme (CCSS), which was due to end in 2010, will be replaced by a new scheme to be introduced in September 2010 as the Community Childcare Subvention (CCS).

The week when parents need to fill in the forms is **6th-10th** September 2010

- **Band A** has been expanded to include parents on Family Income Support (FIS).
- **Band A** parents who are in receipt of Job Seekers Benefit/Assistance will receive subvention for a maximum of five hours of childcare per day.
- **Band B** will now include low income working parents above the FIS threshold, for example parents holding **Medical or GP visit cards**.

The **CCS Scheme will allow eligible parents to access reduced childcare costs at participating community childcare services**. The table below outlines the weekly subvention based on band A and B (pro rata) and the type of service the child is attending.

## CCS Eligibility

Band A	Band B
Widows Pension	Medical Card
One Parent Family	GP Visit Card
Pre-retirement allowance	Band A last year
Farm Assist	
State Pension	
Blind Person	
Guardians Payment	
Illness/Injury Benefit	
Disability Allowance	
Back to work/ education Allowance	
Carer's Benefit/Allowance	
Supplementary Welfare Allowance	
Community Employment	
Domiciliary Care Allowance	
Family Income Support	
HSE Referrals (HSE pays balance)	
Job Seekers Benefit/ Allowance*	

## CCS Amounts

	*Band A (JS/JB)	Band A	Band B
Full day (5 hours 1min +)	€50.00	€100.00	€50.00
Part-time (3.31-5.00)	€50.00	€50.00	€25.00
Sessional (2.15-3.30)	€33.00	€33.00	€16.50
Half Sessional (Less than 2.15)	€17.00	€17.00	€8.00

## NEW! CHILDCARE EMPLOYMENT TRAINING SUPPORT SCHEME (CETS)

The scheme will be open to private and community childcare facilities which are participating in the ECCE and/or the CCS, as well as after school services for primary school children which are in the CCS. Services that offer part-time, sessional or shorter hour's services only - are not eligible to apply. Stand alone school age services which are not in the CCS Scheme may be considered. The scheme will come to an effect 1st September 2010.

The childcare places will be aimed for children of qualifying parents who are attending a FAS training course or an educational programme administered by a Vocational Educational Committee (VEC).

All participating services will be paid a weekly capitation fee in advance, for each place reserved at the rate of:

Service	Number of hours	Opening hours	Rate
Full Day Care	At least 10 hours	8am to 6pm	€170
Half Day	At least 5.5 hours	8am to 1.30	€95
After-School	At least 3 hours	2pm to 5pm	€50

All services participating in the CCSS and the ECCE Scheme should have received a letter and an application form from the OMCYA giving details of the scheme. These should have been filled in and sent to us by 18th June 2010. OMCYA will advise all applicants of whether they have been accepted to the scheme by 30th July and the number of places this applies. They will issue contracts for signature at the start of August and the first payment will come to services at the end of August.

For more information and for the general terms and conditions please visit the OMCYA website – [www.omcya.ie](http://www.omcya.ie)  
Alternatively contact your county childcare development worker.

## Our Website

Cork County Childcare Committee is in a process of reconstructing and updating our website. If you have any suggestions what should be on the website we would love to hear them.

[www.corkchildcare.ie](http://www.corkchildcare.ie)

