



Chwarae Dysgu
a Thyfu'n Iach
Play Learn and
Grow Healthy

Project Newsletter

Spring 2010



Website Competition Winner

Congratulations to Owain Gruffydd of Menter Bro Dinefwr who won £50 in the Play Learn and Grow Healthy prize draw by completing the online questionnaire. Many thanks to all those who gave us feedback using the questionnaire. For those of you with ideas on how we can improve further, please give us your comments on the feedback link on www.plgh.org

.....Activity Cards.....

Physical activity cards have now been in settings for a term and we are busy collecting your ideas for further improvement as we now work towards planning the next set. A suggestion has been put forward for us to consider writing activities for use in smaller areas. We will definitely try to include this in our next set of activity cards.

From the horse's mouth - a participant's view on our project...

"Hello, my name is Kathryn Davey and I am taking part in the Play, Learn and Grow Healthy scheme as a childminder. I am also currently studying a Foundation Degree in Childhood Studies with the University of Glamorgan.

During a recent lecture about Child Development, the group were informed of your project and its content. We were asked to refer to your website for information for reference in our assignment.

I hope that this is of pleasure for you to hear as I believe that what you are putting into practice is obviously of interest to all childcare professionals."

Resources.....

All of the nutrition activity cards have now been finalised and will shortly be out in all the participating settings. We hope that these are going to prove as popular with the children and staff as the physical activity cards. Let us know how what you think of them by emailing us as info@plgh.org

Website.....

Check out our website

www.plgh.org

where you can get all the latest information on the project and download a sample of our resource cards for free! There are also links to other websites where you can access more FREE resources to promote physical activities and nutritional games. Don't forget to follow the on line link to let us have your feedback on the site and any further information you would like included.



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A word from our team...

The second round of data has been successfully collected from all the participants in the childminder settings. Everything has run smoothly, I only encountered one hiccup at a setting with difficulty accessing the Internet; however, the childminder and her husband were so helpful, that it became a very enjoyable experience for all!

Once again the welcome I have received has been tremendous, it's like visiting friends. The children have been so enthusiastic and, this time around, having had prior knowledge and understanding of the project, we can all see the benefits. They all love the game breaks in the online survey and have reached some pretty amazing scores!

The Focus Group meetings have been a success this term, with our celebrity Chef, Anthony Evans, entertaining everyone. Much praise to be given to one of the childminders, Janet, for participating in the Bush Tucker trials and eating a RED hot chilli pepper.

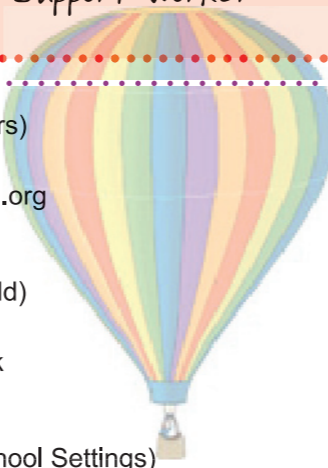


I have also assisted my colleagues on the Project collecting the second round data from out of school childcare clubs. This term it's been great to get most of the participants to complete the questionnaire electronically, so everyone including club leaders, have been able to view the online questionnaire.

I have enjoyed the opportunity of visiting the various clubs and the children have been delightful!

Thank you very much, to each and every child and adult for participating in this unique project, it is a pleasure to visit you.

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A word from our team...



I have received an amazing response this term from staff, parents and children in the Cylchoedd. Every staff member taking part in the project has used the resource pack. When visiting the Cylchoedd I have been discussing how the first pack has been of use to them. This is what was said by one cylch:

"We have been using the first pack regularly in our physical activities. During the term we had an Estyn inspection – the Inspector noted that we were using the resourced and was keen to know how the project worked. We have adapted some of the harder cards to make them relevant to the age of children in the Cylch, but on the whole the staff have enjoyed using them."

I will evaluate the first pack when I collect the data from the second round. I have already started that process and I emphasise that it is very important that everyone fills the form in order to ensure that the resources are useful to the Cylchoedd.

By now, the second round of focus groups have also been during November 2009. Anthony Evans from the programme 'Stwffio' came to do a presentation on healthy eating. We had a fun night with the children watching carefully as he prepared and cooked the food. Then it was us adults' turn to have a go with the children giving the instructions. We won the competition in Llanelli

so Anthony's presentation clearly worked! The Cylchoedd are looking forward to the second resource pack which will have an emphasis on 'nutrition'.

I would like to take this opportunity to thank everyone for their participation, and I look forward to seeing them all next term.

Tanwen Randell



had showed the resource cards to her tutor who was very impressed with the content.

The Focus Group Meetings have been a great success with Anthony Evans, celebrity chef from Stwffio (S4C), who gave a demonstration on how to cook a Tandoori dish, making it a cheaper and healthier alternative to a takeaway meal.

Many thanks to all the children, staff and parents for their continued support with the Play, Learn and Grow Healthy Project

Terena Davies-Tommason
Development Officer,
Clybiau Plant Cymru
Kids' Clubs

The second round of data collection has been well received in the participating clubs. The children have now had a whole term using the physical activity resources and the initial feedback is very positive. The buddies enjoy setting up and facilitating the activities.

One of the play leaders, who is currently studying to be a teacher,

FOCUS ON FOCUS GROUPS

Four Focus Group meetings have been held across Carmarthenshire during November and December at the following venues:-

| DATE | VENUE | ATTENDANCE |
|--------------------|----------------------------|-----------------------|
| 24th November 2009 | CYCA Llanelli | 15 adults 5 children |
| 26th November 2009 | Y Gamfa Wen, Carmarthen | 12 adults 6 children |
| 1st December 2009 | Y Ddwylan, Newcastle Emlyn | 10 adults 3 children |
| 3rd December 2009 | WOW Club, Llandeilo | 10 adults 28 children |

A huge thank you to all who attended on the very cold and wet evenings! Over 80 people were in attendance including children, club staff, childminders and parents.

gave demonstrations on how to make cheaper and healthier alternatives to takeaways and also some great ideas for entertaining over the festive period.

Anthony Evans (Stwffio, S4C)

The adults were guided by the children to create a range of dishes which we all enjoyed tasting at the end of the session.



Pam McIntosh, Health Development Manager gave an update and all staff were available to discuss any aspects of the project with the participants.

General feedback was great and here's what some of you had to say...

"It's great to have new ideas!"

"Very enjoyable"

"Very lively and interesting!"

Some of your suggestions for further improvement included an activity where all the children could be involved. We have taken your comments on board and aim to achieve this during our next round of Focus Group Meetings which will focus on Physical Activity. The dates will soon be advertised on our website so please check out our events page on www.plgh.org for further information.

Also a statement from Ysgol Caer Felin, Pencader....

The Play, Learn and Grow Healthy project works very well alongside our cooking classes currently running in the club. The children have increased awareness of a healthy lifestyle due to the questionnaire and they actively look for healthier ingredients when cooking.

The Menter Bro Dinefwr after school clubs have benefited greatly being a part of the PLGH project with Clybiau Plant Cymru Kids' Clubs. The project has increased the awareness and importance of living and eating healthily. Now, a great deal of the children are choosing healthy food and the healthy options are getting very popular. Thank you very much for all the support with the project.

Owain Gruffydd
Director
Menter Bro Dinefwr