

Just look at how well Caitlin is concentrating on her art work



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Horn End News

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Has your child had an eye test yet?

Children may start experiencing vision problems as early as preschool. The problem is most young children may have difficulty communicating any vision problems. For most, "not" seeing normal may seem normal, only because children do not know what to expect when it comes to their eyesight. It is never too soon to take your child for an eye examination as optometrists can examine children's eyes even if they are unable to read letters. It is recommended that children be taken for an eye test by the age of three. Undetected eye conditions can have a serious effect on a child's educational performance. Some common childhood eye conditions are treatable if diagnosed at an early age. In the UK children are entitled to a free eye test on the NHS if under 16 or, under 19 and still in full time education.

Two things to consider to help and to protect your child's sight:

Always protect your child's sight in the sun with fully UV protected Sunglasses. Over-exposure to the sun's ultraviolet rays can contribute to the development of some ocular conditions i.e. cataracts. It is known that an average of 50% of a person's sun exposure takes place by the time they reach 18.

Eat their greens! Eating certain fruit and vegetables which contain substances called lutein and zeaxanthin could help protect against eye conditions. Ensure they eat plenty of broccoli, oranges, peas, kiwi fruit, sweetcorn etc

Once you have had your child's eyes tested bring along his/her prescription to **The Eye Works 24 St Johns Market Stafford ST16 2DF**

We can help you take full control of your child's eye care in a friendly, family environment. We dispense and fit prescription spectacles, prescription sunglasses, or non-prescription sunglasses for all the family. With a fully qualified Dispensing Optician and an extensive range of affordable, but trendy, children's frames it is the place to go! We are focused on giving quality service at the lowest price possible.

The prescription from any eye test, whether it be adult, or child, private or NHS, is yours to take wherever you want to get your spectacles dispensed. There is an incorrect assumption that your spectacles have to be purchased where you have had your eyes tested. This is wrong, the optometrist who has tested your eyes or your child's eyes is legally bound to give you a copy of the found prescription before you leave the testing room.

The Eye Works uses a glazing laboratory that specialises in complicated prescriptions and who are affiliated with leading spectacle lens manufacturers. This ensures you will always get the best finish possible on your spectacles lenses. Our company focus is to supply prescription eyewear at low prices with emphasis on keeping children's dispensing costs as low as possible without using inferior lenses.

We look forward to seeing you and your family in the near future for a no obligation quote for your eyewear needs. Kimberley Parkes-Vincent
(Dispensing Optician and past parent at Horn End Stafford!)

We hope you found this article useful—EMMA

Special points of interest

- Eye tests
- What's on
- Parking
- Stay and play
- Managers Memo



Picture above shows some beautiful social skills developing in the baby room. This is a lovely example of how babies of a young age can learn to share and interact well with others

Stay and Play

It was lovely to see so many parents taking the opportunity to stay and play. We plan to have a stay and play day every month. Our next stay and play will be **Thursday 19th February 2009** from 8.00-9.00 am

If the dates or times are not convenient to you don't worry parents are welcome anytime. Just give me a call. **Emma**

Whats happening this month

Monday 9th

We have a visit planned from Jo jingles

Tuesday 10th

Toby Talls are planning a trip to Cannock chase museum

Wednesday 11th

We have a Leaps and Bounds physical education session

Friday 13th

We have a day full of valentine surprises for all children

Wednesday 18th

Toby Talls are having a games day; please can all children bring in a favourite game from home.

Tuesday 24th

All the children will be celebrating Shrove Tuesday! Please can all Toby Tall children bring in a small frying pan from home.

Wednesday 25th

The Tommy Thumbs are planning a trip to the park to feed the ducks



All children enjoyed our cultural day celebrating Chinese new year. The Toby Talls even tried eating their lunch with chop sticks!!

MANAGERS MEMO

I have a few spaces left in the Baby Smalls and also the Tommy Thumbs. Please come and speak to me if you would like to increase your sessions

Please can I remind all parents that the car park opposite nursery is for residents only and you are at risk of being clamped or receiving a fine if you park there

Horn End Nursery Premises At

Lamascote Road, Stafford, Egg Lane, Hixon, & Wharf Road, Rugeley.

We can now e-mail photos to you of your child at nursery. Please make sure we have your correct email address

Phone: 01889-584400

Fax: 01889-584400

Email: rugeley@hornend.co.uk