

CHOLSEY PRE-SCHOOL

Newsletter 14
January 17th 2020

This week we have.....

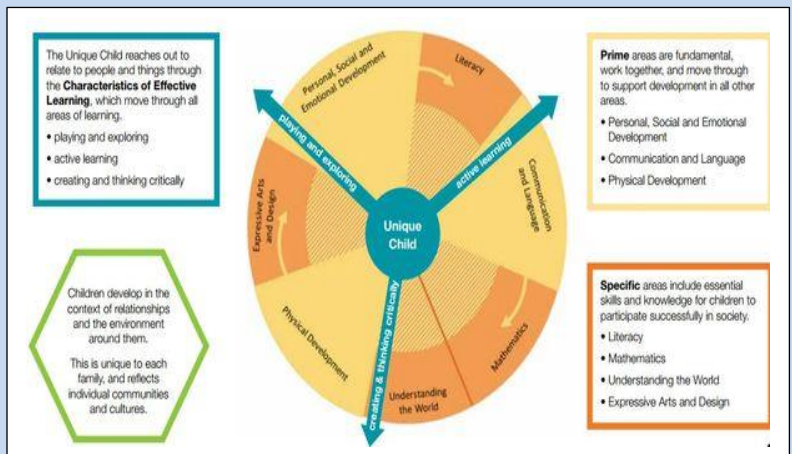
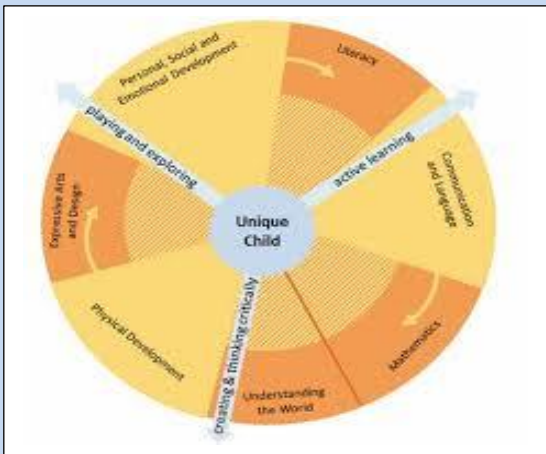
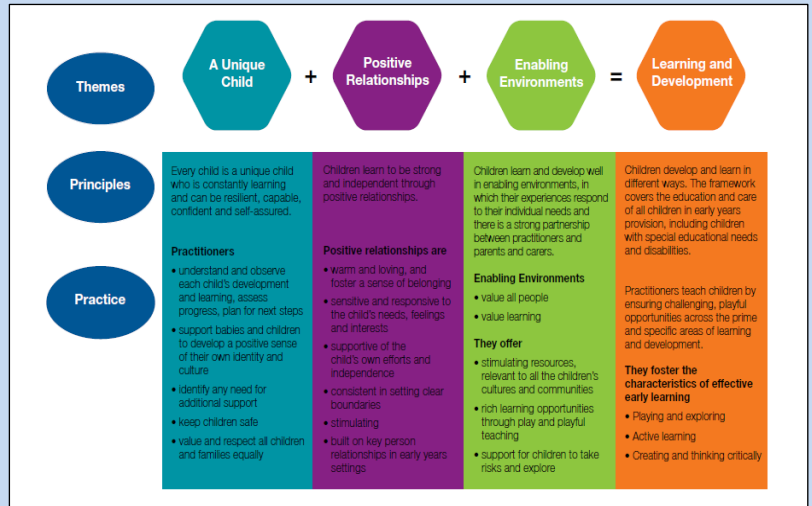
Been cooking and also making fruit salad for snack times, this allows us to speak about healthy eating.
 Been using mud roc for modelling, the mud rock is soft and feels funny in our hands but dries very hard!
 Been supporting the building of relationships and conflicts, by role playing and discussion.
 Been doing music and movement, listening to songs and rhymes and moving our bodies accordingly, the children were much better at this than the adults!
 Been playing with puzzles and helping the children problem solve if needed.
 Had Lucy in to do Mini Professors with us.

Parent Consultations

Parent Consultations will take place from Monday 27th January to Friday to Monday the 31st, don't forget to book an appointment,

Your child's profile will be based on the Characteristics of Effective Learning and we use this to track your child's progress throughout their time with us.

These can be seen in a larger format on the wall near the children's pegs.



Dates for your Diary (please check Newsletters, Notice boards and Website regularly for updates)

Parent Consultations

Monday 27th – Friday 31st January

Children's Mental Health Week

3rd – 9th February

Internet Safety Day

11th February

Term 3 Ends

February 14th

Term 4 Starts

February 24th 9am

Getting School Ready...

Take time to help your child with any toileting issues they may have.

*Are their clothes easy for them to remove to enable them to go to the toilet?

*Can they wipe?

*Do they wash their hands?

<https://www.nhsggc.org.uk/kids/life-skills/self-care/going-to-the-toilet/>

Your details

We are short of a few replies to last weeks request regarding your details.

If you haven't yet contacted us to let us know if your details have or haven't changed could you please do so.

It is easier for us to not have to chase you regarding this.

Thank you to all who have replied so far.

This Week's Highlights

Monday

Mud Roc Modelling

Tuesday

Music and Movement

Wednesday

Listening Walk

Thursday

Constructing

Friday

Cooking

Health and Wellbeing

This week we speak about a fundamental building block which is food!

Food plays a massive part in all of our wellbeing; fuelling yours and your child's body is of utmost importance.

Not enough of the right foods and too much of the wrong can lead to poor physical health, cognitive development and poor mental health.

Time and money can be big factors contributing to our food choices making pre-packaged or fast foods more tempting choices.

Also, we know children at times can be fussy, it can be hard to encourage them to eat new food.

Tips to help

- *Keep a food diary for a week to see exactly what you are eating as a family.
- *Are you cooking different meals for each member? If so, get the family involved to come up with one meal you will all eat.
- *Get the family involved in the cooking process. Young children love to get involved and help.
- * Plan!! Set aside some time to plan your weeks meals, saves time and money in the long run.
- * Set aside meal times to have them as a family, no screen time and use it to talk about your day. Make it a fun and positive time.
- * Perseverance is key, young children need to be presented with a new food up to 15 times before they may even try it.
- *Have a cooking day! Batch cook some meals for the freezer for when you are short on time.



Eat well guide produced by <https://www.gov.uk/government/publications/the-eatwell-guide>

This guide shows you how much of each food group you should be aiming for.

Before the age of 5 aim to provide Pre-School children with 3 meals and some snacks. These should be made up of foods from the 4 main food groups.

Your child's appetite may fluctuate, so don't panic.

*5 Portions of starchy foods each day.
*5 Portions of fruit and vegetables each day.
*3 Portions of dairy foods each day
*2 Portions of Protein foods each day. (If a child is vegetarian consider 3 portions of protein foods)

What is a portion?

Starchy food examples: $\frac{1}{2}$ - 1 Medium slice bread, chapati.
1 - 4 Tablespoons mashed potato
2 - 5 Tablespoons rice
1 - 3 Large breadsticks or crackers

Did you know a portion size of raisins or sultanas is $\frac{1}{2}$ - 2 Tablespoons? They should also only be given as part of a main meal and not as a snack!

Fruit and Vegetables : $\frac{1}{4}$ - 1 Banana
 $\frac{1}{2}$ - 2 tablespoons of broccoli, peas, cauliflower, parsnip and sweetcorn.
1 - 4 Cherry Tomatoes

Dairy Foods: 100 - 150ml of milk
4 Tablespoons of hard cheese.
1 pot of 125g yogurt

Try child size bowls or plate to help gauge appropriate portion sizes.

Did you know that children's tummies are much smaller than ours? Young children are also good at regulating their food intake.

Protein Foods: 1-2 Fish Fingers
2-5 Tablespoons soya mince
2-4 Tablespoons of baked beans, chick peas, kidney beans
1-2 small slices of chicken

Information from Educare