

CHOLSEY PRE-SCHOOL

Newsletter 15
January 24th 2020

This week we have.....

Been peeling and cutting up their own fruit for snack time and then sharing it out with the other children.



Been creative building
using open resources



Been following patterns,
thinking critically with
sustained concentration.



Been learning about Chinese New Year and
had some Stir Fry Noodles.

Learnt about Burns Night and we had some
teacakes and shortbread.

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

This Week's Highlights

Monday

Making Textured Playdough by themselves

Tuesday

Mini Professors

Wednesday

Sticky Kids Movement and Meditation

Thursday

Chinese New Year

Friday

Burns Night

Getting School Ready...

Children's clothes and shoes are wonderful, colourful and fun but are they right for school?

Are your children's clothes easy for them to change in and out of?
Are your children's shoes easy for them to take off and put on again?
If not maybe try with some other clothes/shoes. Being independent is a big part of starting school and being able to change themselves and their shoes is a great start.

Smoking

We all know smoking around children isn't good for them, but we also know how hard it can be to quit.

Children who live with someone who smokes are more likely to develop Asthma, Chest infections, Meningitis, coughs and colds.

And, of course, the smell of smoke lingers on clothes and also the child.

If you want to quit smoking please do look at <https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/>

and, of course, speak to your doctor or pharmacist.

Health and Wellbeing

Children's Mental Health week is from the 3rd Feb - 9th Feb and was set up by Children's mental health charity Place2Be.

This years theme is 'Find Your Brave'.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. can build your confidence, self-esteem and make you feel good about yourself.

Life often throws challenges our way. Bravery isn't about coping alone or holding things in. It's about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself.

So over the next week have a think about what brave things you and your child have accomplished! Send us pictures, words, certificates anything we can use during this week.

The below link is a leaflet to explain more about Children's mental health week and what you can do to help your child.

https://562edcf5b67b66a14900-eeaef90731f7ce1cd156ac7b02c7dd8f.ssl.cf3.rackcdn.com/Top_Tips_Parents_Carers_2020.pdf

This area is something we focus on in Pre-School and has a major effect on children's wellbeing.

PSED (Personal, social and emotional development) is one of the 3 prime areas within the early years foundation stage. This area has 3 learning goals which are;

Self-confidence and Self-awareness, This aspect is about how children come to develop confidence in who they are and what they can do and in expressing their own ideas. They can speak to familiar people about their ideas and choose resources for activities they have chosen to do.

Managing feelings and behavior, this is about how young children can manage their own and others feelings, it also links to how they can follow simple rules.

Making relationships, this is about how children can get along with other children and adults; taking into consideration other people's feelings and building relationships.

When children look after their mental health and develop their coping skills it can help them to boost their resilience, self-esteem and confidence. It can also help them learn to settle themselves, feel calm, and engage positively with their education - which can, in turn, improve their academic attainment.

Good mental health among children

When children have good levels of wellbeing it helps them to:

- learn and explore the world
- feel, express and manage positive and negative emotions
- form and maintain good relationships with others
- cope with, and manage, change, setbacks and uncertainty
- develop and thrive.

Did you know 1 in 8 primary school children has an identifiable mental illness! Among this age boys are twice as likely as girls to have a mental health illness.

Children will learn from the adults around them how to deal with certain situations. It is important therefore we handle things in a good way so they have good role models in life.

Certain changes in life may bring on changes in children. If you have any concerns please speak with us, we maybe able to help or point you in the right direction.

Being a parent is tough, we are also here for you. Please let us know if you would like some help.

- * Talk to your children about feelings.
- * Help them to understand and manage feelings.
- * Help them with their behaviour.
- * Help them with their self-confidence and awareness.