

# CHOLSEY PRE-SCHOOL

Newsletter 19  
February 28th 2020

## This week we have.....

Been getting back into our Pre-School routine and going over our Pre-School Rules. Do you know what our rules are? Here are some.....

- \*We walk inside
- \*We use our indoor voices when in the classroom
- \*We use nice touch with our friends
- \*We can shout when we are outside
- \*We use nice words
- \*We freeze when the bird squeaks

Spoken about Shrove Tuesday, tried some pancakes with some lovely toppings of various fruit, a tiny sprinkle of sugar and a squeeze of lemon. We spoke about the foods we eat and what helps our bodies grow big and strong.

We also had pancake races outside, which was great fun.

Been in the art area making dresses out of the fabric in there. Some of the children decided this is what they wanted to do, so worked out what they needed and how they could make them with some great results.

Getting the Numicon out and matching the shapes up to the patterns on the boards to make pictures. We have also been using the Numicon to count and when we finished we sorted the shapes out so they were put away correctly.

Been building, we have built the Eiffel Tower out of boxes, using our Builders equipment to make sure they were secure. We have built impressive train tracks around the Pre-School class room, this involved problem solving and using the correct shape track to complete the circuit. We have built a zoo, with individual cages for the animals to be in. We have used the wooden blocks to build houses, towers, dinosaur worlds and so much more. What do your budding builders build at home?

Had P.E lessons, we used our bodies to move in different ways, we crawled, we slithered, we jumped, we went under things, we balanced and we had to use our listening ears!

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

**World Book Day**

March 5<sup>th</sup>, come as your favourite book character

**Reading Workshop**

March 5<sup>th</sup> 4pm Pre-School

**Bingo and Curry Night**

Friday 20<sup>th</sup> March, 7.00pm – 10.00pm at The Great Hall

**Last Day of Term**

Thursday 2<sup>nd</sup> April, Finish as normal at 3.30.

**Pre-School Term Starts**

Monday 20<sup>th</sup> April

## World Book Day

World book day is on the 5<sup>th</sup> March. We will be dressing up as our favourite book characters (optional). Please can we ask that fancy dress is of a book character and not a character from You Tube and so on. If your child doesn't come to Pre-School on this day they may come as their favourite book character any time during the week.

## Reading Workshop

Our reading workshop is being held next Thursday at 4pm in Pre-School. You may just turn up for this workshop but if you know you are coming please do let us know in advance.

Pre-School will be closed for a short while after pick up to enable us to get set up.

## Bingo and Curry Night

Join us on Friday 20<sup>th</sup> March, 7pm for a fun evening of Bingo! Featuring rounds of traditional Bingo plus a few Special Feature rounds. Delicious homemade curry dinner, licensed bar, deserts and fantastic prizes to be won! Tickets £10 including dinner plus all your rounds of Bingo. All proceeds going to Cholsey preschool charity

<https://www.tickettailor.com/events/cholsey-preschool/348651>

## This Week's Highlights

**Monday**

Mini Professors

**Tuesday**

Pancake Races

**Wednesday**

Music and Movement

**Thursday**

Big Builds

**Friday**

P.E

## Health and Wellbeing

Sleep! Sleep can be a big issue for children and adults.

How many children have good sleeping patterns? How many of you dread bedtime? How many of you wake up with tired children and a tired self?

We may not be able to solve all issues but we can offer some useful resources and tips for you to try, remember though, as with everything, consistency is key.

Did you know that sleep is essential to the development of your child? Their behaviours, memory and social skills mature significantly during this time. If your child is not getting the sleep they need they may not be able to develop and learn to their full potential, their physical health could be compromised to.

Did you know Pre-School aged children need between 11 and 13 hours sleep?

Tips to help with sleep (For all ages):

- Make the bedroom a relaxing environment, have it tidy, quiet and dark.
- Establish a routine, make this routine something you stick to. It wont always be easy, but stick with it.
- Slow things down before bedtime, going for a walk, quiet games/activities, reading or bath time.
- Turn off all screens an hour before bedtime.

For further information on the effects of sleeping and also tips to help please look at the following links:

<https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/?tabname=childrens-sleep>

<https://www.nhs.uk/conditions/night-terrors/>

<https://www.thechildrensleepcharity.org.uk/commissioning.php>

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

Also attached to this Newsletter will be some PDF documents.