

# CHOLSEY PRE-SCHOOL

Newsletter 16  
January 31st 2020

## This week we have.....

Been learning about Australia Day, we watched an Australian Family talk about what it is and how they celebrated.

We did some food tasting and made Fairy Bread an Australian favourite.

We looked on the globe and, in the Atlas, to see where Australia is and how we could get there.

The Children also spoke about the Bush Fires and the temperatures, they spoke about the animals that were in danger, it made some of the children very sad.

They spoke of all the animals and birds that live in Australia that we do not have here.

We also listened to some Aboriginal music.

Been building our own obstacle courses outside using different equipment and then taking part in going around it. This activity helps the children with their communication, problem solving and their co-ordination.

Learnt how to switch our muscles on and off in meditation by breathing in and tensing our faces, hands and feet and then relaxing as we breath out. We practice meditation, or relaxation, regularly, the children are getting very good at it.

Been talking about how words can affect us, the difference in kind and unkind words and how they make us feel. The adults role played certain situations using words and asked how that may make someone feel. The children got very involved and were great at recognising words that may make us feel 'Warm and Fuzzy' and those that may make us feel 'Cold and Prickly'.

Been learning about estimating, lengths and also weighing objects in maths. By doing this in a fun way the children learn about maths and can ask questions and extend on their knowledge.

Been making and cooking our own pitta bread pizzas, we have been selecting our own healthy toppings to put on top of them. This activity helps the children with hygiene by washing their hands and not putting their hands in their mouths and so on whilst cooking, we talk about why. It also enables the children to make decisions around their likes and dislikes when they choose their toppings. Cooking also lets us speak about food and the importance of healthy food.

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

**Children's Mental Health Week**

3<sup>rd</sup> – 9<sup>th</sup> February

**Internet Safety Day**

11<sup>th</sup> February

**Term 3 Ends**

February 14<sup>th</sup>

**Term 4 Starts**

February 24<sup>th</sup> 9am

**Reading Workshop**

March 5<sup>th</sup> 4pm (Details will follow soon)

**This Week's Highlights**

**Monday**

Australia Day

**Tuesday**

Estimating

**Wednesday**

Mini Professors

**Thursday**

Obstacle Course

**Friday**

Cooking

**Getting School Ready...**

Being 'School Ready' also involves being able to eat well on their own. Helping your child learn how to use a knife and fork will really help them if they are having School Lunches. They will also need to be able to carry their own tray and scrape their scraps into the food bin. We do practice this at Pre-School with the children who have school lunch with us; it would be helpful for it to be carried on at home. When it comes to packed lunches please make sure your child can get into the boxes and the food that are prepared for them

**Parent Helpers**

Have you ever wondered what goes on at Pre-School? If so come and volunteer for a session.

Are you a keen gardener? We will soon be looking for volunteers to help us get our garden patch ready for us to use.

If you are interested please do contact us and we can discuss further.

## Health and Wellbeing

Promoting Positive Behaviour.

Children are learning all about themselves and others at this stage of their development. They are learning all about emotions and feelings and also how to handle these.

We aren't born knowing these things, we learn through watching our parents/carers and family members which is why it is important to be good role models.

An adult role is to guide and nurture positive behaviour using our own actions and words.

How do you react to things that annoy you or make you angry?

How do you react to things that are difficult?

How do you react when things don't go your way?

Children will be watching and learning all the time from you.

Getting the balance right can be hard, at Pre-School we follow the Family Links programme. On their website there are many downloads for parents with guidelines for handling many a situation.

The link is below.

<https://www.familylinks.org.uk/free-downloads-for-parents>

The work of Diane Baumrind in the 1960s created one commonly-referenced categorization of parenting styles. The four Baumrind parenting styles have distinct names and characteristics:

- Authoritarian or Disciplinarian
- Permissive or Indulgent
- Uninvolved
- Authoritative

Each of these parenting styles is different with each with their own outcomes. Take a look at the link below to find out more about each style and what they mean.

<https://www.brighthorizons.com/family-resources/parenting-style-four-types-of-parenting>

Do you set family rules? If no, sit down and discuss these. At Pre-School we sit down with the children and talk about our Pre-School rules, the children set these.

The family rules should apply to you all, so sitting and listening to each other is very important, so is all members following them and gently reminding each other about them.

As parents/carers do you set boundaries?

Setting boundaries and sticking to them can help with your child's behaviour.

Keep these simple and clear as young children will not understand complicated words and phrases.

We all love praise, remember to praise all the good things they do. Think about the feeling you have when someone praises you for the work you have done.

At Pre-School we use Choices and Consequences from the Family Links Programme.

(Child's name) You have a choice

You can either help me to put your toys away or you can leave me to do it.

If you choose to help me we will have time for another story.

If you choose not to help me we won't have time for another story.

It's your choice - it is up to you.

Let them have a little think, come back and ask what they have chosen then follow through with the consequence.

Being a parent/carer is hard. Children sure know how to press the right buttons sometimes. Try not to react when angry, take yourself away to calm down before making decisions.

Be kind to yourselves, and give yourselves so time out of situations.

If your child's behaviour is challenging, please don't think you are alone or the only one.

Remember we are here to help you so please do ask if you need any.

For further help look at this link and download the guide.

<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/>