

# CHOLSEY PRE-SCHOOL

Newsletter 5  
October 25th 2019

## This week we have.....

Been looking at and celebrating Diwali. We have had some food tasting and tried some Padoras, we had mixed feedback but that is good, firstly the children tried the food and secondly, we all like different tastes.

We have learnt some Indian Style dancing, which was great fun and very energetic.

And we have also been doing some lovely Rangoli patterns.



## Family Links

First of all, well done to some eagle-eyed readers who have also clicked on the links to find that they didn't work! At least we know you have read this Newsletter and also clicked on the link.

Well that is a little error that needs sorting, but it is also a lesson learned. We can all learn from errors or mistakes we have made, after all no one is perfect and this is what we do, make the mistake then learn so not to repeat it. The thing with making a mistake is not the mistake but how you deal with it.

This is the same as problem solving, how do we deal with these pesky problems that occur? Do we get angry? Do we fault find? Do we blame? Do we suggest ways to solve the problem? Are we calm? Do we work together?

Children again learn these skills from you and people around you. You can help them practice these skills so they problem solve in a much for meaningful well that will help them in their future years.

What problems could you help them with now? Well that differs from child to child.

Putting on shoes the right way around could be a problem also building a tower with blocks so it doesn't fall could be a problem.

Here is a link for the Family Links programme, the downloads for Problem Solving, Empathy and Choices and Consequences are there for all to see.

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

By the way, it took ages to problem solve this, computers are something I am not skilled in!

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

**Back to Pre-School**

Monday 4<sup>th</sup> November

**Coffee morning and Primary School Registration in the School**

Tuesday 5<sup>th</sup> November

**Pre-School Closed for Early Years Conference**

Thursday 7<sup>th</sup> November

**Children in Need**

15<sup>th</sup> November

**Pre-School Photos**

21<sup>st</sup> November

**Reindeer Run**

24<sup>th</sup> November 2pm Laurence Hall

**Christmas Fair with Pre-Schools grotto**

29<sup>th</sup> November 5.30 – 8pm

**Tempest Christmas Photos**

December 5<sup>th</sup>

**Last Day of Term**

Wednesday 18<sup>th</sup> December

## Personal Power

We have been talking with the children about personal power.

On asking the children what they think their personal power could be we had many answers, ranging from shooting spider webs to becoming invisible. Even though these would be great powers to have, the personal power we were helping them to understand was the power of their voice and words. For example, instead of lashing out if someone does something they don't like they use their words to express how it makes them feel.

## Things to do at home

Have you ever taken time to take 5 and try some relaxation with your children?

We have been practicing some meditation techniques with the children, we are getting quite good at Jellyfish relaxation and will be moving onto Dolphin Underwater Adventure.

We use meditation CDs designed with children in mind, you maybe surprised with how well they do. It is a lovely way to calm down and relax your mind and body.

The CDs we use are;

## This Week's Highlights

### Monday

### Tuesday

Playing in the rain

### Wednesday

### Thursday

### Friday