

CHOLSEY PRE-SCHOOL

Newsletter 10
December 6th 2019

This week we have.....

We have been writing letters to Father Christmas, practising our mark making.

We have also been making Mince Pies, this has been great for to practice using our listening skills as we needed to listen to instructions.

We had our Group Nativity Photo on Tuesday.

We have been making lots of Christmas crafts, these activities allow us to express our individuality, choose mediums and tools to use for our crafts and work with others.

We have been looking at letters and sounds and tuning into sound, developing awareness of sounds and rhythms.

Family Links, we are now into our 3rd session on personal power. This is Puppet Power, where we use a puppet to act out scenarios and then discuss them and choices we could make.



Healthy Eating

Sometimes it can be a struggle to get Children to eat a variety of foods, getting the balance right can be tricky.

With so many reports of obesity or eating disorders we can all question if we are doing the correct thing.

Help is at hand for parents and carers if you are ever in doubt via

<https://www.nhs.uk/change4life>

and

<https://henry.org.uk/index.php/homepage/about-henry/how-we-can-help>

Both pages have tips and helpful hints regarding food and exercise and selfcare for yourself.

The quantity and speed each child eats their food will vary, children are very good at knowing when they are full. Like with everything balance is key.

At Pre-School we promote Healthy Food choices and discuss the impact food and drink has on our bodies.

Please check out the links above if you have any concerns, they maybe able to help, or let us know at Pre-School.

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

Christmas Jumper Day

Friday 13th December

Pre-School Christmas Songs

17th December 9.15

Last Day of Term and Christmas Party

Wednesday 18th December

Term Starts

January 6th

All term dates are on our Website

Change to School Dinner and Christmas Party

On the 17th December Cholsey Primary School are having their Christmas Lunch. This means on this day there will be a change to the Menu (Menus coming soon).

If your child is in for Lunch on that day and you have already selected you do not have to do anything except make sure you still want the meat or vegetarian option.

Christmas Party.

Could you please let us know if your child will be attending the Christmas Party on Wednesday 18th December at 12.30pm.

A food list will be going up soon, if you are able to contribute that will be lovely

This Week's Highlights

Monday

Mince Pie Making

Tuesday

Writing letters to Father Christmas

Wednesday

Action Songs

Thursday

Mince Pie / Salt Dough

Friday

Obstacle Course

Information and Contacting Us

Did you know our Website has changed a little?

If not take a peek, the calendar is on there and updated regularly, there are recipes put up for you to look at and all Newsletters for you to view.

If you need to get hold of us quickly please telephone us, we are not always at the desk to answer emails and we can not get on FB during the day.