

# CHOLSEY PRE-SCHOOL

Newsletter 3  
October 11<sup>th</sup> 2019

## This week we have.....

Had lots of sensory play using rice and baked beans! We have been learning all about our senses and how we use them.

There has been lots of weighing and measuring that has been initiated by the children. They have selected resources to weigh and measure and have also measured parts of themselves, hands being a favourite.

We have had lots of play outside involving numbers, games such as hopscotch, long jump and balls in a barrel.

We have also been focussing on our listening and attention skills.



## Different ways to support Pre-School

As you maybe aware we are a Charity Run Pre-School so rely on donations and fundraising to keep going. The more money we raise the more we can do and offer your children.

Here are a few ways you can help, further details can be found on our webpage under fundraising.

### Lottery

Tickets are £1 per ticket, per week and 40% of all tickets sales are donated to our Pre-School. There is a guaranteed cash prize to someone on our supporter list every week and a further chance to win £25,000 in a separate draw every week. Draws are every Saturday at 8pm and results are posted online. To start supporting, visit: [www.yourschoollottery.co.uk/play](http://www.yourschoollottery.co.uk/play) Search for **Cholsey Pre-School**-Supporters must be 16 years of age and over.

### Easy Fundraising

Easyfundraising is the UK's biggest charity fundraising site. It's simple to use, and it's free. Visit your favourite retailers through the easy Fundraising website and then shop as normal. Once you've made a purchase the retailer will then make a small donation to your cause to say "thank you".

To set up visit [www.easyfundraising.org.uk/causes/cholseypre/](http://www.easyfundraising.org.uk/causes/cholseypre/) and follow the instructions for setting up your account (search for Cholsey Preschool)

### Amazon Smile

If you shop on Amazon, please set this up as it's another free way for the pre-school to make money.

- **Step 1: In your internet browser go to <https://smile.amazon.co.uk> and log in using your Amazon log-in details.**
- Step 2: Search for **Cholsey Pre-School** and follow the online instructions
- Once set-up you need to go through [smile.amazon.co.uk](http://smile.amazon.co.uk) – you can set up a browser reminder prompt or add it to the app

### PayPal Donate

Via our Webpage under Fundraising there is a PayPal Donate button, just click and away you go.

## Mental Health

Mental Health and Cholsey Pre-School.

We play a very important role looking after your children when they are in our setting with regards to your children's mental health.

For a child to be mentally healthy they would need support to;

- have a clear sense of who they are
- have self worth
- recognise and manage their own emotions
- learn
- play
- enjoy friendships
- build relationships
- deal with difficulties.

Having a child with good mental health will help your child to develop resilience which is important for now and later life.

We promote health and wellbeing by offering fruit and vegetable snacks, milk and water. We try and support our families with good diet choices and give parents leaflets to encourage healthy eating, we have a leaflet stand which contains a lot of information. We encourage healthy lunch boxes and give every parent information on what is a healthy lunch box.

We are always available for parents to speak to us if anyone is ever concerned about their child's health and diet.

Sending positive messages to children about taking care of their body is so important.

We have weekly P.E sessions, music and movement sessions, outdoor play, creativity in the wood, relaxation and meditation sessions which all contribute to a child's physical and healthy wellbeing. We believe this will help and support to contribute to your child's mental wellbeing.

We encourage children to develop a sense of self-worth and increase their self esteem by helping them make decisions and using their voice. We encourage them to try new things and help them with things they find difficult and celebrate their success.  
We help them see how amazing they all are and their friends.

We also help with them learning about emotions, how to handle emotions such as anger and disappointment. We do this by following The Family Links Programme, speaking about it during group times and amongst play.

We want to support your children to give them the best possible start to life, so encouraging, role modelling and demonstrating all the above will hopefully give them the positive messages to gain a healthy mental wellbeing

We can also help families by pointing them in the right direction for help they may need.

Below is a link for top tips for parents from Family Links

<file:///C:/Users/chols/Downloads/top-tips-for-parents.pdf>

## Things to do at home

### Mark Making!

Mark making helps the children on their writing journey.

At Pre-School we use different ways to mark make; paper and pens, sand, paint, gloop etc.

What do you use at home and can you show us your work?



## Next Week's Highlights

### Monday

Wearing pink all week

### Tuesday

Large scale mark making

### Wednesday

Junk modelling  
Large construction

### Thursday

Music and movement

### Friday

Cake sale-donations of cakes would be appreciated.

## Dates for your Diary

### **Wear Pink and Cake Sale**

#### **14<sup>th</sup> – 18<sup>th</sup> October**

Wear something pink in aid of raising money for Breast Cancer Research.

Cake Sale on after Pre-School at 3.30pm 18<sup>th</sup> October  
3.30pm

### **Divali**

October 21<sup>st</sup> – 23<sup>rd</sup>

### **Last Day of Term**

23<sup>rd</sup> October

### **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

### **Pre-School Photos**

21<sup>st</sup> November

### **Reindeer Run**

24<sup>th</sup> November 2 – 4.30pm Laurence Hall

### **Last Day of Term**

Wednesday 18<sup>th</sup> December