

## PRE-SCHOOL

Last week we welcomed everyone back after the Easter Holidays we enjoyed speaking to the children about what they did over the holidays which was lovely.

We also got back into our Pre-School routine, going over our Pre-School rules and having fun playing with our friends.

Last week we spoke about Flowers as part of our Wanderlust: A Nature Study Programme. We spoke about different types of flowers and the growth cycle of flowers.

We had a lot of water play last week, lots of tipping, pouring and measuring. The children used different containers to see which ones held the most amount of water.

We made some bubble mixture and blew bubbles, the children were practicing to use their lips to blow, this activity is good for their speech and language.

We spoke about our feelings, what they are and what we may do when we have these feelings. Feelings can be very strong and we may not always have the words to describe those feelings so we may act out instead. Having ways to manage our feelings is helpful so we can use them when needed.

<https://childmind.org/article/how-to-help-children-calm-down/>  
<https://www.nhsaaa.net/media/9864/mh20-004-gd-helping-children-manage-big-feelings.pdf>

There are many books that can be read and help children to understand their feelings, here are just a couple.

[The Lion Inside by Rachel Bright and Jim Field](#)

[Grumpy Frog by Ed Vere](#)

We had lots of creative making using items from the junk modelling section, this involved the children deciding what they wanted to make and thinking about what they needed to make their ideas. This is great for the children as they are thinking about what they would like to do in their heads and then thinking about what they need from the junk modelling section to make the final product.

## Behaviour

Some of our parents/carers have been asking for some advice on how to help their child's behaviour.

Helping children to manage their feelings and behaviour can be tough but the key is to be consistent and have everyone in the household working together.

Establishing family rules, sitting round a table and discussing together, including your child, will let everyone know what is expected of them. Having clear rules and boundaries also helps a child know what is expected from everyone and having choices and consequences and following through with these is also important.

Having open discussions with your child, listening to their point of view is also extremely important. For further help please look at previous Newsletters, these are available on our Website or click on the links below.

There are 4 main parenting styles, with many parents adopting a few, take a look at these parenting styles here: <https://childcarestudies.co.uk/2021/07/23/parenting-styles-and-practices/>

For help with choices and consequences and behaviour take a look at Family Links :

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

<https://childmind.org/guide/parents-guide-to-problem-behavior/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/challenging-behaviour/>

If you have any questions please do arrange to come in to speak with us.

**Dates for your Diary (please check Newsletters and online Notice Board for updates)**

**Monday 1<sup>st</sup> May Closed Bank Holiday**

**Monday 8<sup>th</sup> May Bank Holiday for King Charles Coronation, Pre-School Closed**

**Friday 26<sup>th</sup> May Term Ends 3.30pm**

**Half term Holiday 29<sup>th</sup> May – 2<sup>nd</sup> June**

## Safeguarding

Safeguarding is extremely important to us at Cholsey Pre-School, but did you know Safeguarding is 'Everyone's' responsibility, including yours. This week we want to speak about Physical abuse.

The following information is from the NSPCC website. The NSPCC defines Physical abuse as when someone hurts or harms a child of young person on purpose. It includes:

Hitting with hands or objects

Slapping and punching

Kicking

Shaking

Throwing

Poisoning

Burning and Scalding

Biting and Scratching

Kicking

Breaking bones

Drowning

It's important to remember that physical abuse is any way intentionally causing physical harm to a child or young person. It also includes making up the symptoms of an illness or causing a child to become unwell.

### Signs of Physical Abuse

Not all bumps and bruises mean a child is being physically abused, but it is important to be aware.

Bruises

Broken or fractured bones

Burns or scalds

Bite marks

Scaring

The effects of poisoning, vomiting, drowsiness or seizures

The effects of physical abuse can be long lasting and lead to poor physical and mental health or worse.

For more information visit: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/physical-abuse/>

If you have Safeguarding concerns who do you report them to? If you think a child is in immediate danger you would call 999 straight away.

If you have an immediate concern about a child you can call the MASH team on 0345 050 7666

Or click the link below for further information.

<https://www.oxfordshire.gov.uk/residents/children-education-and-families/keeping-children-and-young-people-safe/report-child-abuse>