

# Cholsey Pre-School Newsletter



15th Sept

## *What we have been doing*

This week as part of Wanderlust: A Nature Study Programme we have been looking at 'Apples'.

We have conducted an experiment using apples and solutions to see if any would stop the apples from spoiling.

We also cut the apples to see what they looked like inside and used a magnifying glass to see up close.

We have explored outside, looking at the season and weather changes. What do we wear if it's hot? Do we need suncream if it's cloudy? We have been teaching the children about sun safety and what the UV means.

We have been using loose parts on a large scale outside, we've used guttering, pipes, stones, bark to create and use our imaginations.

We have been getting to know each other, learning lots of names and learning how we feel is ok and we can express how we feel within our safe environment. We've talked about things we like and things we dislike. It's been fun learning about each other.

Next week we will be looking at Owls as part of Wanderlust: A Nature Study Programme

***This week we will be speaking about rules and boundaries.***

At Pre-School we have rules which the children help to set. We speak with the children about what they think will keep them safe and make them happy, we then discuss this and set our Pre-School rules which we all stick to.

**Do you have rules and boundaries at home? Boundaries help the child know they are safe, they will be tested and pushed and the children will need you to remain consistent and fair, changing them as they develop and get older. Learning about boundaries also helps the children to set their own as they grow which can keep them safe as they negotiate life.**

**You can sit down as a family and have your own set of rules and boundaries, letting everyone have a turn at speaking and all listening before coming up with your family rules (yes mum, dad, carer, nan, grandad etc etc this applies to you too). Having all adults on the same page and being consistent really helps the children.**

**This article by Place 2 Be is informative for all parents/legal guardians.**

<https://parentingsmart.place2be.org.uk/article/the-importance-of-boundaries-and-consequences-for-children>

<https://families.barnardos.org.uk/pre-school/routines-boundaries>

[https://mindedforfamilies.org.uk/Content/everyday\\_parenting/](https://mindedforfamilies.org.uk/Content/everyday_parenting/)

<https://www.familylinks.org.uk/>

## **To do at home:**

How's the tidying up practice going? Practice this for another week.

# Healthy Start and Healthy Smiles

Have you heard of Healthy Start?

Healthy start is a national government scheme which provides money through a payment card for people who are pregnant or have young children.

The card allows you to purchase fruit and vegetables (fresh, tinned, dry), plain cows milk and infant formula (stage 1 only), free Healthy Start vitamins can also be claimed.

To see if you are eligible click here

<https://www.healthystart.nhs.uk/how-to-apply/>

<https://services.nhsbsa.nhs.uk/apply-for-healthy-start/>

To find out more click here <https://goodfoodoxford.org/> or contact us.

Has your child visited the dentist yet? If not please do book them in for their first visit, children should see a dentist once their first baby tooth has broken through.

For more information, please view our website, we have also included a PDF weekly brushing chart.

<https://cholseypreschool.co.uk/keeping-healthy/childrens-oral-health/>

<https://www.communitydentalservices.co.uk/wp-content/uploads/2023/03/My-brushing-chart-new.pdf>

## Reminders

I'm afraid it is the same reminder as last week, please do pop your children's names on all of their belongings. As much as we try to see those items of clothing, hats and so on get put on the children's pegs they can sometimes end up anywhere; without a name we do not know who to give them back to.

Lunch boxes, water bottles and snack pots/bags without your child's names on make things difficult at these break times and we also need to make sure the children do not end up with the wrong food items due to allergies.

## Dates for your diary

Pre-School finishes for October half term on Friday 20<sup>th</sup> October at 3.30pm

October half term – Monday 23<sup>rd</sup> to Friday 27<sup>th</sup>. Term 2 starts Monday 30<sup>th</sup>.

## Pre-School Session Times

Morning 8.45am- 11.45am

Afternoon 12.30pm – 3.30pm (Gate will open at 3.15 for those picking siblings up from the Primary School)

All Day 8.45 – 3.30pm

Breakfast Club 8am – 8.45am (Booking required by 4pm the previous day)

After School Club 3.30pm – 5.30pm (Booking Required)