

Cholsey Pre-School Newsletter



22nd Sept

What we have been doing

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

We have spoken about Owls, where they live and what they eat. The children were really interested in how far the owls head turned, so we spoke about the angle. They knew owls were nocturnal and then spoke about other animals that came out at night.

We have also had a lesson with Rugby tots which has been great, the children enjoy taking part in this session.

We spoke about recycling, and how what we need to put in the different bins. We spoke about the tiger bin, the recycle bin and the bin with the bin on it!

The children wanted to see how the apple experiment from last week was going, they were interested in how the apples were doing in the different solutions. One of the children was really interested, saying how one apple was shrivelled like a prune and how another piece of apple had changed colour and how another one didn't smell nice.

We have had lot's of water play using the guttering and pipes to create water flows and transporting the water using different vessels

We have also been speaking about feelings and emotions, looking at pictures of faces to talk about how they may be feeling. We have been speaking about how we can cope with strong emotions.

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

Reminders

Please can you all make sure everything your child brings in has your child's name on. We know this is the same reminder as the last 2 weeks, but this is because things still aren't being labelled. We have lunch boxes with no name on them, water bottles with no name on, bags with no names etc etc.

We also need snack put in a separate bag/box with your child's name on. Please leave this outside of your child's lunch box.

We do get asked where certain things are if they have been left behind, but unless they have a name on it is very hard for us to help and return items to their rightful owner.

Toy's that are bought into Pre-School are also at a risk of being lost amongst ours if they do not have your child's name on.

To do at home:

Have a family talk about their feelings, what makes you sad, happy, angry, scared and so on. And speak about how it is ok to feel sad, angry, scared and help them to understand these emotions and how to regulate them.

Early Help

These few weeks at Pre-School are not just for settling your children in but for the team to observe your child and their needs. If a need has been identified that may require extra support, we will speak with you to speak about how we will go forward. We can also support all our families if help is needed, so don't be afraid to ask.

This is nothing to be concerned about, after all at some point we all need a little help with something, and we all know getting the help early is better than leaving it too late. Getting help early benefits children and families as we can start the process of accessing help (which can sometimes take time), signpost information, offer support and so on. All this is done with your child's, yours or families best interests, without judgment, labels or anything else people maybe concerned about.

On our website we have a lot of information regarding safeguarding, information for parents with our parent library (information from helping to stop smoking, mental health and wellbeing, housing and so on), and SEND.

If you have any concerns or require help, please do speak with us. We can arrange a time to have a meeting with you in private or arrange a phone call if preferred.

Fundraising

As you will know from filling forms in previously and reading our welcome pack we are a charity run Pre-School.

The 15 and 30 'free' hours are not really free, they are funded by the government, but sadly the funding is no where near what is needed, you may have seen the Early Years Alliance on the news channels addressing this. Everything you see inside/outside Pre-School has been bought using money fundraised in previous years.

In order for us to stock up on resources, from toilet rolls to paper and pens we have to fundraise every year. We know times are hard at the moment, but there are some simple ways you can help.

Firstly, is Your School Lottery, by purchasing a lottery ticket not only are you in with a chance of winning the Jackpot and other prizes you support the Pre-School at the same time.

<https://www.yourschoollottery.co.uk/lottery/school/cholsey-preschool>

Another way is to have a look at our Amazon wish list, we add items to this list that correspond with Wanderlust: A Nature Study programme, STE(A)M and things we are just running low on.

<https://amzn.eu/d6lZilh>

Volunteering your time and sharing fundraising ideas is also a fantastic way to get involved. As is getting the rest of your family/friends involved too. Just contact us and we can put you in touch with Allie our Chair.

Our First Fundraising Event

We have our first fundraising event coming up, our Halloween Balloon Race. This balloon race is an eco-balloon race, so not done using 'real' balloons.

This race starts at Dracula's Castle....how far will your balloon get?

What do you need to do? Follow the link, buy your balloon, customise your balloon then wait for the race to begin, once it has started you can track your balloon throughout the race. This is a fun activity to do with your friends and family at the same time as raising money for Pre-School.

<https://ecoracing.co/cause/cholsey-pre-school-2532/>

The balloons launch at 12 noon on the 31st October.

A Poster is attached to this email, if you can put it up in your window, we would appreciate it.

Oral Health

The team have just completed their Oral Health training which was very informative, we first did this training in 2021 and things have changed since then. Oral health is not just about brushing your teeth, it is also about the food and drink we consume that can affect our tooth enamel and lead to pain and discomfort.

Do you know how much fluoride should be in your toothpaste and how much toothpaste should be on your brush?

Under 3 years a smear of toothpaste on your brush.

Over 3 a pea sized amount, yes for adults too!

0-6 years your toothpaste should contain at least 1000ppm

7 years plus at least 1,350 – 1,550ppm

Children should not use whitening or sensitive toothpastes.

Did you know some of the supermarket own brands of toothpaste have the recommended amount of fluoride (as above) but are a lot cheaper than well known brands?

Did you know ultra-processed food isn't good for children's development, physically and mentally? Ultra processed food is food that generally has a longer shelf life, has more than five ingredients, has ingredients in it that you wouldn't find at home, that is full of emulsifiers, stabilisers and solidifiers.

Some of the ultra-processed food aimed at young children contains a lot of sugar that can attack children's soft teeth. Some smoothies aimed at young children contained between 12.7g and 15g of sugar, some cereal bars contained 5.2g sugar, some oat bars contained 7.5g sugar.

An adult's daily recommendation of free sugar is 30g, 7-10 years is 24g, 4-6 years is 9.9g

For more information on children's oral health please look at our website, we will be adding information to our Newsletters during the school year.

Dates for your diary

Pre-School finishes for October half term on Friday 20th October at 3.30pm

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

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)