



Registered Charity No: 900441  
Proudly holding Ofsted  
Outstanding status

# Cholsey Pre-School Newsletter

Sept 29th



## What we have been doing

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

We have been speaking about mushrooms, the colour, feel and shape of the different types of mushrooms. We spoke about where mushrooms grow and also about not picking mushrooms without your adult with you for safety.

Colour mixing, this was sparked from a child's interest of mixing paints and making certain colours. We got pots of paint and took them outside to investigate what colours they made when mixing colours together. Some of the children also got the foam letters and painted inside them to look at the shapes.

Lots of construction in the construction area, this week we have had steam train, house, flagpole and a fort made. The are thinking about what they want to make before making it, sorting the blocks, looking at the positioning and working with others to complete their vision.

The children have been seeing what would go down the guttering pipe the quickest out of the monster trucks and the cars, problem solving as they were doing so and learning to take turns.

Some of the children are using the natural resources to create repeating patterns and grouping in colours using shells and curtain rings.

The children have been making nests for hedgehogs out of sticks, pinecones and conkers which led on to talking about the prickles on the conker shells, then prickles on the hedgehogs. This led to further conversation on what time of the day they came out, what they ate and also the links between the owls from last week.

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

## To do at home:

Practice listening skills by going for a nature walk and stopping to listen the sounds around you then discussing them.

## Car Safety

When travelling with a child in the car it is law to have a car seat for children up to the age of 12 or 135cm tall (whichever comes first).

To keep your child safe in the car, even for short journeys, please look at the following information.

<https://www.gov.uk/child-car-seats-the-rules#:~:text=Children%20must%20normally%20use%20a,must%20wear%20a%20seat%20belt.>

## Picking Up

If you are going to be late picking your child up, please do let us know, give us a ring as we know things can happen, traffic and so on.

If we don't know you are going to be late you may incur a late fee, t and if a child has not been collected an hour after session end we will start our uncollected child procedure.



## Early Help

### Tapestry

You have all had the link to your child's Tapestry account sent to you, if you haven't activated it yet, please do so as it will run out.

Once a termly observation is added we will send out an email regarding your child's next steps. The 'Next Steps' are what we will be working towards with your child. For this to be most effective we also need to have the continuation at home as your children are only with us for a small amount of time.

You are your child's main educator, this means most of your child's learning will be from what you teach them, what they learn from you by copying you and by your role modelling things to them.

By working together we can achieve the best outcomes for your child and give them the best start to their life and their educational journey.

Attached to this email is a parents guide to the EYFS, please do have a read through, and contact us if you have any questions.



### Safeguarding

At Pre-School we take safeguarding extremely seriously. Safeguarding is everyone's responsibility, so it is important you know what to do if you have any concerns.

What is safeguarding?

The NSPCC describes safeguarding as:

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

Protecting children from abuse and maltreatment.

Preventing harm to children's health or development

Ensuring children grow up with the provision of safe and effective care

Taking action to enable all children and young people to have the best outcomes

We will be explaining more about safeguarding over the next few weeks. For more information please click on this link.

<https://cholseypreschool.co.uk/staff-and-setting/staff-setting/safeguarding/>



### 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 31<sup>st</sup> October.

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

## Oral Health

Children need a varied and healthy range of foods to help them grow and develop, not only physically but mentally also, the early years is a rapid growth period, so their bodies and brains need the correct nutrition.

Eating well helps to set good healthy eating practices as they go through life and helps to protect their teeth against decay.

Did you know that pre-packaged food is mainly processed and ultra processed meaning there is very little nutritional value in them? These foods can include a lot of sugar, emulsifiers, solidifiers and other things that aren't good for your body and brain. Did you know that some cereal bars, yogurts and other pre-packaged items marketed for children are processed and ultra processed foods? Obviously having things in moderation is fine so for example one cereal bar amongst fresh and non-processed food is ok.

For further information regarding healthy food ideas, ultra processed foods, vitamin d and more please look at the following:

[Eat-Better-Start-Better1.pdf](#)

[Packed lunches Dec17.pdf](#)

[portion-sizes.pdf](#)

[Snacks-for-the-family-resource-final.pdf](#)

[Vitamin-D.pdf](#)

[Veg-Power-Lunchbox-Hacks-Sept-FINAL.pdf](#)

[ultra-processed-foods\\_soil-association-report.pdf](#)

We have also need to make you aware of choking hazards so please do take a look at this link:

[Early-Years-Choking-Hazards-Poster](#) and [Early-Years-Choking-Hazards-Table](#)

### 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)