

Cholsey Pre-School Newsletter



Oct 6th

What we have been doing

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

We have been speaking about leaves and the changes in the trees at this time of year. We have drawn different types leaves and studied them to see the differences in them and had some leaf spotting charts to explore outside and see if we can spot the leaves on the chart.

We have been going over our Pre-School rules and asking the children if they remember what they are.

We have looked at our names to see if we can recognise our own name in written form, we have looked at our names written in our group areas, pegs and on our trays.

We have also had a look at basic shapes to see if the children can recognise and name these as well as having a go at drawing them. The children displayed such confidence coming to the front of the group and having a go at drawing them on the blackboard.

We have seen some wonderful cooking in the outside kitchen, lots of mixing, selecting the resources for their cooking (measuring cups, utensils, pots and pans).



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

To do at home:

Practice turn taking, have a look and see what games you can play to encourage turn taking.

Please can we make sure food items are cut suitably to help avoid choking.

Foods to cut up

Think anything round, hard, chunky, doughy or stodgy.

Sausages or hot dogs – cut into short, narrow strips lengthways as thin as possible. Removing the skin makes them easier to swallow.

Meat – cut into strips and remove any bones, skin or fat.

Fruit – check for pips or stones and remove them.

Round fruit like grapes, blueberries, cherries, strawberries and cherry tomatoes – cut lengthways and then into quarters.

Vegetables and larger fruit like melon, apple, mango, carrot and cucumber – cut into thin strips. You can grate or mash soft food or steam or simmer harder food to soften it, especially for weaning or very young children.

Removing skin from fruits or vegetables makes them easier to swallow and reduces the risk of your child choking on the skin.

Legumes like chickpeas and butter beans – mash or steam to soften them.

Whole nuts should not be given to children under five. Chop or flake nuts and seeds.

Cheese – cut into narrow batons or strips.

White bread can form a doughy ball in the throat, so brown or toasted bread is a good option. Cut all types of bread into narrow strips.

<https://capt.org.uk/choking-prevention/>

<https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

Safeguarding

This week we are highlighting neglect.

The NSPCC site shares the following. Neglect is not meeting a child's basic physical and psychological needs (Department for Education, 2018; Department of Health, 2017; Scottish Government, 2021; Wales Safeguarding Procedures Project Board, 2020).

It is a form of child abuse that can have serious and long-lasting impacts on a child's life - it can cause serious harm and even death.

The four main types of neglect are:

Physical neglect: not meeting a child's basic needs, such as food, clothing or shelter; not supervising a child adequately or providing for their safety.

Educational neglect: not making sure a child receives an education.

Emotional neglect: not meeting a child's needs for nurture and stimulation, for example by ignoring, humiliating, intimidating or isolating them.

Medical neglect: not providing appropriate health care (including dental care), refusing care or ignoring medical recommendations (Horwath, 2007).

For more information regarding the impact, recognition, response and prevention of neglect please click [here](#)



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.

Challenging behaviour

Hitting, biting, scratching and so on, as much as they are not nice for all involved, are very common in children's development.

At this age children are learning many skills and how to deal with this big world around them where sometimes they feel they have little control. We aren't born knowing these skills, these are things children learn via observing parents/family members/siblings and others in their lives or taught by those in their lives.

Children are learning to manage huge emotions, social situations and being able to communicate their needs to us. They may not have the language to communicate to their peers or adults, they may not have the emotional understanding of their actions, they may not be able to name these huge emotions or know how to deal with them. Some children may be used to trying to compete with siblings, they may not be used to sharing and taking turns and they may have other triggers such as hunger and tiredness. Children may also use these aggressive behaviours to get what they want.

How you can help your child.

Keep calm, set rules and boundaries that everyone in the household and others who look after your child stick to, in order to create consistency rather than your child feeling confused.

Play games at home that practice turn taking and sharing.

Talk about feelings, name them and give suggestions how to deal with these feelings and these big emotions that may come with them.

Keep an eye on what your children are watching.

Keep watch on yours and those who are in the household behaviour and reactions to certain situations as these maybe copied.

Reinforce positive behaviour.

Take time for yourself as challenging behaviour can take its toll, ask for help.

For more information, please look at the following links:

<https://www.nhs.uk/conditions/baby/babys-development/behaviour/temper-tantrums/>

<https://www.babycentre.co.uk/a1021981/what-to-do-when-your-child-is-aggressive>

https://www.familylinks.org.uk/files/uqg/5e0ce4_1c7a2438172e49bf8630ab1ccf59d859.pdf

<https://www.annafreud.org/resources/under-fives-wellbeing/common-difficulties/aggression/>

<https://councilfordisabledchildren.org.uk/sites/default/files/uploads/files/earllysupportbehaviourfinal.pdf>

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)