

Cholsey Pre-School Newsletter



Jan 26th

What we have been doing

This week we have been very busy inside and out.

We have travelled the world by listening to music from different countries, seeing how the music made us feel and how it made our bodies move.

Some of the children have played dominoes, with this game they learnt about the letters in the alphabet and turn taking.

Some of the children have been busy making dens, using chairs and blankets to create their ideal den. The children thought about how they wanted it to look, what they needed to make it and then worked together to make it.

We have had a lot of water play; the barbie dolls and hulk have been swimming and diving in the water tray! Water has been scooped, tipped and poured using a variety of resources.

The children have been playing with hula hoops, they have been trying to hula hoop with them, have spun them, rolled them and used them to jump through them.

We have had the 'busy bus' out where the children needed to put some screws into the bus using a variety of tools such as screwdrivers, spanners and allen keys to do so. This activity helps the children with their fine motor skills as well as deciding which tool they need to use.

The children have also been on day trips in their car. They made their car using chairs and other loose parts and then played together going to different places in their car.

Next week as part of our Wanderlust: A Nature Study Programme we are looking at the Northern Lights.

To do at home:

Sit down together and make a list of family rules.

AGM

We have our annual AGM on Tuesday 6th February at 8pm, an email has been sent to you with details how to join.

If you can make it to the meeting, from the comfort of your own home please do so.

<https://teams.live.com/joinmeeting/9441761113252?p=yVqInJkG7fby8bsu>

The PTA at Cholsey School have asked us to remind all our parents/carers to please not park on the Zig Zag lines outside of School. These lines are there to keep the children safe. They are now taking matters into their own hands; they have told us one of their parents is a Met Detective who is helping them and they are now reporting the cars to the powers that be.

We have had a case of nits at Pre-School, can we ask that you check your child's hair and treat as necessary.

[Head lice and nits - NHS \(www.nhs.uk\)](http://www.nhs.uk)



We are taking a break from speaking about School Readiness this week as we really need to speak with you regarding another subject, which is behaviour.

We have noticed that challenging behaviour, especially after Covid, has increased.

At Pre-School we have noticed that these challenging behaviours are continuing so we need to work together to address them. Every child will display challenging behaviours, it is a normal part of growing up, learning to regulate their feelings, becoming more independent and pushing boundaries. As children grow, they learn skills that help them to regulate their feelings and emotions and control their reactions to these and other situations.

At Pre-School we have our Pre-School rules, we speak about our feelings and emotions, give these names, as sometimes children can't name how they are feeling. We discuss how words and actions can affect others, how they can make them feel and we speak about what makes us feel happy, sad or angry.

We also realise there can be many reasons why children display challenging behaviours, for example:

- *They can pick up when their parents/carers are having a tough time
- *When life as they know it changes, their family situation changes, their routine changes.
- *They may feel unwell.
- *They may not be able to communicate how they are feeling or what is wrong.
- *They may have underlying conditions.
- *They maybe hungry or have a poor diet.
- *They maybe tired.
- *They maybe scared.
- *They maybe having too much screen time.

We reinforce positive behaviours and if the behaviours are more challenging, we use Choices and Consequences from the Family Links Programme. [Resources for Parents | Family Links | Emotional Health Training](#)

Problems arise when these challenging behaviours become regular (we are seeing these ones a little more)

- *Constantly not listening to their parents/carers or refusing to do as asked (we get told 'No' or 'I don't want to' an awful lot).
- *Hurting their parents/carers/peers by kicking, hitting, biting, scratching etc.
- *Breaking/Smashing things in the home
- *Being excessively angry.
- *Constantly being rude

If these behaviours are not addressed, they will continue to get worse, which can lead to difficulties with things such as their education and relationships with others (Parents/carers/peers/other adults/teachers).

How can you help at home?

- *Seek help if you feel your child's behaviour is constantly challenging.
- *Role model positive behaviour, children will learn how to act by viewing those around them. Don't shout, raise your voice or use any physical punishment – all of these can affect their self-esteem, physical and mental health; they will also pick up that this is the way for them to act towards others.
- *Have family rules, which you all speak about and put in place. Sit down together, talk calmly, listen to everyone's point of view without interruption, put the family rules together and then have everyone adhere to them.

*Offer choices and consequences that are appropriate to the behaviour, follow through with the consequences.

For example your child would like to go outside but their toys are all over the floor.

“(Child’s name) If you would like to go outside you need to help me tidy your toys, or you can let me do it. If you choose to tidy your toys we can go outside. If you choose not to tidy your toys you will not be able to go outside. It’s up to you, it’s your choice”. Let them have a few minutes to think about it then return to ask them what choice they have made. Whatever choice they have made follow through with the consequence.

With this example if your child chooses not to help tidy their toys but they still get to go outside then your child will know it doesn’t matter what you say they will get what they want anyhow and so this behaviour will continue.

Did you also know that clear healthy rules and boundaries are beneficial to your child? They help your child realise they are being kept safe, they are secure and they are loved. It helps with their mental health and wellbeing now and in their future. It helps them to learn how to set healthy boundaries for themselves.

If the child has the “power” in the household, they are the ones in control it can be more damaging for them.

*Practice positive reinforcement for good behaviour – “You are playing so nicely together “
“Thank you for helping to tidy up”

*Understand and empathise with them “I understand it makes you feel sad”

If you have concerns regarding your child’s behaviour please do contact us for further information.

[Challenging Behaviour | Parents' Guide To Support | YoungMinds](#)



Dates for your diary

Pre-School Term 3 starts Tuesday 9th January

AGM 6th February 8pm

Half Term Feb 12th – 16th.

Term 4 starts 19th February.

Term 4 ends Thursday 28th March at 3.30pm

School Holiday 29th March – 12th April

Term 5 starts Monday 15th April

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)