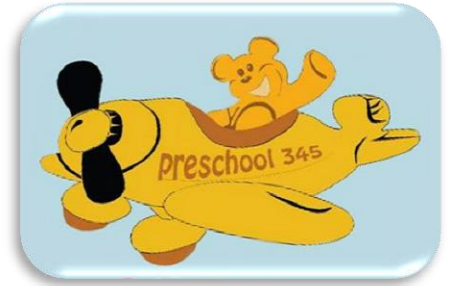




Preschool 345 Newsletter June 2018



Parents/carers, please feel free to chat with staff or committee members if you need any information or have a question. We will all be happy to help or to point you towards someone who can.

Your preschool committee needs you!



Join Us!



Could you spare a few hours each half term to join the committee? Parents, carers and grandparents, we'd love to hear from you!

Preschool 345 has charitable status. It is managed and run each day by our experienced staff team. A committee of volunteer parents/carers supports their work and makes key decisions.

A number of committee members will be stepping down from the committee in September so we are keen to recruit new members!

The committee meet once every half term to discuss policies and procedures relating to preschool and they plan and deliver community and fundraising events.

The preschool cannot run without a committee so please consider joining the team!

If you would like to find out more about getting involved, or to put your name forward for the committee, please speak to Tina or one of the committee members (you can find us on the noticeboard at preschool!).



As this will be our last newsletter this year, it's time to say goodbye to Ava, Bernie, Betty, Chimzu, Chloe, Clara, Daniel, Eli, Ellie, Estella, Evie, Francis, Gabriel, George, Grace Ellis, Hugo, Lawson, Lila, Michael, Naomi, Nuo Nuo, Scarlett, Suzie, Tavia, Thomas, Tilly, Violet.

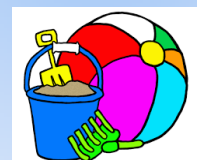
Exciting Times Ahead as our friends move on to new settings. **Good Luck Everyone!**

We will be holding a special Leavers Party on Friday 20th July for those leaving, more details to follow soon.

Breaking up for the summer

We will be breaking up on Friday 20th July (our last day) and reopen Tuesday 4th September.

Fingers crossed for a wonderful sunny summer!



Summer Family Fun Event!

Join us on Saturday 30th June from 2.30pm onwards for a fun, outdoor event for the whole family which will include, sports, singing from the preschool children and refreshments. More details to follow ...

Behaviour Advice – Picky Eaters



While food refusal is a completely normal phase that most toddlers go through, there can be some medical reasons why your toddler might not be eating, the most common ones being constipation and anaemia. If you have concerns about your child's eating, do talk to your public health nurse (health visitor) or GP. They'll be able to check their growth and development and give you further advice.

In the meantime, here are some tips to help you deal with fussy eating:

- Make sure you're giving your child an appropriate portion size that isn't overwhelming for them. This helpful leaflet found at; <https://healthforunder5s.co.uk/wp-content/uploads/2017/10/BNF-Toddler-Eatwell-Leaflet.pdf> sets out the perfect portion size to suit toddler tummies
- As a general rule, a portion of fruit and vegetables is the size of a person's palm. So think about the size of your child's hand when you're serving up a portion onto their plate
- Because children have small tummies, it's a good idea to offer a small amount of food regularly, rather than overloading them at mealtimes. You might want to try three small meals and between two and three healthy snacks a day
- Children are good at regulating how much they need to be eating, and will tell you when they're hungry and or feeling full. It's very common for toddlers to eat very little for a few days, and then eat really well a few days later
- Most toddlers like to be independent, so give them a chance to feed themselves. After a little while you can always ask if they need some help putting the food onto the fork or spoon
- Children copy the behaviours of others, so you may well see your little one picking up on what an older sibling is doing, especially if it seems to get them attention. Try to eat and enjoy regular meals with them wherever possible, and be a positive role model for them.
- Avoid giving food as a reward, for comfort or to keep your child busy
- If you want your child to try new foods, try offering the new food alongside one that you know your child already likes. Remember, you may need to offer a new food ten times or more, before a child will eat it happily.

Tatty Ted

Where are you? Please seek out Tatty Ted and bring him back, we miss him.



From September 2018, the fee per session will be increasing to £10.40.

If you have any queries about this, please speak to Tina, Trudi or a committee member.

- Our newsletter is published once every half term
- You should receive an email with a link during each half term
- Paper copies are also made available on the parent/carer information table



Going To School ... it's not scary, it's fun, fun, fun!

We will be looking forward during the next few weeks to plenty of school visits with teachers visiting us here and the children having visits at the new settings, where ever possible a member of Preschool team will visit with the children. Your child's key person will be writing out some lovely transition reports for you and the new settings so they will already have a great starting point for them.



Parents

The start of a new school term is always exciting – but when it's the transition into "big school" – your child's very first school term, it can feel a little daunting. Here is a great guide to preparing your child for school:

<https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/>

Language tips

Language Leads to Literacy

Summer is nearly here, a great time to go on listening walks talking about what you can hear or take a shopping trip, making a shopping list with pictures for your child so they can tell you what you need. You can cut out pictures from leaflets or draw some fruit with the words next to them helping with their literacy (words have meanings).

We have been running our little library for a while now and would love to know what you think about it, use the comments box and drop us a note

Thank you

Mandy x



Mandy is our very own Language Leader. She regularly attends networking events and courses so she can keep up to date with the latest research and ideas to help develop your child's language skills. If you have any worries or questions please feel free to speak to her or your child's key person.

Summer Craft Ideas



Cupcake case ice cream cone



Footprint flip-flops



Ice lollies



Fruity summer drink

Rocket rainbow ice lollies

Ingredients

90g kiwi fruit, peeled and chopped
100g cantaloupe melon, peeled and chopped
150g strawberries, stalks removed and chopped

Method

- Blitz the kiwi fruit in a blender with 40ml water until no lumps remain.
- Pour the mixture into 6 rocket lolly moulds.
- Repeat this stage with the melon and 50ml water. Pour on top of the kiwi layer, carefully, so as not to mix them together.
- Blitz the strawberries with 40ml water and top up the moulds. Put the lids on (add sticks if your moulds don't have them built in) and freeze the lollies overnight or until set.
- To serve, remove from the freezer and dip the lolly-mould tray into hot water for 2 secs to release the lollies.

