



June 2019 Newsletter

Welcome to the last newsletter of this academic year and what a fun year it has been!

PLEASE LOOK AT OUR WEBSITE TO KEEP UP TO DATE WITH DATES AND EVENTS!

Firstly, we would like to welcome Bethany who joined us this month and to Leo who is joining our school transition group. I am sure you will both have a super time and make lots of new friends.

All the staff and committee would like to say a heartfelt goodbye to our children heading off to big school this summer. Milo, Elise, Fraser, Phoenix, Luke, Eliza, Tristan, Joseph, Dexter, George and Barnaby it has been a pleasure to look after you and to watch you all grow into the confident children you are. We will miss you all lots! We are having a leavers party on Wednesday 17th July. Keep your eye out for more information.

Term dates: Finish Friday 19th June and return Tuesday 3rd September.

Details about the upcoming MONK PARK FARM trip are as follows. Meet in the church rooms at the start of the day and we will return to the church rooms at the end of the trip. Please make sure your child has suitable clothing, comfortable shoes (no flip-flops, jellies or sandals please), a pack up for our picnic (we can't heat anything at the farm) water bottle, named sun cream and sun hat. **Please make sure you see Debbie to sign the consent form for your child to be able to attend the trip!** The days full agenda will be available to view at preschool.

Please remember to fill in and return your questionnaire-there is a box outside Preschool to drop them into. Your comments and suggestions are valuable to us! We are holding the AGM on Monday 8th July at 8pm. Everyone is welcome to come along and join in-the more support we get the better!

Attached to this email is some information on packing lunchboxes Don't worry, it nothing drastic, just some ideas on healthy lunches to ensure that we are supporting the children to lead a healthy lifestyle, following the HENRY guidance.

This term has seen lots and lots of craft. We have seen monsters made from boxes that have four eyes and one leg, a dog made from a kitchen roll tube and a gizmo from Andy's world of adventures! The children have been working hard on their art work for the Huby & Sutton show-every child has entered something so a big thank you to Del for sorting out the entries for us ☺ We have been focusing on healthy bodies and minds this term with lots of physical activity and looking at healthy lifestyles. On Wednesday 10th July we are having a sports challenge day-watch out for more information!

From all of us at Preschool: HAVE A WONDERFUL SUMMER AND TAKE CARE IN THE SUN! If parents/carers would like to join us for a meal out on 12th July it would be lovely. Please let us know ASAP if you can make this date.



[Help Raise money for Preschool & Toddlers](#)

We are registered with easyfundraising and we need your help!

easyfundraising is a great website where you can help Sutton on the Forest Preschool and Toddlers raise funds simply by doing your everyday online shopping with over 3,600 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S.

Every time you shop, we receive a small donation to say 'thank you' and it's completely free too! We want to raise as much as possible so please sign up and help us at <https://www.easyfundraising.org.uk/causes/sotfplaygroup/>

Stikins - a really durable, personalised clothing and item label, perfect to help us get mislaid items back to the rightful owners and ideal when they move on to school. Click on the link and use school commission code 35445 and they will donate a fantastic 30% of your total purchase to Preschool.

www.stikins.co.uk/fundraising/school-fundraising/



Packed Lunches

Making a packed lunch may be something you do every day. Including new combinations can help to keep your child interested and encourage them to try new tastes. On our entrance boards we have a HENRY section with useful info about health & nutrition including an easy way to understand and remember portion sizes.

A healthy diet for under 5's is slightly different than for adults and older children as this is a time of rapid growth. The foods eaten, tastes developed and habits formed at this young age can have a lifelong impact on their health.

At Preschool we enjoy sharing mealtimes all together and this has enabled children to explore new fruits and vegetables. Sometimes they like them straight away other foods take a few tries, but it helps when they see peers and adults enjoying them. The children also help to cut and prepare food as well as set and clear the table.

We would also like to encourage healthy packed lunches that ideally include 5 food groups

- 1 One portion of starchy food ie. bread, pasta, rice, potatoes etc
- 2 Two portions of fruit and/or vegetables
- 3 one portion of non-dairy, protein food ie. Meat, fish, beans etc
- 4 one portion of milk & dairy foods ie milk carton, cheese, yogurt
- 5 one small portion of high fat & sugar food

Therefore, portion size is so important in keeping it achievable for a child to eat a balanced meal without being expected to eat too much. If you want to include crisps, then rather than a full adult packet put a smaller portion in a little container and keep in mind that children this age should not exceed 2g of salt per day. One sugary pudding is fine but look for ones with hidden benefits like flapjack, scone, carrot cake etc. Yogurts are another item that can come in large adult portions, but you can get the family tubs and just put a small portion in a little container and sweeten it with honey or a favourite fruit. Fruit and veg is often far easier for them to eat if it's sliced up in a little container, particularly for the 2 & 3 year olds.

As ever water bottles must only contain water. At lunch most children are happy with water but if you would like to provide juice then keep it weak. We are a nut free zone at Preschool so remember no peanut butter or pesto and check cereal bars. Grapes and anything grape sized are a choking hazard so slice them lengthways please. As always, we are happy help so any questions, dilemmas, difficulties we might be able to answer then just ask.