



Dear Parents/Carers

Welcome to our Autumn newsletter.

We would firstly like to send out our warmest welcome to our new starters Arabella, Wilfred and Mabel

We hope you enjoy your time here at Preschool and make lots of lovely friends



have had great fun exploring, finding shiny conkers, fallen apples and colourful leaves.



Book of the fortnight

We have introduced a new incentive called "book of the fortnight." We still have a regularly changing bookcase of books to enjoy but this book is one that we return to and refer to regularly throughout the fortnight. We read it, we play act it we include ideas from it in our activities such as searching for the big bad mouse as we ramble through the woods. One important part of this incentive is to home in on the language it introduces our children to. We identify the higher tier words within the text, words that may be new to the children and then encourage a full understanding of these words by including them in all the other activities we share. This develops their understanding of and how to use the vocabulary.

'But words are things, and a small drop of ink, falling like dew, upon a thought, produces that which makes thousands, perhaps millions, think.'

Lord Byron

Dates for your Diary

- 26th October
Halloween Party
- 16th November
Open Day
- 2nd December
Christmas Fair
- 14th December
Christmas Jumper Morning
- 19th December
Christmas Party

"Like most teachers, as soon as pupils are sequestered in the exam hall I always used to race around trying to get my hands on the exam paper and anticipate how my eager charges will have coped. A few years ago I remember picking up the foundation tier GCSE English Literature paper and seeing a real gift of a question on the theme of dreams in Of Mice and Men. When they came streaming out I excitedly asked them if they'd done it but none of them had. Why? Because it contained the word futility, and they had no idea of its meaning. A poor vocabulary is a huge barrier to academic success."

If adults talk with children effectively—taking the lead from the child, elaborating on what they say, asking questions, sharing rhymes or songs or books—then children are given the best start in developing the cognitive tools they need to succeed at school.

Extracts from
<https://learningspy.co.uk/literacy/closing-language-gap-building-vocabulary/>

Early Intervention Foundation, The Best Start at Home, 2015

Bugs

This term we are talking to the children about bugs! Lots of the children have taken a keen interest in finding out more about bugs so we have been doing lots of exploring outside, in the woods and the park using our magnifying glasses! We have also made some bugs of our own and looked at lots of interesting books and stories about them



Apples



Thanks also for the apples given to us, we've enjoyed chopping and stewing them and have made purees, crumbles and pies

At Preschool this term we are getting out and about in the village to enjoy the changing season. The September sunshine has been a joy and together we

Day Books



It is always lovely to hear what your little ones have been busy doing at home. Our day books are a great communication tool that we can use towards our planning and next steps. Please feel free to write all about what you have been busy doing and we will look forward to talking together about it in our sessions

Interest Sheets

Thank you to everyone for returning your interest sheets. If you still have some left to return, please could we have these asap

Open Day



We will be holding an open day on the 16th November 9-11am which is a wonderful opportunity for parents to come along to meet our lovely staff and visit our fabulous setting



Bags for school

We will be starting to collect our bags for school, so if you could please keep us in mind if you are sorting through any old clothes, it'd be much appreciated

Christmas Fair



On the 2nd December we will be hosting our annual Christmas Fair. A warm, friendly event which is always a fabulous fundraiser for preschool. We will be asking for your help please for tombola prizes, delicious cakes and also help on the day! Thank you so much for your support

Please remember

Children need to come to preschool prepared for the varying weather!



Please pack a winter hat, gloves, a waterproof coat, wellies and a change of clothes each day. Also a clearly labelled water bottle is needed to ensure the children have constant access to a drink.



We are also a total Nut Free Zone so please be extra vigilant while packing the children's lunches.



**Please
Turn off Your
Mobile Phones**

Also mobile phones must not be used within preschool due to child protection please



Christmas Jumper Morning

This will be held on our usual Toddler Morning with the additional cost of £1 please towards 'Save the Children' This will also be our last toddler session before Christmas

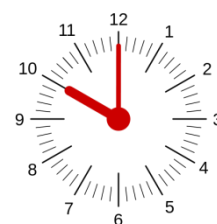


Christmas Party Day

On the 19th December we will be having a Christmas party! There will be party games and a visit from Santa! If your child does not attend on this day, please feel free to book an additional session or speak to Debbie about swapping your day

Absences from Preschool

If your little one is feeling poorly or you are on holiday, please could you let Preschool know as soon as possible. We will ring after 10am to make sure all is ok





Health Exercise and Nutrition for the Really Young

When it comes to a healthy eating routine, follow the child's lead, don't pressure children in to eating foods that they really don't like, and make the eating environment a calm and social place.

Adults can 'over-ride' a child's 'full gauge / fullness cue' by forcing them to eat, this leads them to ignore the full feeling and long term they will end up eating more than they need to.

Don't be worried if children don't finish meals. Give them small amounts as big portions can be daunting. Praise them then offer another smaller amount. The Eat well plate is a resource used by HENRY, to encourage a balanced diet.



The purple section has now been removed on updated documents, as high fat and sugar should be minimal and it doesn't fit within the 4 natural food groups. We know that children still eat this, it needs to be managed not totally removed. An example of a balanced meal could be Spaghetti bolognaise. It has carbohydrates – pasta, Meat – mince, Vegetables – tomatoes, carrots, onion, Dairy – cheese. Homemade foods can guarantee a balanced meal.

If you have an unbalanced day you can tweek the next day.

Raisins and dried fruit (half cupped hand is portion size) should not be a snack, they should only be given as part of a meal, e.g. in porridge or yogurt. They are really high in sugar and they stick to your teeth.

Tooth decay is common but preventable. Young children should stick to water and milk only (dilute real fruit juices to 50-50). In 2013, 27% children aged 5 had tooth decay. In 2015, Bristol dental hospital removed teeth from over 30,000 of children due to tooth decay.

Interesting fact - Our metabolic rate drops when we eat whilst watching television (to below the rate when we are sleeping!!!)

Term Dates

Tuesday, 4th September to Thursday, 20th December, 2018

Half Term Monday, 29th October to return on Monday, 5th November

Contact Debbie on: 01347 811741

Sutton on The Forest Playgroup and Toddlers (Charity number 1027382)