

## Early Learning Newsletter January 2023

Dear Parents and Carers,

Happy New Year! My goodness, how time flies. Welcome back to preschool and a very warm welcome to our 11 new families who have started with us this term.

It's time for our monthly update of news and tips to help you get the most from the preschool experience for your child. Please let us know if you have any questions or want to know more about anything included below.

### **Tapestry:**

Everyone should have a link to access their child's learning journey on Tapestry, so please do check this regularly as this is also used as a communication tool between preschool and yourselves. New parents, your link should arrive within a few days of your child starting with us.

### **Home Learning:**

Each month we offer home learning opportunities on Tapestry. We carry out regular observations of your child and ask you to contribute your own observations of things they do at home so that we can build up a comprehensive picture of your child's learning and development over time. Tapestry also helps us to plan activities that meet your child's individual interests and helps them to make good progress towards the Early Learning Goals. Please try to join in with the home learning activities, although we appreciate time is precious and it's not always easy.

Please do ask a member of staff if you have any questions.

### **Forest School:**

We will be enjoying Forest School again this term. The sessions start on **Monday 16<sup>th</sup> January 2022**. In this sometimes frosty and wet weather, the children will be noticing the changes to the Meadow Classroom environment. The children will need to have layers on, waterproofs, hats, gloves and wellington boots as we go out in **all** weathers. Please ensure children arrive in forest school clothes, as we go straight down to the meadow classroom. Please put a change of warm clothes in a spare bag with some shoes, as they will need to change in to them on our return to preschool.

If you want to read more about Forest School, and find out how it contributes to your child's development, please follow the link to Government research: <https://www.forestresearch.gov.uk/research/forest-schools-impact-on-young-children-in-england-and-wales/>

### **Food and Nutrition:**

In preschool, we think about good nutrition and how to help your child to develop good eating habits that will stay with them for life.

Healthy eating and good oral hygiene is important for brain growth and development, as well as for a healthy body.

We offer healthy snacks in the morning and the afternoon. Please do not send your child into preschool with snacks from home (unless previously agreed by us or as part of their packed lunch). In school, our experienced chef and her team provide nutritionally balanced hot meals, considering the School Food Standards guidance. You can order a school lunch for your child to have at preschool at a charge of £2.35 a day, including a dessert. If you provide a packed lunch, we ask you to make sure that you provide a suitably nutritious and healthy selection of items. We operate a very strict **NO NUTS** policy as many staff and children in our setting have life threatening allergies to nuts. Please **DO NOT** include nuts in your child's packed lunch. This is also why we ask parents not to send their children in with snacks.

Independence at meal times is also very important. Managing a lunch box or using a knife and fork is very different in a busy school dining hall. In preschool, your child will be get used to sitting for meals, self-serving their food and using cutlery through our self-service snack bar. To reassure you, we do support your child to manage feeding themselves if they do not have much experience of this.

**Family tree:**

In preschool we have a family tree, where we put the children's photos of their families. This supports their transition in to preschool and they quite like to look at them throughout the day as this can bring them comfort. Please drop a family photo in to the preschool or send it via email and we can pop it on the family tree.

**Wellies request:**

Please can we make a request that you bring some wellies into preschool for your child if you haven't already done so. Children play outdoors in the mud, water and sand all year round and wellies are essential. If you have a spare pair that you can leave here, all the better.

**No water bottles please:** They are a source of cross infection in the preschool as some children drink from each other's in error. Children need to learn to drink from a cup in order to be ready for school and develop muscles in their mouth and lips to support language development.

**Pushchairs:** We know some of you will walk to preschool and have pushchairs with you. Unfortunately, we have nowhere to store these because we use the little hut outside of preschool throughout the day as an extra classroom facility. Apologies for the inconvenience.

**Labelling clothes:**

Please can we ask that you label your child's clothing as it can be quite tricky at the end of the day looking for the correct coat for the right child. Some children do have the same coats/tops/hats etc... and we have nearly 40 children attending preschool over the course of a week.

**Dates for your diary:**

Please make a note of the following events which are happening this term:  
Monday 6<sup>th</sup> February – Forest School parent drop-in session in the morning.  
Thursday 9<sup>th</sup> February – Afternoon parent drop-in session  
Monday 13<sup>th</sup> March - Learning Conversations at preschool in the evening  
Tuesday 14<sup>th</sup>-Friday 17<sup>th</sup> March – Telephone Learning Conversations

We want you and your children to enjoy the experience of being part of our preschool community. Please don't hesitate to speak to any one of us if you require any additional information

Best wishes,  
Sharron and the Preschool Team