



## September/ October Newsletter 2016

Welcome back to all of our families and also to our new starters. We hope that you have all had a lovely summer and are ready for a new school year!

**Staff news** - We would like to introduce you to Mrs Clare Evans. She will be volunteering with us for the next twelve months. She is currently studying for her, Level 2, Childcare qualification.

**Communication Friendly Spaces** - The Communication Friendly Spaces™ (CFS™) Approach focuses on the role of the environment in supporting speaking and listening skills, emotional well-being, physical development and general engagement. Elizabeth Jarman conceptualized and developed this approach and now works internationally with partners as a consultant, delivering conference keynotes, training, publishing and also leading action research projects. Following the attendance of two members of our staff at Elizabeth's most recent seminar, we have we have had a change about' within our classroom environment and learning provision to reflect the impact of 'communication friendly spaces'. This will provide effective learning and development for all of our children.

**Parents Evening** - We will holding a Keyworker evening at Holmes Chapel Community Pre-School on Tuesday 22<sup>nd</sup> November 2016. This is a great opportunity to share your child's Learning Journey and discuss their progress, 'next steps' and share their interests and home activities. Each appointment will last 15 minutes with your child's keyworker. There will be an appointment sheet up on the Parent's Notice Board soon.

**Thank you** - A special thank you to the Holmes Chapel Parish Council for a generous grant towards the redecoration of the outside of the building. Thank you also to Barclays

who, via their volunteer scheme, provided the 'manpower' to achieve our face lift over the summer holidays. A dedicated team of staff, committee members, friends and family have given their time, and expertise to ensure that we are ready for a new year!

**Polite reminder** - Please check your child's post wallet in the reception area for important letters, news, bills etc.

To prevent choking accidents, please remember to cut grapes and cherry tomatoes and supply an ice pack in your child's lunchbox. For more advice on suitable packed lunches for children ....read on!

Don't forget to put names in coats, lunchbags, hats and gloves.

### **Safeguarding news -**

We will focus on a different aspect of Safeguarding in each subsequent newsletter. This will provide support all our families and allow us to share important information and legislation that will help to keep you and your children safe.

This time we would like to introduce you to the NSPCC 'PANTS' campaign, new song and animation to help protect children from sexual abuse. You can view the song on the NSPCC website: <http://www.nspcc.org.uk/pants>. We will be using the terminology of 'pants are private' at Pre-School.

The PANTS campaign was launched three years ago to provide support to parents to enable them to talk to their children about staying safe without even having to use the term sexual abuse.

P – Privates are private

A – Always remember your body belongs to you

N – No means no

T – Talk about secrets that upset you

S - Speak up, someone can help

### **Health, Safety and Lifestyle - Did you know..?**

At preschool, we encourage and teach the children about healthy eating and keeping active as part of the Early Years Foundation Stage curriculum, (EYFS), Physical Development requirements. This is implemented through adult guided physical activities, provision of equipment and resources for child led activity, both indoors and outdoors, and provision of a healthy snack. We would also like to encourage parents to be involved by giving their child a healthy lunch to bring to preschool. This will help form lifelong healthy eating habits and reduce the risk of later problems, such as heart disease, diabetes and cancer, all of which are significantly linked to diet and lifestyle.

In order to provide the appropriate proportions of food groups, and therefore sufficient nutrients and calories for a balanced diet, we can use the 'Eatwell Guide':

<https://www.gov.uk/government/publications/the-eatwell-guide>

Some examples of foods that are included in each group and a range of portion sizes suitable for this age group are shown below. Fluids are also important – offer 6-8 drinks per day. Water and milk are good choices. Diluted fruit juice (1 part juice to 10 parts water) should be offered only at meal times to help with dental health. We do not offer Juice at Pre -School.

Food group	Example foods and toddler portion sizes
Starchy foods (preferably wholegrain). 5 a day	½-1 slice of bread 1-2 rice cakes or oat cakes 3-5 tbsp breakfast cereal 1-3 tbsp mashed potato 2-4 tbsp cooked pasta/rice 2-4 potato wedges ½-1 scone ½-1 chapatti 2-4 tbsp canned spaghetti hoops
Fruit & vegetables. At least 5 a day	½-2 tbsp raisins ¼-1 banana 3-8 grapes (halved lengthways) ½-2 tbsp peas ½-2 tbsp broccoli ¼-½ medium apple 1-3 cherry tomatoes (halved lengthways) 2-6 vegetable sticks 2-4 tbsp canned fruit
Dairy foods 3 a day	1 beaker of milk (100ml) 1 pot of yogurt (125ml) 1 cheese triangle

	2-4 tbsp rice pudding 1-3 tbsp cheese sauce 2 small yogurt tubes
Protein foods Twice a day (3 if vegetarian)	2-3 tbsp chickpeas, kidney beans, dhal, lentils or beans 2-4 tbsp cooked minced meat 1-2 fish fingers 2-3 tbsp baked beans ½-1 poached, boiled or fried egg Peanut butter on bread or toast

### Dates for your diary

- Phonics workshop for parents of school leavers 2017, held at Holmes Chapel Primary School in the hall ?pm until ? pm

19<sup>th</sup> October 2016 - Holmes Chapel Community Pre-School Annual General Meeting, held at Pre-School, 8pm until 9pm

29<sup>th</sup> October 2016 - Family Halloween Disco, 2pm until 4pm, at the The Victoria Club

9<sup>th</sup> November 2016 - Professional photographer, Amy Laughton, will be in Pre-School to take individual portraits - Appointment sheet will be displayed in the reception area soon.

22<sup>nd</sup> November 2016 - Keyworker Evening, held at Pre-School 6pm until 8pm.

**We will close for the Autumn half Term on Thursday 27<sup>th</sup> October 2016 and will re-open on Monday 7<sup>th</sup> November 2016.**

Don't forget that you can find us on Facebook and our website '[www.hccp.org.uk](http://www.hccp.org.uk)',

# Thank you