

Newsletter October 2020

Parent committee AGM

As you are aware it is our Annual General Meeting on Tuesday 10th November via a zoom meeting. As a committee run pre-school it is a requirement to hold an AGM and for as many parents of children that use the preschool to attend as possible. We are planning to make this informative and an opportunity to find out what happens to make the pre-school run. We look forward to seeing you there! If you have any questions, please do ask either Lis or Sarah Weiss (Issy's mum).

Parents' week

Parents' week will take place during the week commencing Monday 23rd November. We would like to share with you the learning and development and achievement of your child, with a discussion at the end of a session. Your child's key worker will liaise with you to arrange a meeting. Of course, if you wish to discuss anything before this time please do ask. Children develop at very different rates and have strengths, preferences and areas to develop just like us, an opportunity to discuss learning will also give you the chance to explore how best to support your child through activities and play.

Flu vaccine

The flu vaccine is free on the NHS for:

- children over the age of 6 months with a long-term health condition
- children aged 2 and 3 on August 31st, 2020 - that is, born between September 1st, 2016 and August 31st, 2018.
- children in reception class and school years 1, 2, 3, 4 and 5

Children aged between 6 months and 2 years of age who are eligible for the flu vaccine will receive an injected flu vaccine.

Children eligible for the flu vaccine aged between 2 and 17 will usually have the flu vaccine nasal spray.

More information about the flu vaccine can be found on the NHS website

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/> or contact your child's GP surgery.

Healthy lunch boxes

According to NHS Choices a balanced lunch box should contain vegetables or salad and a portion of fruit; a dairy item, like cheese or yoghurt; protein foods, like meat, fish, eggs or beans; and starchy foods, like bread, rice, potatoes or pasta. For further ideas about foods to put into lunch boxes visit <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration> or <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> there are

Kingsbury Episcopi Pre-school

some really tasty ideas for any family lunch box! Some children have small appetites so small portions are best. We chop up grapes, mini sausages and cherry tomatoes to reduce the risk of these foods being a choking hazard.

At snack time the children share the fruit you provide with milk or water to drink, in the afternoons we have a biscuit or fruit with a drink, now it is getting colder we often have hot chocolate to drink. **Remember preschool is a nut free zone.**

Top tips for talking!

Talk and play every day!

Children learn from your talk	Children learn through play
Tell your child what is happening	Parents are the best toy
Add gestures and visuals	Learn through having fun
Listen and repeat	Always get down to the child's level
Keep it short	Your child leads the play

Play is an essential part of a child's overall development. Play is as important as good nutrition, warmth and protection. Young children learn language through interactions with their parents, other family members and other children.

Play supports behaviour: parent-child play shows your child that you are interested in them and gives them positive attention which helps to build their self-esteem. Parent-child play allows a child to receive positive attention for things you want to encourage e.g. 'good sharing' rather than learning that if you misbehave you get attention.

Play supports thinking skills: playing helps a child to solve problems, test out ideas and explore their imagination, whilst exploring you can talk about what might happen next; what would happen if...; or how will that work? Open ended questions that allow the child to think and experiment without having to provide a 'correct' answer or make a response.

Play supports language development: play is an ideal moment for a child to hear the words that match what they are doing and the toys they are using e.g. 'you're building a tower'.

Diary dates	
Half term	26 th to 30 th October
2.11.2020	Return to pre-school
w/c 23.11.20	Parents week
18.12.202	Last day of term.
5.1.2021	Return to preschool

The Christmas celebrations will be organised differently this year due to the COVID restrictions and precautions. We will aim to do Christmas/nativity songs with the children as they do enjoy learning these, we will also have some Christmas party games and activities in the last week of term. We will keep you informed of these events nearer the time.