

Newsletter October 2019

Parent committee AGM

As you are aware it is our Annual General Meeting next Tuesday 22nd October in the School Hall at 7.30pm. 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 making this fun and informative as there will be refreshments and the opportunity to meet with other parents that use pre-school and to find out what happens to make the pre-school run. We look forward to seeing you there!

Parents' week

Parents' week will take place during the week commencing Monday 11th November. You are invited to come along for a session or part of a session to see your child's key worker, their folder, work and have an informal discussion about your child's progress. Please speak to your child's key worker to arrange a day/time to come along; we look forward to welcoming you.

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, 2019 - that is, born between September 1st, 2015 and August 31st, 2017.
- 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/who-should-have-flu-vaccine/> or contact your child's GP surgery.

Nut awareness

Help us to be 'nut aware' at preschool to reduce risk of allergic reaction to nut products in food brought to preschool. Please avoid items of food that contain nuts as an ingredient in the food product. If you have any queries, please do ask.

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](https://www.nhs.uk/change4life/recipes/healthier-lunchboxes) or <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> there are some really tasty ideas for any family lunch box!

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.

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	25 th October to 1 st November
4.11.19	Return to pre-school
w/c 11.11.19	Parents week - more details to follow
13.12.19	Preschool nativity play
20.12.19	Last day of term.
6.1.20	Return to preschool

The Christmas nativity play will start at about 11am, but for the children who usually attend preschool on these days the sessions will start at 9am and other children accompanied by parents or carers will be able to come along from 11am.