

Newsletter April 2021

Welcome back

It has been lovely to see children return to preschool we hope you all had a lovely Easter. We do spend lots of time outside, so it is best if children have suitable clothing and footwear for outside play, warm clothing options on cooler days and sun lotion or hats on sunny days. Great British weather is ever changeable!!

Healthy eating

We would really like to focus on this topic with the children over this term. Especially as this is the season of delicious fruits and vegetables. Encouraging healthy eating habits at a young age can have a big influence on lifelong healthy habits, avoiding sugary products, processed foods and empty snacks.

Notes taken from <https://www.nhs.uk/live-well/eat-well/>

Eating a balanced diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This page covers healthy eating advice for the general population.

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Food groups in your diet

The [Eatwell Guide](#) shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see [5 A Day](#))
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- [drink plenty of fluids](#) (at least 6 to 8 glasses a day)

If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Kingsbury Episcopi Pre-school

Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.

Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or [fibre](#).

The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs.

Between the ages of 2 and 5 years, children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

Eat well guide <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

5 a day <https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

8 tips for healthy eating <https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/>

Action plan for preschool – healthy eating 2021!

We would like to aim towards increasing the healthy options in the children's lunch boxes. Can chocolate bars be replaced with fruit, or a cereal bar, or crackers? Can we reduce the number of plastic packets we use in the lunch boxes?

It will be a challenge and it may be that we all take small steps to make these healthier changes. Over this term we will be looking for as many healthy lunch box ideas as we can to promote our plan and encourage the children to experiment with some tasty and healthy options.

We also understand how many children find new foods a challenge and have firm favourites for their lunches, so it may be a slow process to make those healthy food swaps in their lunch boxes!

At preschool we have fruit and vegetables for snack and offer as much variety as possible to encourage children to try, some are less keen, that's fine, we all have different tastes, its good to be offered tasty options.

Coronavirus

Please ensure you remain away if anyone in your household has symptoms; maintain a social distance and keep social contacts to a minimum; wash hands and wear a mask. It is now possible for all families to have access to Lateral Flow test kits

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

all the staff team are doing routine tests.

Diary dates

Photographs

Thursday 29th April

Last day of term

Friday 28th May

Return to school

Monday 7th June

If you have any questions, please do not hesitate to ask a member of staff.