



# September 2021 Newsletter

Firstly, welcome back to all our existing children and their families, plus a big welcome to our new starters Rory, Toby, Raeph and staff team member Millie!

## Dates for your diary:

**Half term** ends on Thursday 21<sup>st</sup> October and return Monday 1<sup>st</sup> November.

**Friday 17<sup>th</sup> September “Mini Me Card Co” fundraiser**, picture deadline for toddlers and additional children not attending preschool. Steph will organise all our pre-schoolers’ entries. Email info sent to parents 09/09/21.



**Bags2School- Morning of Friday 5<sup>th</sup> November** collection day. We will hand out collection bags nearer the date but in the meantime please store any unwanted clothes, bags, shoes etc. The more weight we generate then the more funds we raise.

**Halloween party day-** Thursday 21<sup>st</sup> October. Dress up if your child would like for a spooky fun and crafting day at preschool. For those not attending Thursday, we will do spooky crafts

all week.

**Bon-fire toddlers-** Friday 5<sup>th</sup> November. Bon-fire night inspired fun and games at this toddler’s session.

**Preschool Christmas Fair Fundraiser Event 2021-** We will be hosting our Annual Christmas fair this year, due to be held, end of November. Please see below a message from our Preschool Committee Chair, Camilla.

**‘Planning for Your Child’s Interests & Needs’-**Print, complete and return to preschool, no deadline date.

**Harvest food bank donations collection-** donations to preschool by Wednesday 6<sup>th</sup> October

Our website holds lots more information including full term dates and all about your Preschool & Toddlers Committee. <https://www.suttonpreschool.com/>

## General information:



All parents, hopefully, know who’s their child’s keyworker. If you are unsure, please do ask. There is opportunity to chat to your child’s keyworker at drop off and collect times.

We have started a new Parent and Preschool WhatsApp group for this year 2021-2022. We encourage all parents to join this private group, so you get to see and hear about Preschool sessions. It’s also a great way to keep in touch with each other, particularly at term holidays. As a private group, we would like to remind you not to forward any pictures or videos to any other social/media platform, thank-you.

Our Parent/Carer & Toddlers Friday morning sessions have restarted, and there’s no longer a need to book. A friendly and relaxed play session for toddlers, so spread the word if you know anyone who may like to join us. There is a small fee of £2 per child and £1 for additional children over 1 year old. This fee is to cover the cost of drinks and snacks.

In celebration of harvest, we are collaborating with Sutton Primary to provide a harvest basket for the food bank this year. If you would like to donate any food goods (with a good shelf life) we will collect and deliver this to school/church. Together with the children we shall (harvest inspired) decorate a marvellous box in

which to present this wonderful bounty. If you would like to donate, please bring to preschool by Wednesday 6<sup>th</sup> October, thanks.

Congratulations to staff member Alice who welcomed baby Alfie last month. He is absolutely gorgeous and the children really enjoyed looking at pictures of him and Nana Debbie.

The children have enjoyed helping to garden this week, digging the jungle of weeds that had grown over the summer and helping to pick and eat our runner beans and potatoes. We have also dissected, explored and tasted a huge marrow!

We will be sharing phonics letters and sounds weekly using rhymes and actions and linking these with everyday words. New letters will be posted on our preschool WhatsApp group so you can support your child learn at home also.

We are excited to have some lovely new books, bought over the holidays. Our story about Elmer and Rose is proving a popular favourite.

The children are all setting back beautifully, helping to shape and evolve our play areas according to their interests and motivations. We are exploring with them what the outdoor playhouse should be, suggestions have been vets, doctors, shops, a house and a builders. We love getting to know what excites each one of the children, what they love and can do and what aspirations and goals can be achieved with a little help and nurturing from us. Attached, with this newsletter is a 1page form 'Planning for your Child's Interests & Needs' to complete with or for your child. This will help us to tailor our support of your little one's unique character and needs. Please take the time to print and fill it in. There is no deadline for this to be returned, other than time flies fast when we're having fun at Preschool.

Our British weather is wonderfully unpredictable and the children enjoy every bit of it. So, with this in mind, please apply sun cream in the morning and send with a hat if it is going to be sunny. Coat for cold or rainy days. Spare clothes so they can enjoy waterplay without worry. We have a supply of wellies, but they may like to bring their own, named is always helpful thanks.

Water bottles should contain water only. This is so we can encourage good and regular hydration all day without impacting on oral health. Please speak to us if you need to as regards this. Juice is accepted at lunch time but not encouraged.

**COVID-19** Our priority is to deliver high quality and enriching childcare in a safe environment. As we adjust to life with covid-19, our routine measures of control have also adjusted slightly to healthy habits that maintain the cleanliness of our environment to enable good infection control. Ventilation and fresh air circulation are a high priority. With windows and/or doors being kept open, we must also manage temperature. A cool environment is generally no issue for busy and active children however, as the autumn turns to winter, please send an extra layer or two of clothing in your child's bag.

#### **Message from the Chair of the Committee:**

Sutton Preschool is only able to run thanks to our dedicated staff and **voluntary committee members**. I have been Chair of the committee for two years and I find it a really rewarding role, it's great to be part of the team and to feel that I'm giving something back to our local community. **We welcome any help which parents/carers can offer however big or small.** We will be holding our Christmas fair this year and would really appreciate some help setting up and running the event.

If you are interested in joining our committee or being a willing helper, please do not hesitate to get in touch.

My email address is [camillajowett@gmail.com](mailto:camillajowett@gmail.com).

Many thanks, Camilla.

## Healthy Teeth

Every parent wants their child to have healthy teeth, but it can be difficult to know what to do to make sure this happens, especially in the early years. Children's teeth are more prone to decay than adult teeth, and so it's important to establish good habits early to avoid the distress of tooth decay. The good news is that by following a few simple steps, tooth decay is almost entirely preventable.

### Top Tips for Healthy Teeth

- Start brushing from the minute you see your baby's first tooth
- Brush twice a day with a small smear of fluoride toothpaste on the brush – including once just before bed after all food and drink is finished
- Brush your child's teeth or supervise them brushing until they are at least 7 years old
- Spit don't rinse after toothbrushing – rinsing washes away the fluoride that protects your children's teeth
- Use songs, games and lots of praise to make toothbrushing fun
- Avoid sugary drinks and snacks, especially between meals. Fruit juice and dried fruit are also best at mealtimes rather than on their own
- Milk or water are the best drinks for young children – if you're bottle feeding, start using a free-flow beaker instead of a bottle from 6 months
- Register your child with a dentist when their first tooth comes through and take them for regular checks

### Growing Up With Healthy Teeth

Watch the HENRY video on what we can do to help children grow up with healthy teeth.

<https://www.henry.org.uk/tips/healthyteeth>

Links for portion sizing and packed lunch ideas below

<https://www.eynpartnership.org/resources/5532-day-guide-perfect-portions-toddler-tums-british-nutrition-foundation>

<https://www.henry.org.uk/packed-lunches>

## Fundraising

Thank you for all your support with fundraising, which is really important to help us to buy resources as well as maintain and improve our Preschool environment. The funds raised by your donations to *Bags2School*, the hamper raffles and cashbacks from online purchases via *Easyfundraising*, *Stikins*, and *Amazon Smile* all adds up (thank you for remembering to shop through these cashback sites). This money has paid towards a new equipment



Quote our number **35445**

Please remember, preschool is a **NUT FREE ZONE**. Steph has a severe nut allergy so please avoid sending nuts or nut products in your child's pack up. Some children enjoy peanut butter for breakfast-if you enjoy this at home, please give your child an extra wash before coming to preschool. Many thanks.

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