



May 2021 Newsletter



Debbie, Delphine, Alice and Steph would like to say a huge hello to Elizabeth, Beatrice and Amber. We are looking forward to having lots of fun with you at Preschool.

Dates for your diary:

Half Term Saturday 29th May and return on Monday 7th June

Monk Park Farm annual day trip – Monday 5th July (Please see attached information)

Bags2School- 18th June 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.



General information:

Since the last newsletter, we have been busy in our outdoor area. We have a wonderful mud area where we have made mud pies, muddy ponds and used our tractors and diggers to transport mud! We should have another delivery of plants this week too to keep us busy.

We have enjoyed our outdoor house, it has been turned into a Tesco and a playhouse. The children really do love re-enacting the things they see in their home life.

It is lovely to see the children enjoying the sunshine and the rain, hail, thunder and all the other weather forms we have experienced over the last few weeks. So, with this in mind, please send your child with sun cream (applied before preschool please if it is going to be a hot day), sunhat, water bottle and spare clothes. Not to mention wellies and coats just in case!

We are excited to announce that our new Preschool website is now live. On behalf of the whole Preschool community, we would like to thank Helen Clark (Preschool Treasurer) for her excellent work in designing it.

The new address is: suttonpreschool.com

We are also advertising for maternity cover from September 2021, when our lovely Alice has her baby. If anyone would like more information, please don't hesitate to ask Debbie or Del. We hope potential candidates will visit our setting sometime in June or July.

Transition group on a Monday afternoon is working very well. We are enjoying staying at the hall rather than going to the primary school as it is much easier to plan activities that follow the interests of the children. Crayke teachers, Judi Jackson and Caroline Helfferich will visit us on the 21st June and Helen Pye from Sutton school will visit on the 28th the following week.



We are very happy that our Friday parent & toddler group has restarted now and working well within our covid-19 measures of control. Currently, due to a limit on numbers allowed, parents express their interest to preschool for an invitation to attend, this is on a first come first basis.

Message from the Chair of the Committee: Can you help?

Sutton Preschool is only able to run thanks to our dedicated staff and voluntary committee members. I have been Chair of the committee for nearly two years now 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. 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.

Many thanks, Camilla.

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 sand & water trough, a rock & gravel corner and a tepee. If you take a trip to the beach, your little one might like to bring back a beautiful rock to add to our rock pool.



PLEASE HELP WITH OUR FUNDRAISING

STIKINS® THAT SIMPLY STICK IN AND STAY IN - NO SEWING AND NO IRONING NEEDED
Name Labels

QUOTE OUR NUMBER WHEN YOU BUY
AND WE WILL GET % COMMISSION

TO ORDER VISIT:
WWW.STIKINS.CO.UK
7,000+ REVIEWS FROM PARENTS
STIKINS® 2003 - 2018



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.

A healthy diet for under 5's is slightly different than for adults and older children as this is a time of rapid growth. The foods eaten, tastes developed, and habits formed at this young age can have a lifelong impact on their health.

Portion size is important. It keeps the quantity of food achievable for a child to eat a balanced meal without being expected to eat too much. Rather than full adult packets put smaller portions in a little container.

High fat, high sugar foods do not form part of a healthy meal and we recommend these not be included in packed lunches. Instead keep them as a treat. One sweetened pudding is fine but look for ones with hidden benefits like flapjack, Soreen or yogurt.

We would like to encourage healthy packed lunches that ideally include 4 food groups.

How big is a portion?

This chart is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Being guided by children's signs of hunger and fullness reminds us that appetites vary from child to child and day to day

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
Fruit and vegetables	5 a day 	1/2 cooked sliced apple 1 tbsp canned fruit (in juice) 1 tbsp cooked vegetables 5 quartered grapes 4 cooked carrot sticks 	1/2 large sliced apple 2 tbsp canned fruit (in juice) 2 tbsp cooked vegetables 8 halved grapes 6 carrot sticks 
Bread, rice, potatoes, pasta	4 a day 	1 small/half slice of bread 3 tbsp dry cereal 1 small boiled potato 3 tbsp cooked pasta 2 tbsp cooked rice 	1 slice bread 5 tbsp dry cereal 2 small boiled potatoes 4 tbsp cooked pasta 3 tbsp cooked rice 
Beans, pulses, fish, eggs, meat and other proteins	2-3 a day 	1 small slice chicken 2 tbsp fish in sauce 1 egg 1 tbsp beans/lentils 	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/lentils 
Milk and dairy (milk as part of daily portions)	3 a day 	1 cup milk (150ml) 1 tbsp unsweetened yogurt 2 small sticks hard cheese 3 tbsp custard 	1 cup milk (150ml) 2 tbsp unsweetened yogurt 2 sticks hard cheese 4 tbsp custard 
High-fat, high-sugar foods	occasionally 	4 chips 1 small piece of cake 1 small plain biscuit 1 tbsp ice cream 	6 chips 1 medium piece of cake 1 plain biscuit 2 tbsp ice cream 

Children do not need to eat any of the foods shown below that are high in sugar and fat. Offer them to children less often and in small amounts - the following images show age-appropriate portion sizes.



More information about portions and portion sizes for young children at www.firststepsnutrition.org and www.childrensfoodtrust.org.uk

© HENRY 2017 | www.henry.org.uk

Links for portion sizing and packed lunch ideas

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

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