



St. Luke's Pre-school Newsletter – Issue 30 - September 2014

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*At the beginning of term, it is a great pleasure to welcome new pupils and parents to the pre-school and to welcome back familiar faces of pupils, and their parents, returning from their Summer Holidays.*

Our **current theme** is 'Around the World.' Each day we will be talking about a different country, showing pictures of the sights and examples of what food they eat, etc...

Phonics for the following weeks are:

Sept 8<sup>rd</sup> + 15<sup>th</sup> – 'A' & 'B'

Sept 22<sup>nd</sup> – 'C'

### **Children's Belongings**

- We request that your child does not wear his/her best clothing to pre-school: painting overalls are provided but accidents can still happen.
- The pre-school has its own design of sweatshirts and t-shirts for sale.
- Children should not bring sweets or wear jewellery to pre-school.
- Please label all of your child's belongings to avoid any confusion. This includes any toys etc that the children bring into the pre-school, especially on Fridays at 'show-and-tell.'

**Needed** - It would be appreciated if you could bring any old children's coats that you may have around for outside use, as the weather is so changeable at the moment and any contributions of fruit (apples, raisins etc), vegetables ... for the children at snack time.

**Lunchboxes** - please ensure grapes & cocktail sausages are cut in half, as they can be a choking hazard in children under 5 & please no products containing nuts due to allergies: although your child may not be affected by nuts some of those that they interact with may be.

You do not need to provide drinks for lunchtime as we supply drinks of milk or water.

**To be healthy it's very important to eat a balanced diet: more details and some ideas about what to put in your child's lunchbox, at the end of this newsletter, in the booklets in the lobby and @ Change4Life website**

**Water Bottles** As part of our Healthy Eating campaign we have purchased water bottles for the children printed with the St. Luke's teddy logo. These will be available to purchase for £1 each from Vicky in the pre-school office. All bottles are marked with the child's name and children are encouraged to take a drink at any time. Bottles are refilled when running low. The bottles need to be collected at the end of each session, washed at home and returned to pre-school at the beginning of the next session. Lastly, a reminder that the bottles should be filled with water only please (no squash).

## **Birthdays**

September

4 years old

Anya  
Layla D

Lottie



## **Staffroom changes**

At the end of last term, we said a sad farewell to Mrs Karen Doyle. We would like to thank her for all her hard work and dedication to the pre-school and to the children, in her time with us. We wish her well in the 'big world' outside the pre-school.

We welcome back Mrs Maria Hill from her mid-life break..

## **Our helper today**

Each day a different child will have the opportunity to count the children in the circle at registration time, to help plate the snacks (one has even helped to cut some apples and miraculously the teacher still has all ten fingers). The helper is rewarded with a certificate and sticker.

We have noticed the sense of pride and achievement in the children who have already had this roll. If your child is our helper please ask them what they did. They might even offer to help around the house!



## **Payments – a reminder.**

- Children are funded from the term after their 3<sup>rd</sup> birthday (cut off dates are 31<sup>st</sup> March, 31<sup>st</sup> August and 31<sup>st</sup> December). The funding is currently paid to the pre-school by Medway Early Years. A child is entitled to 5 sessions each week for 38 weeks a year where available.
- We accept cash or cheques with a bankers card only, no company cheques please. Should any cheque be returned, you will be liable for any charges incurred.
- It is your responsibility to inform us if your child will be absent. All fees are still due during illness and for any other absence. Special circumstances, such as prolonged illness or admission to hospital, should be referred to the Supervisor for discussion.
- For non-funded children, at least 4 weeks written notice is requested if your child is to leave pre-school for any reason. If this is possible, then 2 weeks fees will be requested from the time of notification.
- We reserve the right to share information regarding non-payment of fees or outstanding fees, with other Early Years Providers.

## **Parent rota**

All morning parents/carers will shortly receive a letter asking them to come in to pre-school and experience a session with their child and his/her peers.

As detailed in our prospectus, we believe in working in partnership with parents/carers. Whilst there are many opportunities throughout the year to see and discuss your child's progress, the best way to volunteer and see what your child does at pre-school is by coming in and spending the morning with them.

**The Parent Rota** on the white board has dates for parents, grandparents, aunts/uncles or carers to volunteer to come and help-out at pre-school.

What do you have to do? Enjoy some quality time with your child, see 'Parent Rota – fun and survival.' For more information please talk to Mrs Cox: ask her anything!

### Your newsletter

Your contributions to the newsletter would be most welcome: you may wish to share some of your child's words of wisdom - 'Knock knock!' 'Who's there?' 'Leaf.' 'Leaf who?' 'Leaf me be!' - or share a recipe, share some news of a holiday or a trip to the cinema ...

Please submit any contributions to Mrs Vicky Trevallion @ stlukespreschool@hotmail.co.uk



### Your pre- school

We value your contributions to improving your child's education and care whilst at St. Luke's. If you or your son/daughter, have any concerns or worries, or any comments or suggestions, you are welcome to come in to chat with a member of staff: an appointment may be necessary. Remember, if we don't know, we can't help ...

### A reminder about our 'Partnership with Parents'

Each child has a **contact book** as an additional communication tool (we have an 'open-door' policy) for you and the pre-school to advise each other of bumped heads, request information etc. It will be checked daily by the staff and although it is not to provide you with a daily snapshot of all that your child has/hasn't done during a session, **the contact book should be checked daily by parents/carers. As should the whiteboard in the entrance lobby** on which is the 'Parent Rota', a copy the latest letter/note and the latest monthly 'Newsletter' and we will note on it the week's theme/alphabet letter and any planned visitors for that week.

### Dates for your diary

October (date tbc) Individual (and sibling) photos.

6<sup>th</sup>-10<sup>th</sup> Oct (date tbc) Humphey's PJ week: for a voluntary donation of £2 per child, children can wear their pyjamas to pre-school and participate in a number of fun and educational themed activities, whilst raising funds for The Children's Trust.

Mon 27<sup>th</sup> Oct - Fri 31<sup>st</sup> Oct incl. Half term break.

Mon 3<sup>rd</sup> Nov Pre-school re-starts

14<sup>th</sup> Nov. Children in Need.

Tues 2<sup>nd</sup> Dec (am) Christmas Play dress rehearsal.

Sat 6<sup>th</sup> Dec Breakfast with Santa

Tues 9<sup>th</sup> Dec (am) Christmas Play

Thurs 11<sup>th</sup> Dec Term Ends

Mon 5<sup>th</sup> Jan Spring Term starts for pm children only

Tues 6<sup>th</sup> Jan Spring Term starts for am children



### **AGM Mon 29<sup>th</sup> Sept**

**Pre-school Committee** - We are currently looking for new committee members to take over in the new school year. Some positions are still available. It is essential that the pre-school has a committee to maintain the running of events and all other aspects of the pre-school. If you are interested please speak to current chairperson Shelley Bannister or any member of staff.

**Your pre-school needs YOU. No committee = no preschool.**

**Thank you for your continued support for the pre-school and your child and with very best wishes for the school year,  
All the staff.**



## PRACTICAL INFORMATION FOR PARENTS/CARERS

- **Please make sure you arrive and collect your child on time** as lateness affects both the running of the pre-school and your child's routine. If you know you are going to be late, please contact the pre-school on **01634 819809** during session times.
- **If your child is unwell and will not be attending, please telephone** the pre-school **before 9.30** on the same day. Calls can be made out of hours to the answer-phone attached to this line. **We also need to know the reason why your child is absent**, in case there is a contagious illness circulating, so we can inform other parents.
- Children must **not** be left on the premises without a parent/carer before or after the session times as the pre-school's insurance would be invalidated. If children are on the premises at any other time, the pre-school cannot assume any responsibility for their care and safety and the parents/carers are solely responsible for them.
- **Please queue in an orderly manner outside the building**, to allow staff to safely set-up inside. In the case of inclement weather, you may queue in the entrance lobby.
- **Prior to entering the main hall**, for health and safety reasons please encourage your child to change from outdoor shoes into their plimsolls. If you do forget your child's plimsolls, there is a pink flowery bag located in the entrance lobby, which has spare plimsolls of various sizes. A chart on the counter in the lobby will indicate your child's "special picture". Please find the corresponding peg from the tray, peg your child's outdoor shoes together and place them in the hanging shoe pockets. This makes it easier for staff to find shoes for outdoor play and (which is encouraged each day and therefore please provide wellies and coats on 'rainy days') and outings. All coats and bags should be clearly named and hung on the coat pegs.
- Check the whiteboard for any 'news' and place the contact book ('My Home-School Book') in the key workers tray.
- Give your child's name to the member of staff at the door to the hall so that he/she can be ticked in the register.
- **Inside the main hall**, encourage your child find their name card and stick it below their photo on the big board. This encourages name recognition.
- **Before leaving the building**, if someone other than yourself or the regular carer will be collecting your child, please enter their details in the large green book situated on the counter in the lobby. This is a very important detail as your child's security is compromised if staff are unaware when there is a change in the person collecting your child.
- **When collecting your child**, please enter the hall in single file. The children are encouraged to sit on the stage until their parent/carer is at the front of the line. This ensures that each child is safely and individually "handed over" and is ticked out on the register.
- **Afternoon children** – as above, except that **at the start of the session you will enter the main hall via the back gate** and through the garden, **and exit through the lobby**, to check the whiteboard, place the contact book in a tray ...

**Thank you**

**To be healthy it's very important to eat a balanced diet. All foods can be put into one of five food groups. A balanced diet is made up of the five food groups.**

### **1 Carbohydrates**

This group contains starchy foods such as pasta, rice, oats, potatoes, noodles, yam, green bananas, sweet potato, millet, couscous, breads, breakfast cereals, barley and rye.

Carbohydrates give us energy, calcium and B vitamins. Wholegrain ones give us lots of fibre to help keep the digestive system healthy. Many breakfast cereals also have extra iron. A healthy diet would include 3-5 servings of carbohydrate a day.

These portions should be spread throughout the day and eaten with every meal, including snacks.

One portion of carbohydrate is:

- One slice of bread, one roll or half a pizza.
- Six tablespoons of breakfast cereal or porridge.
- Four wholewheat crisp breads.
- Six tablespoons of pasta, rice, millet or couscous.
- Two small new potatoes.
- Two tablespoons mashed sweet potato.

### **2 Protein**

This group contains meat, fish and eggs as well as vegetable protein, nuts, beans, peas, lentils, dahl, Quorn and soya.

These foods give us protein, iron and some other minerals and vitamins. This helps the body to grow and repair itself.

They are like building blocks for the body. Meat is a good source of iron. We should eat 2-3 servings of these every day.

One portion of meat or vegetable protein:

- Two slices of cold ham, turkey and chicken.
- One medium chicken breast.
- Two sausages.
- Three bacon rashers.
- One beefburger.
- One fillet of fish or fish steak.
- One small can of tuna, salmon, mackerel, sardines.
- Four fish fingers.
- One cup of cooked lentils or beans.
- Half a large can of beans, chickpeas or lentils.
- A 100g portion of Tofu or Quorn.

### **3 Milk and dairy products**

This group contains milk, yoghurt, fromage frais, milkshakes, cheese – both hard cheese and soft cheese including soft cheese triangles. These foods contain protein and calcium and some vitamins like vitamin B12, vitamin A and vitamin D. Dairy products keep your bones and teeth healthy. The body absorbs the calcium in dairy foods easily. We should try and eat three servings of these a day.

One portion of milk and dairy products:

- One glass of milk.
- One pot of yoghurt or fromage frais.
- One matchbox size piece of cheese or two triangles.
- Half a tin of low-fat custard.

### **4 Fruit and vegetables**

This group includes fresh as well as frozen, tinned, dried and juices of fruits and vegetables.

Fruit and vegetables give you lots of vitamins and chemicals called antioxidants which keep you healthy. These can even stop you getting some cancers. They also contain fibre to keep your digestive system healthy. Because fruit and veg are low in calories and high in fibre (which keep kids feeling full) eating plenty will help control your weight. It is important to eat a wide variety of fruit and vegetables. This way you get the whole range of all the important nutrients these foods give. You should eat at least five portions of fruit and vegetables a day.

One portion of fruit and vegetables:

- One apple, orange, pear or banana or similar sized fruit.
- Two smaller fruits such as plums, satsumas, kiwi fruit.
- A handful of very small fruits such as grapes, cherries or berries.
- Half to one tablespoon of dried fruits such as raisins, prunes or apricots.
- A slice of large fruit such as a piece of melon or a slice of pineapple.
- Three heaped tablespoons of raw, cooked, frozen or canned vegetables.
- A dessert bowl of salad.

## **5 Fats and sugars**