

St Luke's Pre-School

Giving children the wish
to learn Since 1966



What we did in January

We built, dressed up, acted out the story of Red Riding Hood and discovered ice.



Reminders

Friday 5th Feb, Children are encouraged to show their support of the British Heart foundation's 'Wear it. Beat it' campaign, by coming to school dressed in red. Donations welcome for the Medway's foodbank collection. A box will be on the counter in the lobby.



Monday 8th Feb, Come and dine with your child for a valentine lunch. We will be providing a home cooked lunch for a donation to the school



This months phonetics are:

Weeks Commencing

1st & 8th— K

15th & 22nd — L



Find us on
Facebook

*At the news, weather warnings,
event reminders and dates for your dairy,
search for St Luke's Preschool (Rochester)*

Phonetics

At St. Luke's the children learn synthetic phonics (also known as inductive phonics): a method of teaching reading which first teaches the letter sounds (accompanied by an action, e.g. a deflating balloon for the 'f' sound) and then builds up to blending these sounds together to achieve full pronunciation of whole words. For those of you looking to encourage and support your child's learning at home, you may wish to go to <http://jollylearning.co.uk> for some free resources or indeed purchase the 'activity books'.

Every Friday we encourage children to bring in something relating to the weeks letter to show and tell. This week is K, therefore a King Kong toy or a kettle would be perfect

50th Anniversary Celebrations

Christmas performance 1988—bring back bow ties please



Two young girls—two different lives, two different ways to be, two identical smiles. One rules the kingdom, the other rules. But who is who?



Happy Birthday to:

Charlie S-D, Lois & Vinnie
are 4

Daniel, Molly & Ryan are 3

Healthy Eating

Lunch boxes

Please remember that as a Healthy Eating School, we discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes. We reserve the right to return this food to the parent as a last resort.

Sugar Substitutes

Sweet Potato— veg such as carrots and beetroot all add a sweetness to bakes so table sugar can be cut down. These also give texture and flavour, such as a fudgy density to brownies.

Dates— give a lovely sticky texture and subtle honey like flavour. These are a good source of fibre and provide you with iron, potassium, calcium and magnesium.

Can't make it to school?

Call us. Please let us know if your child will be absent by calling 01634 819 809 on the day

Not via Facebook!

Messages left on Facebook page may not reach staff members.

Tell us If you know you are going to be away head of time, just left the staff know when you see them or leave a message on the

Water Bottles

As part of our Healthy Eating campaign, water bottles for the children are printed with the St Luke's teddy logo, these can be purchased for £1. Your child's name should be written on the bottle, which should be collected at the end of each session, washed at home and returned at the beginning of the next session. The bottles should be filled with water only please: no squash. Your child may like his or her own bottle from home (Disney etc), but so will the other children and that's one sure way to spread any germs

Dates for the diary

Friday 5th February—Dress in red

Monday 8th February 11:45—1pm Valentine lunch

Wednesday 10th February—Nursery closed

Monday 15th—Friday 19th February—Half Term

Tuesday 15th March Dress Rehearsal

Tuesday 22nd March—Easter Play (morning children)

Friday 25th March — Good Friday: Closed

Monday 28th March—Easter Monday: Closed

Friday 1st April—Spring term ends

2 Ingredient Pancakes

4 ripe bananas, mashed
2 large eggs, lightly beaten



In a bowl, mix the banana and egg together

Heat a nonstick frying pan over a medium heat. Mist with fry light oil. Drop a ladleful of batter into pan and swirl. Cook for 2 minutes until golden; flip and cook for a further 2 minutes. Repeat so you have 4 pancakes

You could serve these with berries and yoghurt, maple syrup and