


Newsletter

October 2022

Autumn Term



Contacts - You can contact us on (01884) 35018. The Pre-school mobile number is 07927057415. We can also be contacted at admin@cullomptonpreschool.org Our website address is www.cullomptonpreschool.org See our website for general information and our weekly blog and photos of what children have been doing and learning.  'Like' us on Facebook to see regular updates of our session activities.

Dear Families

Message from Amelia (Pre-School Leader)

We are working on being healthy here at pre-school over the next half term! We love to bake our own snacks and share those recipes with you on our newsletter. The children love to chat about healthy foods and treats and they are able to explain what they know about exercise too which is brilliant! We follow guidance from the Department of Education and have strict guidelines to follow which now include teaching children about oral health. It is really important that children brush their teeth twice a day and we know that can be hard – there are a few links on the next page that you may find helpful. The other guidance we have is that children should not have juice in their water bottles, but it is OK to have it at lunchtime. For a healthy lunch we have lots of ideas to help you and the children try all sorts of foods at snack time so we can share that info as well if that would help with new ideas – just let us know and we can add your child to “snack watch”!

The children are really enjoying their lunches with us and while we do not want to be the “lunchbox police” we would prefer children to have a little pot of crisps rather than a whole bag and only one sweet item please. There are some brilliant dinosaur shaped sandwiches in their lunch boxes and lovely fruits, and we are also teaching the children about recycling at lunch time and they are brilliant at giving me their yoghurt pot to wash and cling film to recycle.

If you have any worries about your child’s eating habits or health, please let us know and we can help and refer you on for more support from a health visitor.

Helpful Teeth Cleaning Links: -

[Children's teeth - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Sing along with The Toothbrush song from Hey Duggee - CBeebies - BBC](#)

[PowerPoint Presentation \(healthyteethdevon.nhs.uk\)](http://healthyteethdevon.nhs.uk)



Don't forget to check out the weekly blog on our website! It's full of information about our sessions across the week with lots of photos of many of our activities.

Reminder re telephone calls and text messages



Absence line - we have a dedicated absence line on our main telephone number which is regularly checked. Please clearly leave your name, your child's name and the reason for their absence. If your child is poorly, please give details of their specific ailment so that we can record the reason for your child's absence.

Main Line - If you need to speak to us on the telephone, please try to avoid calling around drop off and pick up time - often there is only one person in the office so we are unable to answer all calls at busy times. Alternatively, leave a message on our answerphone and we will call you back as quickly as we can.

Text Messages - Our text message system is so useful for circulating information quickly - we often use it for reminders, requests for donations, lost property or session updates. We only have 160 characters to use per message so please bear with us if the messages appear a little abrupt!

Poorly Children – If your child appears to be under the weather please consider if they are well enough to cope with a busy session/day at pre-school before sending them in. Please do not send your child/children to pre-school if they have a raised temperature. A quiet sofa day at home is very different from a busy pre-school session. If your child is off with sickness, please do not send them into pre-school for a period of 48 hours from the last time they were sick. Thank you.



Family selfies – have you sent in your family selfie to Amelia yet for our preschool display? The children love looking at the photos and telling their friends about their family. If you would like to be included in the display, please send your image via email.

Morning Drop Off – In order to ensure that the morning drop off runs smoothly and efficiently could families please ensure that children do not enter the main pre-school building before it is their turn to register with the member of office staff at the internal door. Wherever possible we would kindly ask that communication with staff members is done at collection or emailed the office email address during the session admin@cullomptonpreschool.org If your child is dropped off or collected regularly by other family members please share this information with them too. If you have family members who collect on your behalf and would like to be added to our newsletter circulation list please let us know.

Wet Wipes - If your child wears nappies or pull-ups to pre-school please remember to send in your own wet wipes with your child's nappy supply and spare clothes. Thank you.



Parent consultations – If you would like to meet with your child’s keyworker to discuss their progress you can either book an appointment at the beginning or end of a session during weeks commencing 14th or 21st November (not a lunch drop off or collection). Evening appointments are available for Monday 14th November. To make an appointment please reply to the email that was previously sent.



Family Photo Session - We still have a few appointments left for our family photo shoot on Sunday 23rd October. Everyone is welcome so please tell your family and friends. You can book a slot by adding your details to the form on the lunch trolley or by calling the office.

Today is the start of our Pumpkin

Colouring Competition! Pick up a pumpkin template from the reception area or lunch trolley. Once your entry is complete hand it in to the office together with a £1 entry fee (you may enter as many times as you wish). The entries will be divided into age brackets of pre-school age children, i.e., ages 2, 3 and 4. The closing date is Thursday 3rd November (the week after half term). Please ensure that your child’s/children’s names and ages are written on the back of each entry.



Date	Details
Sunday 23 rd October 2022	Family Photo Shoot at Pre-School
Monday 24 th – Friday 28 th October 2022	HALF TERM – pre-school is closed
Thursday 3 rd November 2022	Closing date for Pumpkin Colouring Competition
Wc 14 th November, wc 21 st November and	Parent Consultations – please refer to your recent email
Tuesday 13 th December 2022	Pre-School is closed for normal sessions. All children will be invited to our Christmas party for either the morning or afternoon session – more information to follow.



Gluten free / dairy free Tortilla Chips

Ingredients – Gluten Free Tortilla Wraps, Oil (Spray), Smoked Paprika, Salt

Spray a little oil on each tortilla wrap on one side. Sprinkle some smoked paprika and a little bit of salt on the wrap and then cut into smaller pieces (triangle pieces if possible). Continue with each wrap and then put onto a baking tray and bake for around ten minutes at 180°C.



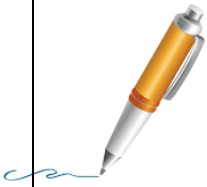
Here are some spooky Halloween craft ideas that you might like to try at home!



We would like to wish all our families a wonderful half term break!

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Got something you would like to tell us? Your child has had a 'wow' moment? You would like to give us some feedback or make a suggestion? Do you have any worries or concerns? You would like to share a healthy recipe with us? Use this slip to tell us anything at all! Post the slip into our post box in reception



If your comments are confidential, please put into an envelope and mark 'Confidential – for the attention of the Pre-school Leader'.