


# Newsletter

## October 2025

### 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](mailto:admin@cullomptonpreschool.org) Our website address is [www.cullomptonpreschool.org](http://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. Don't forget to check Tapestry for info and updates too!



Thank you to everyone that took the time to attend our Annual General Meeting via Teams recently – we have successfully elected a new committee.

**The newly elected committee members are as follows: -**

Jack Harvey (Chair), Jess Powell (Treasurer), Christiana Karatza (Secretary), Holly Berry (Fundraising Chair), James Glover (GDPR Officer), Jess Dillway (Safeguarding Officer) and committee members Naomi Weeks, Emilie Haine, Jason Shelbourne. If you weren't able to attend the meeting but would like to be a committee member, please get in touch via the pre-school office.

***Please support the committee at fundraising events that are run throughout the year – any help you can offer is always very much appreciated.***

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 the children enjoy helping make them. 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 below that you may find helpful. We are now part of a supervised toothbrushing scheme and the children brush their teeth here at Preschool once a day after lunch, which is working really well. If you need any advice please have a look at the [Big Brush](#) website (link below).

The other guidance we have is that children should not have squash or 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)

[Big Brush Club](#)



Don't forget to check out the weekly blog on our website and our updates on Tapestry! They are full of information about our sessions across the week and our parent gallery has lots of photos of many of our activities over the week.

**How we share information with parents** – There are so many ways that we share information with parents including Home Visit, Session Visit, New Parents Evening, Newsletter, Website and weekly blog/plan for the week, Tapestry, Emails, Parent Consultation Meetings, Parent Notice Board (reception area), Parent Questionnaire – annual and new in-take, Key worker feedback, Parent comment slip (on newsletter), Wow moments slip (on newsletter), End of session key worker feedback and also Facebook.

Reminder to make sure your notifications are switched on for Tapestry!



### Reminder about telephone calls and Tapestry

**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 on every day your child is due in. If your child is poorly, please give details of their specific ailment so that we can record the reason for your child's absence. Please try

not to email regarding absences.

**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 OR ring our Preschool mobile 07927057415.

**Tapestry** – We often send 'Memos' on Tapestry about Trips that are coming up, lost items or general information about Preschool. We also send 'accident forms' via Tapestry so please make sure your notifications are switched on for this.

**Poorly Children** – It's that time of year! 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 day at home is very different from a busy pre-school session. If your child is off with sickness or diarrhoea please do not send them into pre-school for a period of 48 hours from the last bout. If your child has a high temperature, please do not send them back to pre-school for at least 24 after their fever has ended. If your child has to take antibiotics, they are unable to come to preschool until 48 hours after their very first dose. 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 or Tapestry.

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



## Our Pumpkin Colouring Competition is back!



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, (ages 2, 3 and 4). The closing date is Friday 14th November. Please ensure that your child's name and age are written on the back of each entry.

# FOREST SCHOOL

Forest School will swap over for our Sun and Moon Groups after Half Term on Thursday and Friday mornings. Each half term we swap the groups over so every child in those groups will be able to enjoy Forest School. Our Star group will also be able to access Forest School on various days throughout the year, we will let you know of these dates nearer the time.

The timetable for this half term is –

	THURSDAY MORNINGS	FRIDAY MORNINGS
6 <sup>th</sup> Nov until 5 <sup>th</sup> Dec 2025	Moon Group	Sun Group
8 <sup>th</sup> Jan until 13 <sup>th</sup> Feb 2026	Sun Group	Moon Group



Date	Details
Monday 27 <sup>th</sup> Oct to Friday 31 <sup>st</sup> Nov 2025	HALF TERM – pre-school is closed
Monday 3 <sup>rd</sup> November 2025 - 7:30pm	Committee Meeting via Teams
Thursday 6 <sup>th</sup> November 2025	Open Event at St Andrew's School for school starters in September 2026 (we will advise you of events at other local primary schools when dates are available).
Friday 14 <sup>th</sup> November 2025	Closing date for Pumpkin Colouring Competition
Monday 1 <sup>st</sup> December 2025	Sun Group Trip to Culm Valley Care Home
Friday 5 <sup>th</sup> December 2025	Moon Group Trip to Culm Valley Care Home
Saturday 6 <sup>th</sup> December 2025	Bingo at the Town Hall
Thursday 11 <sup>th</sup> December 2025 – more info will be sent in due course	Pre-school Christmas Party/Nativity – Preschool is closed for normal sessions on this day.

For all our parents of children that attend our Preschool, there is a private Facebook Group you can join that you might find useful.

Some of the Committee members are part of the group, so they might be able to let you know some information that you might need or answer some questions you might have (ie. days that Preschool is closed or when we reopen etc)

The link for the group is below and we hope you find it useful!

<https://www.facebook.com/share/AEtYegxQiBvUT2Jx/?mibextid=K35XfP>



*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!*



**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! You can hand this into any member of staff.



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