

## Newsletter: Friday 14<sup>th</sup> February 2025



Dear Parents/Carers,

I can't quite believe it is half term already! Although I have previously remarked how lovely it has been to welcome new children into the setting, I would like to express once again, how proud I am of these members of our little community. Our youngest children are settling quickly and are thoroughly enjoying exploring all aspects of our environment. They are learning our routines, and are showing greater independence and team work too. They are learning to help themselves to resources and tidy up afterwards!

We would also like to share with you how our days currently look for our 2 – 4 year olds. For these children days are often a lot busier as we have much more learning to fit in, but we continue to all enjoy spending time together and sharing activities! Here's a simple outline of our day:

- 8.45 – 9.15 We arrive and settle with Key Workers.
- 9:15 We all join together for circle time. This is when we all come together on the carpet to do the register to see who is in, to update our calendar and to share our story of the week. This time is key for real world Maths, Literacy and Understanding The world (Science) learning. We also do a song or mini Phonics activity. Then we go and do our free play / independent learning. This will include a Maths activity or a Literacy (mark making) activity. Younger children will go with a practitioner for a mini guided activity then do independent learning.
- 10:15 We sit down and have fruit and milk for snack time. Sometimes we have a rolling snack, spreading out over an 'half an hour' period, allowing us to collect our snack when we are ready, sometimes we have it all together.
- 10.30 Free play / independent learning. This will include our 'activity of the day' as outlined in our planning. Younger children will go with a practitioner for a mini guided activity, then do independent learning.
- 12:00 Lunchtime! We sit down together and when we have finished, we choose books to read and explore.
- 1:00 We join up for circle time, afternoon register and a story.
- 1:15 In the afternoon we have free flow. Sometimes we go on a welly walk or we play in our wooded area. The staff deliver interventions or guided activities for key groups of children. Whether we are sat on the carpet with friends or playing, there is always exploring going on which aids our learning!
- 3:00 We share a story and sing nursery rhymes before going home.

### **Update**

- **Note:** Please note that we no longer have disposal facilities for soiled nappies and we will now need to send them home with your child/ren at the end of the day.

- **Reading:** Book Recommendations *Gozzle by Julia Donaldson* (due to be released 27 March 2025). With our continuing focus on reading culture in school, we will continue to recommend books to our families, with a view to trying to widen pupils' interest in different genres and authors, supporting parents to know new authors and as ideas for gifts. If you share one of these books with your child in the future, we would love to hear from you. Let us know what you and your child/children thought of the book and we can share it on Facebook.



- **Looking after a child or young person's mental health:** As parents and carers, there are ways we can support our children to give them the best chance to stay mentally healthy. Encouraging and guiding a child to think about their own mental health and wellbeing are vital skills you can teach them from a young age. Find out how you can help a child to have good mental health, including knowing how to talk to a child about their mental health, and when to spot signs they might be struggling. Plus get self-care tips for you, to help you look after your mental health while caring for others, and find out how to get more support if you, your child or your family need it. Find out more at: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/#:~:text=Build%20positive%20routines,relaxation%20sleep%20tips%20for%20children.>

### **Reminders**

- <https://www.healthforkids.co.uk/> is a fantastic resource area for parents and carers and offers a wealth of information to help you support your children to be healthy and happy as they grow. You can find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.
- Devon County Council runs a confidential secure text messaging service for parents of children aged birth to 19 years called ChatHealth. The service operates Monday to Friday between 9am and 5pm, excluding bank holidays. All texts will be responded to by a public health nurse (health visitor/school nurse) within 24 hours. Outside of the service working hours, you'll receive a message back to inform you that your text will be responded to once the line reopens. You can also call our Public Health Nursing hubs on the numbers listed below.  
Devon text service for parents: text 07520 631721  
Eastern public health nursing hub: phone 0333 234 1903

- **Safeguarding Information: Keeping under-fives safe online.** Meet Techosaurus, the NSPCC's new online safety dinosaur! Children are growing up in a time where screens are everywhere and the internet plays a big part in their lives, even from a very young age. This can be beneficial, they can learn new things, connect with friends and family, and have fun. But it's important to have conversations on how to explore the online world safely. That's where Techosaurus, the NSPCC's new friendly dinosaur comes in! They understand that talking about online safety can seem daunting, but it doesn't have to be. They have created Techosaurus specifically to make these conversations as easy as possible for you and your child. Techosaurus is aimed at little



ones who are starting to use technology and the internet, and keeps the conversation around online safety positive. Techosaurus will help your child to form healthy online habits, routines and behaviours from a young age, and build basic knowledge and skills related to online safety. For a minimum donation of £3, your little one can be introduced to the online world safely through Techosaurus at <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/techosaurus/>.

- As highlighted in previous weeks, for those of you with a child/ren leaving us at the end of the year, getting your child ready for starting primary school can feel like a big step, so it's understandable if you're feeling nervous about this new chapter in their life. You're not the only one, and it's likely that your child will be feeling a mix of emotions too. You may find some useful resources on this website: <https://healthforunder5s.co.uk/preschool/?cat=ready-for-school>, including videos and resources such as articles that highlight things you can work on at home to help your child develop the skills they need for school and a reward chart to support this. There are lots of things you can do in the months leading up to the start of school to reduce any anxiety your child may be feeling. For example:
  - Read books about school (see the list below for some good suggestions), and look at the school prospectus/website together.
    - I Am Too Absolutely Small For School (Charlie and Lola) by Lauren Child
    - Starting School by Janet and Allan Ahlberg
    - Topsy and Tim Start School by Jean and Gareth Adamson
    - Harry and the Dinosaurs Go to School by Ian Whybrow
  - Look at old photos of family members starting school and share some positive memories you have of primary school.
  - Talk about all the things they will enjoy, like painting, playing in the playground and making new friends.
  - Some children will find it helpful to have a calendar which shows which days they go to school and which days they are at home. As they start school, you can add other details like after school or breakfast clubs, or days they do P.E. to help them understand their routine.
  - Take time to choose and label clothing, book bags and lunch boxes together.
  - Make sure your child gets plenty of sleep each night. Talk to your Health Visitor if you need help with getting them in a good routine, or with any other issues you may be struggling with such as encouraging your child to stop using a dummy or helping them to be fully toilet trained.

### **Timetable**

**Make It Monday:** Introducing our key texts this week – Cinderella.

Sequencing the story (introducing the concept of time/daily activities), making props for roleplay, spot the difference and addition focus.

**Tinkering Tuesday:** Fairy Godmother painting experiments, Cinderella number bonds.

**Welly Walk Wednesday & PE with Mr Murnane:** Looking for Cinderella's glass slipper!

**Thinking Thursday:** Cinderella emotions matching, building castles

**Fresh Air Friday:** Making magic wands, crowns/tiaras and royal jewellery for the ball!

## **Dates for the Diary**

- February Half Term: 17th February 2025 - 21st February 2025.
- **School Cross Country: Wednesday 26<sup>th</sup> February 2025 (early finish/pick up at 3.00).**
- Shrove Tuesday - Pancake Races: 4<sup>th</sup> March 2025, 2.45 – 3.15.
- World Book Day is on 6th March 2025; it provides a fantastic opportunity to focus on reading for pleasure, supporting children's autonomy in book choice, and embedding a habit of reading that brings a wide range of benefits. Due to our continued focus on creating a love of reading, should they wish to, children can come to pre-school dressed as their favourite book character. During the day, the children will take part in activities linked to reading.
- Toddler Group – Colours, Love and Spring (Holi): Friday 14<sup>th</sup> March 2025.
- School Cross Country: Wednesday 19th March 2025 (early finish/pick up).
- Toddler Group – Easter & GRAND EGG HUNT: Friday 4<sup>th</sup> April 2025.
- Last Day of Spring Term: Friday 4<sup>th</sup> April 2025.
- Summer Term Begins/Return To School: Tuesday 22<sup>nd</sup> April 2025.
- PRE-SCHOOL **NOT** CLOSED: Friday 13<sup>th</sup> June 2025. We have now been informed that a mistake was made and we are able to remain open on this day.

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### **Contact Details**

Stockland Victory Hall, Stockland, Devon EX14 9EF. Phone: 01404 881450  
[info@stocklandpreschool.co.uk](mailto:info@stocklandpreschool.co.uk)

### **Safeguarding**

If you have any safeguarding concerns, please email [jemma@stocklandpreschool.co.uk](mailto:jemma@stocklandpreschool.co.uk). This inbox is monitored daily. Our Designated Safeguarding Lead is Jemma Harvey-Jones and our Deputy Designated Safeguarding Leads are Kelly Patch and Alice Hutter. Our Child Protection and Safeguarding Policy can be found online at: <https://stocklandpreschool.co.uk/policies-and-procedures/safeguarding>. If you have any concerns about the safety of a child you can either talk to our DSL or DDSL or you can phone Devon MASH on 01392 384964.

### **CORE COMMITTEE**

Christina Leppard - Committee Chair [chair@stocklandpreschool.co.uk](mailto:chair@stocklandpreschool.co.uk)  
Pippa Salter – Vice Chair, Secretary and Safeguarding [vicechair@stocklandpreschool.co.uk](mailto:vicechair@stocklandpreschool.co.uk)  
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### **STAFF**

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*To contact any other members of our team please email the [info@stocklandpreschool.co.uk](mailto:info@stocklandpreschool.co.uk) account and your queries will be forwarded appropriately.*