

This term we have been extremely busy out and about in the community. We are taking a small group of children to visit the Ladies and Gentlemen at Warwick Flats fortnightly promoting intergenerational activities and aiding the children's ability to cope with changes in their routines.

We have also visited the library to look at their books and been to the local parks to extend our climbing skills. We visit the shops to buy ingredients for our cooking sessions and while we're out we continue to practice our Road Safety.

Curling Evening—Saturday 2nd March

We are holding a curling evening in the Village Hall in Bottesford on **Saturday 2nd March** at 7.30pm. Last year the curling event was a great success, and everyone had lots of fun so please invite as many friends as you can, teams of 4 to 6 are required to take part in the curling championship with overall winners receiving a prize at the end of the night.

Tickets are selling fast but we have a few left at Pre-School costing £8.00 each which includes hot food. A bar will be available throughout the evening so why not come along and support us, this is one of our main fundraisers of the year.



Family Fun Day Sunday 23rd June

Pre-School are planning to hold a Family Fun Day on **Sunday 23rd June**, on the Village Hall Field, all family members, all ages are welcome, the more the merrier. Teams of up to 6 can take part in lots of different fun activities. More information will be available soon but if you wish to take part please let a member of staff know or contact our committee.

This will be a fantastic day with lots of fun for all the family, refreshments will be available or bring your own picnic. We look forward to seeing you there.

Tea Towels

We still have some of the children's amazing tea towels left for sale these are a bargain price of £2.00, so if you haven't yet bought one now's the time.

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"Bags to School"

Hopefully everyone has found a bags to school bag in their child's tray at Pre-School. We will be having another collection on March 19th so if you have any unwanted items that are suitable please drop them in to us and we will do the rest!

Thank you so much to everyone who donated bags of items for the last collection in December, this raised £100 for new toys.

The following items are acceptable, good quality adults and children's clothing, paired shoes, hats, belts, handbags, ties and soft toys.



Sue's News

At the moment T.V seems to be full of adverts and programmes about eating healthily and getting back on track after the excess of Christmas, so now may be a good time to have a look and re-evaluate lunchboxes too. Creating balanced meals is important and a varied and nutritious diet is essential for children's health, growth and development. Young children grow rapidly and require more nutrients in each mouthful of food than adults, as their daily energy requirement is around twice that of an adult.

By making sure their lunchbox is made up with food from all five food groups these needs can easily be met. These groups are:-

1. Bread, rice, pasta, potatoes and other starchy foods.
2. Fruit and vegetables
3. Milk, cheese and yoghurt
4. Meat, fish, eggs, nuts and pulses.
5. Oils, butter and fats.

With the shocking rate of tooth decay in this country it is also suggested that foods high in sugar such as cake, biscuits, ice cream are limited to once a day, and once a week for sweet and fizzy drinks, sweets and confectionary. Here at Pre-School we try to do our best by offering milk and water to drink, and healthy snacks, often porridge or cereal in the mornings which the children love!

Of course it is always your choice as to what you put into your child's lunchbox but lets try and get them all bursting with goodness.

Sue Booth Healthy Eating Co-ordinator



World Book Day



We will be celebrating World Book Day on Thursday 7th March, Pre-School will be looking at characters from our favourite books, so please feel free to bring in your special books from home to share. If your child would like to dress up as a character that would be great, but if they choose not to we have lots of lovely dressing up here.

Carrier Bag Donations

If at home you have any spare carrier bags that you no longer require, we would be extremely grateful for any donations. We use them for children's wet/changed clothes. Thank you.

Dates for your diary



Curling Evening

Saturday 2nd March

Easter Holidays

Mon 15th April-Fri 26th April

Closed for Easter Hols. Re-open Monday 29th April

Family Challenge Fun Day

Sunday 23rd June

Pre-School is closed Monday

6th May 2019.

Half-term break

Monday 27th-Friday 31st May

Pre-school closed for half term.

Open Morning

Friday 5th July 10am-12 noon)

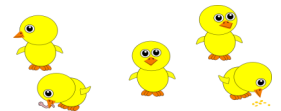
(please spread the word to any new parents)

Pre-School closes for summer

Thursday 11th July 2019 with

Sundown on Friday 12th July for all our leavers. (More information next term).

Chicks



Last year we had a delivery of 8 very friendly chicks that we watched hatch from eggs, this was such a big hit with the children that we have decided to have them again this year. So week commencing 1st April our little visitors will be arriving. We will be watching them hatch from eggs and grow into little chicks before they are returned and rehomed to nice families.