**Bottesford Pre-School**

**Spring Newsletter**

**Independence at Pre-School**

We encourage the children at Pre-School to be as independent as possible, so any help from home is much appreciated, items like shoes with Velcro straps, elasticated waisted trousers, mittens instead of gloves and other fastenings they can manage will make life much easier for the children and encourage them to achieve their goals. We find that when trying to learn a new skill such as putting on their own shoes, it helps to break the activity down into small stages, talking the children through each stage, explaining what you are doing and allowing them to help along the way, then encouraging completing the last bit unaided where possible. This helps to build confidence and gives a great sense of achievement.

**COVID 19**

Due to the present levels of the Coronavirus, we ask that children continue NOT to bring in any toys or bags from home to avoid any extra risk. We are still being extremely vigilant with all our cleaning routines and ‘Systems of Control’ and thank you all for your continued support.

Any children with Covid symptoms should have a lateral flow test before coming to Pre-School.

**A call out for rolls of wall paper please!**

The children are really enjoying mark making and painting together, they love a long strip of paper either taped on a table or stretched along the floor. They have been printing with sponges, stomping with dinosaurs, wheeled cars and trains to see their tracks, used large paint brushes to make huge patterns, they’ve chalked and crayoned, made hand prints and foot prints to such an extent that we’ve run out of wall paper!!!!

We would be incredibly grateful for any donations. Thank you.

**Sue’s News**

The Children’s lunch boxes are looking really appetizing, there’s a variety of great alternatives from sandwiches to wraps, pasta to pizza. Just a quick reminder about portion sizes as some children seem to be bringing more than the adults!

In most cases, two small sandwiches will be enough, followed by a yoghurt and a portion or two of fruit and vegetables, remembering to cut up both tomatoes and grapes as they are a choking hazard. If you are adding crisps, we encourage children to limit themselves to eating only half the packet.

It would also be helpful if, when choosing containers, you choose ones which your child can open and close themselves, to encourage their independence even more.

We regularly talk about healthy choices at Pre-School and will be having a ‘Healthy Teeth’ theme this term. With this in mind, if you would like to send a small cube of cheese or a small piece of celery in your child’s lunch box, we can give it them at the end of their meal to aid healthy teeth and gums.

There are also several 2-minute songs on the internet which you may find useful to encourage your children to clean their teeth. We’ll be watching Peppa Pig and Hey Duggie’s tooth brushing songs over the next few weeks, so be prepared to hear your children singing them at home!!

If you have any questions or queries, I’m more than happy to have a chat with you.

Sue Booth (Healthy Eating Coordinator)