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## **\*\*Newsletter No 1 - 5<sup>th</sup> September 2025\*\***

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Welcome to our first Newsletter of the year. Firstly, I would like to express how honoured I am to be taking on the role of Pre-school Manager. I am so excited to be embarking on this journey with such lovely children, families and our wonderful teachers. It was lovely to see all the children back at pre-school and to welcome all the new Children and their families ☺.

### **Thank you**

On behalf of the team, I would like to say a huge thank you for all our lovely end of term gifts. We are so grateful to you all.

### **You Asked we Listened**

For those parents who wish to drop their children off at 08.45 we will need to make a small charge to cover the additional staffing costs for this time. For you to drop your child/ren off at 08.45 instead of 09.00 the charge will be £5.00

This will be in addition to our normal session fees. For those parents who haven't already done so, please speak with Mrs Ferguson if you would like to swap to this time for the whole term.

### **Term Dates**

Please see the notice board and the website. We finish this term on **Friday 17th October**.

### **All about Me - Tapestry**

New parents - Please can you complete the "About Me" form on Tapestry before we return to pre-school, this information is really important and helps us to get to know your child and settle them in when they first start at Ide Hill.

### **Labelling Items**

Please label everything for your children, water bottles, lunch boxes, clothes, wellies, coats, hats.

**Tapestry on-line Learning Journals** For our new parents, you should by now have been sent an email to register for Tapestry. Each child at Ide Hill Pre-school has their own unique tapestry journal. These online learning journals provide a history of the time your child is with us at pre-school.



We are hoping you will add photographs/videos to the online journals or type up some observations of key moments/interests/likes/dislikes/events/outings/language development.....anything you would like us to know about your child. Your observations together with ours help us with the planning and extending your children's learning. Any questions regarding observations please speak with your child's keyperson.

### Website

This term we will be updating our website; so please bear with us during this time.

### Policies

For information, all pre-school policies and procedures are available to view on our website [www.idehillpreschool.org](http://www.idehillpreschool.org) - copies also in the lobby.

### Early Years Foundation Stage (EYFS)

As of the 1<sup>st</sup> September the new **Early Years Foundation Stage (EYFS)** statutory framework comes into force

Key changes include:

- Safeguarding and Recruitment Enhancement
- Health and Safety Enhancement
- Safer Eating
- Nutrition Guidelines

Please follow the link below for the revised copy of EYFS

[Early years foundation stage \(EYFS\) statutory framework - GOV.UK](http://www.gov.uk/government/publications/early-years-foundation-stage-eyfs-statutory-framework)

### Information Evening

On Thursday 6<sup>th</sup> November, we plan to hold an information evening for parents and carers. This event will allow us to share an insight of your child's day at Pre-school and how we deliver the Early Years Foundation Stage curriculum to the children, (explaining the changes from 1<sup>st</sup> September) More information to follow.

### Bills/Invoices - Urgent

For our new parents - bills will be issued 2<sup>nd</sup> week of each new term. Our bank account details are as follows, please pay all monies to the following:-

CAF Bank

CAF Cash Account

Account Name: Ide Hill Pre-School Sort Code 40-52-40

Account Number 00030851

To assist with the invoicing process and to save any unnecessary chasing. When paying invoices could you please return the paid invoice to school with any screen print or similar that you can produce either for the bank transfer or from the Childcare Voucher system.



Currently the information shown on the bank statement makes it very difficult to identify who has made these payments, and your assistance would save time and help us. It will also prevent unnecessary chasing of monies already received.

### Snack/water bottle

All children need to bring a named water bottle and a piece of fruit, vegetables, cracker or cheese. Please place in the wicker basket/water bottle box outside pre-school. Please NO NUTS /SESAME PRODUCTS.

### Forest School

We offer all children after they turn 3, the opportunity to become involved in the outdoor environment through the use of our Forest School. Forest School will begin week 3 to allow us to settle in the new children. The site that we will use is the "picnic area" opposite the pre-school, a spacious plot with large mature trees and open grass area. We also walk through the forest, which is a lovely opportunity to explore our natural environment.

This is ideal for all sorts of activities. We hold Forest School sessions every week throughout the term from 9.15 - 11.45. Activities include: den building, willow weaving, insect safaris, mud sculpting, natural art, whittling etc.

### Forest School sessions will begin 3rd week of this term.

The Forest School initiative offers children regular opportunities to undertake learning and play in local woodland. It is complementary, not separate to learning in a traditional pre-school environment. Sessions in the Forest School are not timetable or workbook-led, but driven by the learners themselves, drawing on their interests and imagination. Through Forest School children are able to develop a lifelong love and understanding of the natural environment, whilst developing the core purposes of the Forest School ethos, namely, development of self-esteem, confidence and social skills.

### Wellies/Forest School

The children enjoy using the garden area/Forest School in all weathers. It would be helpful if they could bring a spare pair of named wellies to pre-school for wet days, please leave these by their pegs and we will then place on the welly rack. Please also note, the children do get very dirty at pre-school, through painting and gardening activities, please dress them appropriately. We sell uniforms; consisting of sweatshirts and Polo shirts, please speak to Mrs Jepson to purchase these, these will also be available to purchase on the taster sessions.

### Treasure Boxes

Treasure boxes provide an ideal way to develop children's personal, social and emotional learning. These are "shoe boxes" which we ask you to add a photograph on the top of the box of your child, decorate with your child and fill them up with their most treasured possessions i.e. postcards, favourite toys, shells, tickets from the zoo etc.

Please return them to pre-school ASAP. These boxes can be taken home and treasures changed and then brought back to pre-school. The boxes provide the opportunity for children to share their memories and contents with their friends and key person.



The key person will also have their own special box which they will share with their key group. The treasure boxes also provide children with a sense of ownership, help demonstrate that each child is valued, boosts children's confidence and self-esteem and help the children to learn respect and take pride in looking after their own boxes.

### Flopsey the Rabbit

For our new parents, Flopsey is Ide Hill pre-school's travelling Rabbit. Each week the Rabbit is taken home by one of the children, there is an opportunity for you to write, draw or take photographs of her weekend adventures with you. She is then returned after the weekend. In Flopsey's overnight bag there is a scrap book and a change of clothes. On each Monday we discuss and look at Flopsey's book. We look forward to your comments.

### Baking Basket

We have a 'Baking Basket' which we send home each week with one of the children. The idea is for you and your family to try new recipes and also for you to log your own favourites, for other parents/children to try. The "Baking Basket" is for you to use for one week. Please ensure all utensils are cleaned and replaced before returning back to the pre-school. Thank you.

### Absences/Emails

If your child is absent from pre-school please kindly telephone the pre-school in the morning before 09.00 a.m. 01732 750749. Please note, emails will not be read/answered after 5.00 p.m. and not at weekends.

### Illness

Parents are asked not to bring into the pre-school any child who has been vomiting or had diarrhoea until at least 48 hours has elapsed since the last attack.

### Star of the week

Each week a child will be nominated by their key person for an achievement they have made during pre-school. Achievements are celebrated with children receiving a certificate and the reasons for their star of the week.



### Healthy Lunch Boxes

Please could you remember to name your child's lunch box and water bottle. This will avoid items going missing and drinks bottles going home in the wrong lunch boxes.

Additionally, if you are providing grapes/cherry tomatoes please ensure they are cut in quarters. Cheese, carrots etc need to be cut into batons to avoid chocking. For further information please see the follow link - [PowerPoint Presentation](#)

We also have **NO NUTS** in pre-school, food such as Pesto (which contain nuts) is also not allowed. We believe eating well is important for children's health and development.

A healthy, enjoyable lunch gives children the energy they need to learn, play and do well at pre-school.



As part of the new EYFS (Early Years Foundation Stage) a huge emphasis is on oral health. This term, we will be working towards teaching the children about oral health, a healthy lifestyle, which includes healthy eating and would appreciate your help.

## Good Habits Start Young!

### We are actively discouraging children bringing:

- Crisps and other savoury snacks
- Pastry products such as sausage rolls or pastries
- Chocolate or chocolate covered bars
- Cakes, biscuits and cookies
- Fizzy drinks
- Sweets

### For the health and safety of our children, we DO NOT allow the following in our pre-school:

- Glass bottles or ring pull cans
- Swapping food (due to allergies)
- Nuts/pesto (due to allergies choking risk)

### Some practical tips:

- If you make up a lunch box the night before, store it in the fridge
- Vary the sort of bread you use - cut wholemeal pitta bread into strips
- Cold cooked pasta can easily be turned into a pasta salad. Remember to store in the fridge!
- Put some salad in a small bag or tub.
- Encourage your child to help prepare their lunch - children are more likely to eat something they have helped with!

### What shall I put in my child's lunch box?

A good variety of foods that fit into different food groups will help your child to eat a balanced lunch providing the energy they need to enjoy pre-school.

Ideally, a healthy lunchbox will contain one item from each of the food groups: carbohydrate; fruit/vegetable; meat/fish or alternative; and dairy. Remember, a portion is the amount that will fit into a child's cupped hand.

#### Carbohydrate foods

Foods like bread, pasta, rice, chapatti or couscous. A sandwich or some cooked rice would be good choices from this food group. Foods in this group are versatile and healthy.

#### Meat, fish or alternatives

Cold meat, tinned fish, boiled egg or humous are good options to put in sandwiches or have with pasta.



### Dairy products

Dairy foods are particularly important for growing children as they are a good source of calcium, needed for bone development and teeth. Good sources of calcium are milk, cheese and yoghurt.

### Fruit and vegetables

It is important we all eat lots of variety from this group - at least 5 portions a day. Aim to include two portions; a child's portion might be the amount of food that would fit into your child's hand.

### Fatty and sugary foods or drinks

Try and avoid including items from this group - a small amount will be hidden in foods for example the margarine, mayonnaise on a sandwich or added sugar in a fruit yoghurt.

### Lunch box ideas

- Ham sandwich, small bag of salad (tomatoes, cucumber, spring onion and salad leaves) fruit yoghurt and a banana
- Cold cooked pasta mixed with tinned tuna, sweetcorn, grated carrot and baby spinach. An apple and a cheese slice
- Cold couscous and chicken pieces.

For more information see helpful link - [A healthy balanced diet for children.pdf](#)

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See you all soon - Kellie Ferguson (Ide Hill Pre-School Manager)