

Newsletter July 2024



Dear Parents and Carers

It is hard to believe that this preschool year is coming to an end in the next couple of weeks. It has been a wonderful journey, and we are so very proud of all the children. We loved teaching and comforting them, watching them making friends and become more and more independent day by day.

We wish all the children moving on to their new primary schools, every happiness and success in their new adventure and to all our children and families we hope you have a lovely summer break.

[Last day of preschool - 11th of July, Preschool will be open as normal.](#)

[Graduation Party \(leavers only\) – 12th of July 09.00am – 12.00pm.](#) Parents are invited to come and join the celebration to support children as they perform and receive their graduation certificates from the key practitioner.

Events and Activities

School leavers transition events – St Francis of Assisi School will host transitional events over the next few days, including story sessions and stay-and-play activities for the children. If you want us to take your child for their activities, please let us know.

5th of July 5pm-8pm – St Francis of Assisi School Summer Fayre. Preschool staff will have a stall at the Fayre. We have planned some activities, games and prizes. We would love to see as many of our children and their families at the Summer Fayre as possible.

8th of July - St Francis of Assisi School Year 6 children's End of Year production, 'Beauty and The Beast'. Preschool children who are due to start school in September are invited to watch the rehearsal of the production.

Tooth brushing activities – Following the oral health training provided by the Sussex Community NHS Trust, it has been suggested that we should encourage tooth-brushing activities for children in the setting. A dentist has visited the preschool a few times to run activities with the children to promote healthy habits. More information will be shared in September newsletter.



Friary Preschool, contact us: info@friarypreschool.co.uk or 01293 403873.

Parents Survey – (only for the preschool leavers) – As we approach the end of preschool year, we kindly request your feedback to help us improve the quality of our services and care. Please send your comments and suggestions before the 10th of June.

Children returning to Preschool in September

We would like to remind all parents to reconfirm the eligibility for 30h funding and to apply for 30h funding code no later than 31st of August 2024. Failure to do so may result in your child losing their current entitlement or not receiving 30h funding code in time for Autumn Term (September 2024). Please check if you are eligible for 30h free childcare by following the link below:

[Apply for free childcare if you're working - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Packed Lunch:

1. If your child brings yoghurt for lunch, please provide a spoon to eat it with.
2. No chocolate, biscuits, sweets, or crisps etc. – encourage good eating habits.
3. No popcorn – the highest choking hazard food for young children.
4. No nuts, Nutella, or Peanut butter sandwiches – staff with severe allergies.
5. Please cut chunky fruit pieces in half and grapes, tomatoes, cocktail sausages lengthways to prevent your child from choking.

Book Bags – Next week children will bring the bookbags home for the last time. We will be collecting them in the following week.

SNACK donation.

Thank you so much to everyone remembering to bring a piece of fruit for snack time and to those donating money towards our healthy snacks. Please can we continue to encourage this from as many as possible.





Good Routines at Home for Transitioning to Reception

Creating consistent and positive routines at home is essential for helping your child transition smoothly from preschool to reception. Here are some strategies to establish good routines:

Morning Routine

Consistent Wake-Up Time: Set a regular wake-up time that allows enough time for a stress-free morning.

Healthy Breakfast:

Ensure your child has a nutritious breakfast to provide energy and concentration for the school day.

Getting Ready:

Teach your child to get dressed, brush their teeth, and pack their school bag independently.

Evening Routine

Relaxing Wind-Down Activities: Incorporate quiet activities such as reading a book, drawing, or doing puzzles before bed to help your child relax.

Consistent Bedtime:

Establish a regular bedtime to ensure your child gets enough sleep. Children starting reception typically need 10-12 hours of sleep per night.

Prepare for the Next Day:

Lay out clothes, pack the school bag, and prepare snacks/lunch the night before to minimize the morning rush.

Mealtime Routine

Family Meals: Whenever possible, have meals together as a family to encourage communication and healthy eating habits.

Balanced Diet: Ensure meals are balanced with a variety of fruits, vegetables, proteins, and grains to support your child's growth and energy needs

Tips for Success

Model Behaviour: Demonstrate the routines yourself to set an example. Children learn by observing adults.

Praise and Encourage: Use positive reinforcement to encourage your child to follow routines. Praise their efforts and accomplishments.

Gradual Reduction: If your child is used to a lot of screen time, gradually reduce it to avoid resistance and make the transition smoother.

Monitor and Manage content- When screen time is allowed, choose educational programs or apps that can provide value.

Parental Controls: Use parental control settings to limit access to certain content and monitor usage.