

Newsletter October 2025

Dear Parents and Carers



In October the children will learn about season of Autumn.



What happens to the trees, why some animals fall asleep for a very long time, that the days become shorter and the nights last longer. We will talk about Autumn's weather and what are the suitable clothes to wear. The children will take part in many different activities where they will be using the treasure of Autumn season such as colourful leaves, acorns, conkers etc.

Autumn Half Term – Monday the 27th of October – Friday the 31st of October. **Preschool will be closed.** The first day back after the Autumn Half Term is Monday, the 3rd of November.

Feast of St Francis

This month we celebrate the feast of **St Francis of Assisi**, patron saint of animals and the environment. St Francis reminds us of the importance of caring for all living creatures and being kind to animals.

We are delighted that **Fr Peter from the Friary Church** will join us to speak to the children as part of our celebrations.

Upcoming Events	News
4th October – The Feast Day of Saint Francis of Assisi 6th – 10th October – World Space Week, the children will enjoy a range of exciting activities, including: • Listening to space-themed stories • Making fun space crafts • Singing songs about our universe • Learning about the planets and the world we live in 20th October - Oral Health Dental Nurse visit, Clare will be talking to children about healthy eating and sharing simple tips on how to keep our teeth strong and healthy.	First Fire Drill All our new and older children took part in their first fire drill. They listened carefully, followed instructions well, and evacuated the building safely in just 30 seconds! Afterwards, the children enjoyed learning why it is important to stop playing when the alarm sounds and how to stay safe during emergencies. We are very proud of how well they managed this important safety protocol.

Reminders

Lunchboxes and Water Bottles

On arrival each morning, please remind your child to:

- Place their water bottle on the designated table
- Place their lunchbox on the lunch trolley

To keep things organised, ensure bottles are carried separately and not packed inside lunchboxes.

Starting School – September 2026

If your child is eligible to start school in **September 2026**, applications open online from **Monday, 6th October 2025**.

Apply online at: **westsussex.gov.uk/admissions**

Deadline for applications: Thursday, **15th January 2026**

St Francis Open Mornings

We warmly invite parents and carers to visit our school during one of our open mornings:

- Wednesday 8th October
- Wednesday 12th November
- Wednesday 3rd December

All sessions begin at **9:15am** and will last approximately one hour.



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.

Online Safety - We all want the best for our children, and as technology becomes a bigger part of their lives, it's important to ensure their online experiences are both positive and safe. As your child's educators and partners in their growth, we want to support you in creating a safe digital environment at home. Here are a few gentle steps to help keep our little ones safe online: Please see attached to this newsletter the guidelines to read.

Friary Preschool Contact Details:

For general enquiries, these can be emailed to the Friary Preschool using the following email address:

info@friarypreschool.co.uk or by telephone on 01293 403873.



Online Safety Guidelines for Parents

The digital world offers educational and entertainment content suitable for young children, but it also carries risks. For preschool-age children, parental guidance and protective measures are crucial. Here are key guidelines for parents to keep child/children safe online:

1. Choose Age-Appropriate Content.

- **Review Apps and Games:** Before allowing your child to use any app or game, test it yourself. Look for parental reviews and ratings to ensure the content is suitable and safe.
- **Use Parental Control Settings:** Set up parental controls on devices and apps to limit access to only approved content.

2. Supervise Screen Time

- **Co-View When Possible:** Whenever your child is using a device, try to be present to observe what they are watching or playing. It provides an opportunity to discuss and explain things they see online.

3. Use Built-in Device Safety Features

- **Enable Kid Mode:** Many devices, such as tablets and smartphones, have "kid modes" that restrict what the child can access.
- **Block In-App Purchases:** Disable in-app purchases to prevent accidental purchases and exposure to ads or unwanted content.
- **Turn Off Location Services:** Ensure location services are turned off for any apps your child uses to avoid sharing their location.

4. Create a Safe Online Environment

- **Set Up a Designated "Kid's Profile":** Many streaming services (Netflix, Disney+, etc.) and devices allow you to set up child profiles with age-appropriate content.
- **Install Kid-Safe Browsers:** Use child-friendly browsers that automatically block access to inappropriate websites.
- **Be Approachable:** Encourage your child to tell you if they see something that makes them uncomfortable or if they receive unexpected messages.
- **Use Simple Language:** Since preschoolers are very young, use simple terms to explain concepts like "strangers" online and the importance of asking for help if they are unsure about anything.

5. Set a Good Example

- **Model Healthy Online Behaviour:** Limit your own screen time and use devices responsibly to set a positive example for your child.
- **Explain Safe Usage:** When using your devices in front of children, explain what you are doing (e.g., "I'm checking the weather," "I'm reading a book") to help them understand proper online activities.

6. Monitor and Review

- **Regularly Check Activity:** Review what your child has been watching or playing. Many apps have an activity log that lets you see the content your child has access to.

7. Discuss Appropriate Content with Your Older Child

Talk to your older child about their responsibility as a role model. Explain that certain shows, games, or websites are suitable for their age but may not be for their younger sibling. Encourage them to be mindful of this when choosing content in shared spaces.

8. Screen Time Guidelines for Preschoolers in the UK:

1. Limit to 1 Hour Per Day:

- For children aged 3-5, it's recommended to limit screen time to **no more than 1 hour per day**. This should include high-quality, educational content.
- Break this up into smaller sessions to prevent long periods of inactivity.

2. Prioritize Physical Activity and Sleep:

- The UK Chief Medical Officers recommend at least **3 hours of physical activity per day** for children in this age group.
- Ensuring good sleep hygiene is crucial. This includes avoiding screens at least **1 hour before bedtime** to promote better sleep quality.

3. Encourage Co-Viewing:

- Parents and caregivers are encouraged to **co-view or interact** with children during screen time. This helps children make sense of what they are seeing and apply it to the real world.

4. Create Screen-Free Zones and Times:

- Establish **screen-free areas**, such as the dining table and bedrooms, and have regular **screen-free times**, particularly during meals and family interactions.