

# Newsletter October 2024



## Dear Parents and Carers

During the month of September, we have spent a lovely time meeting our new children and we were very pleased to welcome everyone back to preschool after the summer holidays. Members of staff are very happy with how quickly and smoothly the children have adapted to the routines of the preschool this year. The children have shown a great interest in taking part in prepared activities and have been discovering and investigating the resources available to them as well as the outside garden with a mud kitchen and a little playground.



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. These activities are to develop children’s creativity, knowledge and understanding of the world

Upcoming Events	News
<p><b>4<sup>th</sup> October St Francis Feast - A Friend of Animals and Nature.</b> St. Francis loved all the animals and the plants. He believed that animals, birds, trees, and flowers were special gifts from God, and he took care of them. He talked to the birds, and they listened, and he also helped animals that were hurt or scared. <b>Activity:</b> To take the children on a nature walk and encourage them to collect natural items such as leaves, small flowers, and twigs to make a display celebrating St. Francis’ love for nature.</p> <p><b>4<sup>th</sup> October World Smile Day - Smiley Face Hunt</b> <b>Activity:</b> To hide smiley faces (cutouts) around the room, have the children to find them, and encourage them to say something that makes them smile.</p>	<p><b>Staff changes/Update</b> – On the 20<sup>th</sup> of September we said goodbye to our team member Moniza, as she returned to her previous role at Manor Green Special Needs School. Moniza had been a wonderful part of our Friary family, and we wish her all the best on her continued journey.</p> <p><b>A Warm Welcome-</b> We are thrilled to announce that a new staff member will be joining us in the first week of November.</p> <p><b>Tooth Brushing Activity Announcement</b> - We are excited to announce that the <b>tooth-brushing activity</b> will begin next week!</p> <p><b>-Staff Training:</b> Our staff has completed their training to ensure a smooth and effective program.</p> <p><b>-Children’s Workshop:</b> The children participated in an engaging workshop, learning the importance of dental hygiene.</p>

**8<sup>th</sup> Harvest festival** - children will be learning a special song to give thanks to Mother Nature, honouring the Earth, its gifts, and the changing seasons.

**-Parent Meeting:** Parents had a productive meeting with the dentist to discuss best practices for maintaining oral health.

We look forward to promoting healthy habits and encouraging good dental hygiene among our children!

## Reminders

- **Autumn Half Term** – Monday the 28<sup>th</sup> of October – Friday the 1<sup>st</sup> of November. **Preschool will be closed.** The first day back after the Autumn Half Term is Monday, the 4<sup>th</sup> of November.
- **Velcro shoes VS shoes with shoelaces** – we focus on teaching children to become confident and independent learners; therefore, we kindly remind all parents to provide Velcro type shoes for the children.
- Please label your child's belongings clearly.
- Please collect your child promptly at the time their session ends. Collection times are 12pm, 3pm or 3.30pm. **A late collection fee of £5 will be charged.**
- **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, **Pesto**, or Peanut butter sandwiches– staff with severe allergies.
  5. Please cut chunky fruit pieces in half and grapes, tomatoes, cocktail sausages lengthways to protect your child from choking.



**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](mailto: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.