

# Newsletter June 2024



## Dear Parents and Carers

May we remind you that next week the preschool will be closed for the Summer Half Term.

### Summer Half Term – 27<sup>th</sup> – 31<sup>st</sup> of May – Preschool Closed

We are excited to announce that our preschool is partnering with the Cheneler School of Dance to offer regular dance sessions for our children. Professional dancer Hayley will lead these sessions bringing her experience and skills to our children. This activity aims to enrich our children's development through the joy of dance, creativity, physical skills, and confidence in a fun environment.



## Events and Activities

**3<sup>rd</sup> – 7<sup>th</sup> of June – Graduation Photos, individual photographs of children in graduation gowns will be taken. The photos then will be available to purchase for a small fee.**

**5<sup>th</sup> – 6<sup>th</sup> of June – Sports Day, there will be fun and challenging activities and great opportunity for the children to explore the school field. The activities aim to provide children with large muscle movement and coordination. Children will be awarded a medal for taking part and their achievements.**

**10<sup>th</sup> – 15<sup>th</sup> of June – World Ocean Week, children will be learning about sea life and engaging in activities to support their learning.**

**16<sup>th</sup> of June – Father's Day, children will be creating something special for their dads or someone special in their lives.**

**17<sup>th</sup> – 21<sup>st</sup> of June – Music Week, opportunities for the children to express themselves through music. The preschool will invite local musicians to perform for the children or lead interactive music sessions. The aim is to expose the children to different styles of music and inspire their musical interest.**

**21<sup>st</sup> of June – Teddy Bears Picnic – Goffs Park - **Preschool Closed**, meet us in Goffs Park at 10.00am by the children's play area. There will be train rides, a teddy bear hunt, games for the children and parents. Please bring a picnic for your family and join us for a day full of exciting activities with our Friary Preschool family. Grandparents and all other family members are very welcome to join in this event. All the activities and train rides are free of charge.**



Friary Preschool, contact us: [info@friarypreschool.co.uk](mailto:info@friarypreschool.co.uk) or 01293 403873.

## Important Dates

**21<sup>st</sup> June – Teddy Bear Picnic with train rides – at Goffs Park**

**11<sup>th</sup> July – Last Day of Summer Term for all children**

**12<sup>th</sup> July – Graduation Party for leavers only**

**Parents/ Carers termly consultations – Monday 24<sup>th</sup> of June – Thursday 27<sup>th</sup> June**, all parents are invited to book an appointment with their child's key worker. This event provides a valuable opportunity for parents to meet and engage with their child's key practitioner. We look forward to your participation and discussing your child's progress.

**Parent Rota** – We have a parent rota in the preschool, and we would love to invite parents and grandparents to come and spend some time with your child's learning journey and share your talents with us.

A big **THANK YOU** to all those parents/carers who have visited us at preschool and spent time with the children already. It is always a big event for the children when their loved ones come in for an activity.



**SUN PROTECTION** – please apply sunscreen on your child's skin in the morning or before your child's session to protect them from sunburn. Sunscreen should be applied to all exposed skin including the face, neck, and ears.

### **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** – Please make sure you check your child's book bag regularly. Please take out any paintings or craftwork your child may have in the bag.

### **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.



Dear Parents,

My name is Natasha and I am a final year medical student about to graduate as a doctor in the next 2 months. I am very keen about paediatrics and child health with health promotion being a huge part of our role as doctors.

Over the course of May and June I have had the pleasure to work with Friary pre-school to run activities for your children all about healthy eating and good lifestyle habits. Statistics have shown that 23% of **4-5-year-olds** are considered to be obese. Worryingly, the trend for children aged **10-11 show that obesity is on the rise for this age group**. My work aims to help change this trend and support parents, and children, to make better lifestyle decisions for today and for the future.

In order to do so, I would like to run an informative evening for parents where I will give a short presentation. I will provide you with information about the types of foods children should be eating, with tips for fussy eaters and how we can make nutritious but affordable meals. The presentation should not take too much of your time and there will be an opportunity to ask questions, and hopefully, you will leave feeling better equipped on the topic of healthy eating.

I really hope this will spark interest and if it has, please do get in touch with Maryen Peiris to get further information.

Thank you,

Natasha