



Worple Road, Epsom KT18 7AA  
Registered Charity Number 1155711  
01372 721 111

July 2022

Dear Parents/Carers,

Please see below our final newsletter of this school year. We are also sending this to our new families, who have children joining us in September!

Below is an overview of some of the fun and learning we have enjoyed during the second half of the summer term.



### **Zoolab Visit**

The children thoroughly enjoyed the visit from Zoolab and had an opportunity to learn about the animals and to hold them. This was a good opportunity to talk to the children about caring for living things and the foods that the different animals eat.



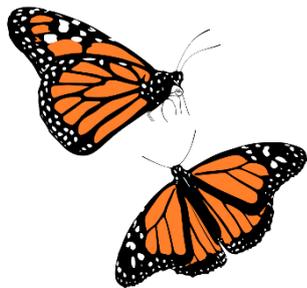
### **Fathers' Day**

We took the opportunity of Father's Day to talk to the children about families, friendships and caring for ourselves and others. We hope that you enjoyed receiving the cards that the children made.



### **Doctor's Visit**

As part of our 'people who help us' theme, Dr Mark (Harry's Daddy) visited the children, with his doctor's kit and talked with the children about their experiences of visiting their doctor. The children had great fun learning all about being a doctor and using the stethoscope with teddy! Dr Mark ran a doctor's surgery in the home corner and the children had a lovely time as Dr Mark became the patient and the children applied bandages! Before leaving Dr Mark played hide and seek in the garden!



### **Butterflies**

At the start of June, the children were excited to receive a delivery of caterpillars. Developing their understanding of growth and changes, they have enjoyed watching them grow, turn into chrysalides, and then butterflies. The children enjoyed watching them fly away to pastures new to lay some more eggs!



### **Bocketts Farm**

Bocketts farm was a wonderful experience for the morning children, who were able to touch a variety of farm animals such as goats, sheep, alpacas, as well as rats, rabbits, and a chicken. We also enjoyed a tractor ride to see the other animals and we could see London from on the hill.



Every parent wants to give their child the best start in life, but we do not always know where to start. HENRY has some simple and practical top tips for a healthy lifestyle, including top tips for fussy eating, eating well for less and oral health. It is also worth noting portion sizes for children, as these are based upon the size of the child's hand. Please ensure that snacks for pre-school reflect our healthy eating policy i.e., fruit, rice cakes, crackers, cheese, raisins etc. We ask that grapes are cut into quarters to prevent choking incidents. Please note that we have a nut free environment, so please make sure that any snacks do not contain nuts. Please note that pre-school provides the children with milk and water, so a water bottle is not required.

We have attached a useful poster from HENRY for your information below regarding portion sizing. If you would like to find more top tips and information for parents these can be found by following this link.

[Top tips | HENRY](#)

## How big is a portion?

This chart is a general guide to the size of portions of a range of everyday foods. It is not meant to be a menu or to recommend what young children should be eating. Being guided by children's signs of hunger and fullness reminds us that appetites vary from child to child and day to day

FOOD GROUP	PORTIONS	1 AND 2 YEAR-OLDS	3 AND 4 YEAR-OLDS
<b>Fruit and vegetables</b>	5 a day 	½ cooked sliced apple 1 tbsp canned fruit (in juice) 1 tbsp cooked vegetables 5 quartered grapes 4 cooked carrot sticks 	½ large sliced apple 2 tbsp canned fruit (in juice) 2 tbsp cooked vegetables 8 halved grapes 6 carrot sticks 
<b>Bread, rice, potatoes, pasta</b>	4 a day 	1 small/half slice of bread 3 tbsp dry cereal 1 small boiled potato 3 tbsp cooked pasta 2 tbsp cooked rice 	1 slice bread 5 tbsp dry cereal 2 small boiled potatoes 4 tbsp cooked pasta 3 tbsp cooked rice 
<b>Beans, pulses, fish, eggs, meat and other proteins</b>	2-3 a day 	1 small slice chicken 2 tbsp fish in sauce 1 egg 1 tbsp beans/lentils 	1 slice chicken 3 tbsp fish in sauce 1 egg 2 tbsp beans/lentils 
<b>Milk and dairy (milk as part of daily portions)</b>	3 a day 	1 cup milk (150ml) 1 tbsp unsweetened yogurt 2 small sticks hard cheese 3 tbsp custard 	1 cup milk (150ml) 2 tbsp unsweetened yogurt 2 sticks hard cheese 4 tbsp custard 
<b>High-fat, high-sugar foods</b>	occasionally 	4 chips 1 small piece of cake 1 small plain biscuit 1 tbsp ice cream 	6 chips 1 medium piece of cake 1 plain biscuit 2 tbsp ice cream 

Children do not need to eat any of the foods shown below that are high in sugar and fat. Offer them to children less often and in small amounts – the following images show age-appropriate portion sizes.

Healthy Start, Brighter Future

More information about portions and portion sizes for young children at [www.firststepsnutrition.org](http://www.firststepsnutrition.org) and [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

© HENRY 2017 | [www.henry.org.uk](http://www.henry.org.uk)

### **Next term**

We look forward to welcoming our new children and families in September. For our new starters, we hope you enjoyed your play session and getting to know your keyperson.

Pre-School re-opens on Monday 5<sup>th</sup> September. Our new starters will have already received their individual start dates.

### **New starters**

1. Please access the link with your child to see a tour of the Pre-School which was recorded last year.

<https://youtu.be/nmwZUQnsvcU>

2. At Pre-School we like to sing this song and wash our hands lots! Please share the hand washing video with your child so they know what to expect.

<https://youtu.be/Dry5Tygij64>

### **Dropping off (New starters only)**

At drop off times, during your child's first few weeks, you are welcome to enter the building with your child.

As you come through the door our current policy requires you to sanitise your hands.

You can then help your child:

1. place their snack box on the trolley,
2. find their name card,
3. select a peg for their things,
4. and settle into play or an activity.

As your child develops confidence, we would encourage you to allow him/her to enter through the main entrance independently. Over the past year, this part of our routine has been extremely successful in supporting the children to develop independence when managing their own things and finding their own name.

### **Picking up**

During your child's first few weeks when they start pre-school, you may prefer to collect them earlier than the usual time. Please discuss this with your key person, or with Teri or Elizabeth.

Once your child has settled, you should queue to the left of the building. The doors will open at, or just before, 3:10pm and your child will be called and shown out to you.

### **Collection from Lunch Club (Morning or 'long-day' children)**

Please note that children who attend Lunch Club (morning children) should be collected no later than 12.15pm from the side garden gate.

Lunch Club or 'Long-Day' Children should have a snack for mid-morning, preferably in a separate container, together with a packed lunch. Please note that we do not have facilities to heat food, so a cold lunch should be provided. There is no need to provide water, as we have a water-cooler available for the children to use.

### **Toys from home**

We discourage toys from home, however, if your child needs an object from home for comfort, we can accept it. Where possible, please send wipeable objects. If you cannot send a wipeable object, we would expect you to regularly wash any fabric (i.e., muslin clothes or soft toys).

## **Dummies**

If you feel your child requires a dummy, please discuss this with your key person.

## **Children's bags**

Please send a bag with your child if he/she is using nappies, is toilet training and requires a change of clothing, or if you send in a toy/comforter. The bag should be small and should only be used for spare nappies, clothes, and any comforters.

## **Nappies**

Please ensure your child has spare nappies. To reduce the spread of COVID, it is currently our policy to provide wipes and nappy sacks. If your child requires a particular brand of wipes, you will need to provide a pack which is kept at Pre-School. Please discuss this with your child's key person.

## **Book bags**

To create a sense of belonging, we like all children to have a book bag. We have provided these and ask for a donation of £10.00 to cover the cost. This is a great opportunity for the children to get used to organising themselves as they pack their own creations into the bags and store them in their own drawer.



## **Parent meetings**

Next half term, our new, afternoon families will receive a phone appointment to speak with their key person. This will be an opportunity to talk to your child's key person and find out how your child is settling in.

All other children will receive an appointment for their first catch up meeting during the second half of the autumn term. Please remember that you can always call to speak to somebody or to arrange an appointment if you need to.

## **30-hour codes / places**

This is just a reminder for any parents who wish to access 30 hours funding here at St Martin's Pre-School (sometimes called +15 hours). Parents must apply for the 30 hours funding once each term and this should be done now ready for the autumn term. The government have strict deadlines for applications, and they will not allocate any codes after the end of August for the autumn term. Once you have been confirmed as eligible, please let Nancy have your 30 hours' code. You will also need to re-apply/ renew once each term.

For those parents who will access the universal 15 hours only, there is no need for you to do anything at this stage. We will, however, require proof of age for each child – a copy of Birth Certificate or Passport is fine.

Children who are not eligible for 30-hours funding, who are staying for long-day sessions, will be invoiced for their afternoon sessions. An afternoon session, including lunch club, is £28.00.

## **Next half term we are looking forward to the following celebrations and events.**

Harvest Festival 4 October

World Singing Day 15 October

Please let us know if there are any celebrations or events that you would like us to celebrate or introduce the children to.

Pre-School re-opens on Monday 5<sup>th</sup> September 2022.

We hope you have a lovely summer, and you and your children have lots of fun.

With best wishes

**St Martin's Pre-School Team**

## **Useful links**

**The Samaritans** – support with ‘whatever you are going through’:

<https://www.samaritans.org/>

**Crisis** – for those faced with homelessness:

<https://www.crisis.org.uk/>

**Citizens Advice** – for information and advice for all. Currently updated with latest Coronavirus information.

<https://www.citizensadvice.org.uk/>

**NHS** – For all the latest medical advice and guidance – including Coronavirus (COVID-19)

<https://www.nhs.uk/>

**Eric** - for help with potty training

<https://www.eric.org.uk/>

**Family Information Service** – useful local information relating to services for children and families living in Surrey

<https://www.surreycc.gov.uk/people-and-community/families>

**SEND Local Offer** – Online hub for 0-25 year olds with Special Educational Needs or a Disability

<https://www.surreylocaloffer.org.uk/kb5/surrey/localoffer/home.page>

**NSPCC** – Safeguarding and child protection. Find information here regarding COVID-19 and returning to school.

<https://www.nspcc.org.uk/>

**HENRY**

[Top tips | HENRY](#)