



Welcome to a New Year at St Martin's Pre-School

Dear Parents and Carers,

We are looking forward to seeing everyone during the coming weeks.

Whether your child is returning to us or taking their very first steps through our doors, the beginning of a new pre-school year is such a special time. We know that starting or returning to pre-school can bring lots of different emotions for both children and parents, and our team will be there to support you every step of the way.

We have included a poster below with some helpful information about what to expect during those early days. Every child is different, and we will always work with you to make their transition into pre-school as happy, calm and positive as possible.

We have also included information below to help families when preparing lunches for their children. The poster provides guidance on suitable portion sizes for pre-school-aged children and ideas for creating a balanced packed lunch.

Please remember that all lunch boxes and snack boxes must come into pre-school inside an insulated lunch bag to help keep the contents cool and safe to eat. This is particularly important later in the term when the heating is switched on inside the building.

Warm wishes,

Helen and the St Martin's Pre-School Team



Settling In at Pre-School



It's normal to feel emotional

The first few drop offs may be emotional for you and your child.
This is completely normal.



You're welcome to stay and help

Parents and carers are warmly welcome to come into pre-school and stay with their child to help them settle.



Encouraged to leave once settled

Once your child is feeling happy and settled, we will encourage you to leave so they can continue to enjoy their time with us.



We'll keep you updated

It may be that your child settles better when you're not here. We will call you to let you know once they are happy and settled.



No child will be left crying

We will always respond to your child's needs with care and kindness. No child will be left crying unless this method has been recommended by you or the pre-school.



**We're here to support you and your child
every step of the way.**

Healthy Lunches

A healthy lunch gives your child the energy, nutrients and focus they need to learn, play and grow.

Please include a good balance of foods each day.

A great preschool lunch includes:

1 PORTION OF FRUIT



Fresh, frozen, dried or tinned (in natural juice).



1 PORTION OF VEG



Raw, cooked or in a salad.



1 PORTION OF PROTEIN



Helps children grow strong and stay full for longer.



1 OR 2 PORTIONS OF STARCHY FOODS



Provides energy for busy bodies and active minds.



We follow the Eatwell Guide to help children build healthy habits for life.

Aim for balance, not perfection.
Small portions are just right for little tummies.
Let your child's appetite guide how much they eat.



LUNCHBOX TIPS

- ✓ Use a named, reusable lunchbox and water bottle.
- ✓ Keep foods bite-sized and easy to eat.
- ✓ Avoid foods high in sugar, salt or unhealthy fats.
- ✓ No sweets, chocolates or chocolate spread.
- ✓ We are a **NUT-FREE** and **KIWI-FREE** setting.
- ✓ Please do not send squash or fruit shoots.



PLEASE REMEMBER



Use an ice pack in lunchboxes to keep food fresh and safe.



Water is available throughout the day.



We promote healthy eating and positive mealtime experiences.