



Pre-School News

A Warm, Nurturing Start

Spring term 2 : February to March 2026

Tiny Tech: A Digital Spring Clean New term, new start! Just like tidying the house, it is a great time to "tidy up" your child's digital environment.

- Check the Ratings: Children grow fast! Check that the apps and games they use are still age-appropriate (look for the PG or U rating).
- Delete the Clutter: Remove apps they no longer play. Fewer apps mean fewer chances of clicking on accidental ads or "in-app purchases."
- Review the Rules: Gently remind your child of the golden rule: "If you see something scary or strange, turn the tablet over and tell a grown-up."

Learning in Action



Parent Corner Reminders

- Labelled Spare clothes
- Spare socks
- Coats (hats and gloves if possible)
- Waterproofs and wellies
- Reporting Absences: If your child is unable to attend their session, please notify us by 9.30 AM.
- Been up to something exciting or have news to share? We would love your photos for our 'memories' board.

Dates for your Diary

26 th March	Last Day of Term 4
27 th March	Inset Day
13 th April	First Day of Term 5

Key Person

As always, your key person will be available to discuss any concerns or queries you may have. (We may need to arrange a suitable time depending on the nature of the discussion).



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Spring Smiles: Being "Sugar Smart"

🦷 **New Daily Supervised Toothbrushing Scheme** We are excited to join the SCFT Oral Health Promotion scheme! Our trained 'Oral Health Champions' will now supervise daily brushing in class to help tackle tooth decay.

- **At Pre-School:** Your child will have their own identifiable toothbrush stored safely on-site.
- **At Home:** Please continue brushing twice daily with fluoride toothpaste. Look out for a free starter pack (brush, paste, and leaflet) coming home soon!
- **Action Needed:** Please notify us of any allergies or health issues that might affect your child's participation.

⚠️ **Safety First (Please Check Daily):**

- **The "Long Ways" Rule:** Round foods like **grapes, cherry tomatoes, blueberries, and sausages** are a high choking risk. Please cut them **lengthways** (from top to bottom, not across) so they are long and thin, not round.

- **Nut-Free Zone:**

We have children with severe allergies. Please ensure **that no nuts or nut products (such as peanut butter, Nutella, or loose nuts)** are packed.

- **Cool & Fresh:** Please include a small **ice pack** to keep food fresh until lunchtime, as we do not have fridge space for lunchboxes.

🍱 **Building a Balanced Box:** To fuel an afternoon of learning and play, try to include:

1. **A Starchy "Tummy Filler":** Bread, pasta, rice, or a wrap (brown or 50/50 is best!).
2. **A Protein Punch:** Ham, chicken, egg, cheese, hummus, or tuna.
3. **A Rainbow Snack:** Carrot sticks, cucumber wheels, apple slices, or berries.
4. **The Drink: Water or Milk only, please.** (Fruit juice and squash are high in sugar and best kept for home).

🌟 **Independence Tip:** Can your child open their own lunch containers? "Practice runs" at home build great confidence and help them start eating sooner!

Healthy Eating Corner

Recipe of the Term: Oat Cookies

These 3-ingredient cookies are soft, chewy, and contain no added sugar—perfect for a lunchbox treat or a breakfast on the go.

You will need:

- 2 large bananas (mashed)
- 1 large carrot (grated)
- 100g rolled oats (porridge oats)
- Optional: A sprinkle of cinnamon or a handful of raisins.

How to make them:

1. **Mash & Mix:** Let your child mash the bananas in a bowl (great for arm muscles!) and stir in the grated carrot and oats.
2. **Shape:** Scoop spoonfuls of the mixture onto a baking tray and flatten them into cookie shapes.
3. **Bake:** Pop them in the oven at 180°C for 12–15 minutes until golden.

Enjoy: Let them cool and enjoy a "Bunny Booster" snack!