



# Pre-School News

## A Warm, Nurturing Start

Spring term 1 :January to February 2026

### Tiny Tech: Online Safety

We strive for a **safe environment** online and off. Keep your child's digital world nurturing with these three tips:

- **Side-by-Side Play:** The best filter is **you!** Sit together to turn screen time into social time.
- **The "Check First" Rule:** Teach children to always ask before clicking a new video or icon.
- **Safe Spaces:** Use **YouTube Kids** or **CBeebies** apps and keep tablets in family rooms (not bedrooms) to encourage **creative play**.

**Pro Tip:** Visit the **NSPCC** website for a quick guide on setting up parental controls.

## Learning in Action



## Dates for your Diary

13 <sup>th</sup> Feb	Last Day of Term 3
23 <sup>rd</sup> Feb	Start of Term 4

### 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.

### 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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#### Healthy Eating Corner

🥕 Our "Recipe of the Term":

The Super-Simple Winter Soup

A great way to get children involved in "kitchen science" and healthy eating.

What you need:

3 large carrots (chopped)

1 sweet potato (peeled and cubed)

1 small onion

500ml vegetable stock

Method:

Talk about the colours: Ask your child to help "wash" the vegetables and name the colours.

The "Big Bubbles": Supervise as the vegetables simmer in the stock until soft (about 15–20 minutes).

The Magic Blend: Blend until smooth.

Show your child how the solid chunks turned into a "creamy" soup!

Enjoy: Serve with a small piece of wholemeal bread for a perfect Term 3 lunch.

#### Bright Smiles, Happy Days

Small Steps for Big Smiles: This term, we are talking to the children about our "Superpower Smiles." Our qualified staff are using stories and play to show how keeping our teeth clean helps us stay strong and healthy.

Tips for Home:

- The Two-Minute Tune: Use a timer or a favorite "brushing song" to ensure they brush for the full two minutes.
- The "Spit, Don't Rinse" Rule: Remind your little ones to spit out the toothpaste but not rinse with water—this keeps the protective fluoride on their teeth longer!
- Healthy Swaps: Choosing water or milk over juice during the day is the kindest thing we can do for primary teeth.

#### Safe & Healthy Lunchboxes

Help keep our nurturing environment safe with these quick prep tips:

⚠ Choking Safety (The "Rule of Length")

- Grapes & Cherry Tomatoes: Always cut **lengthwise** into quarters.
- Sausages: Cut into thin **batons**, never round discs.
- Blueberries: **Squash** or **halve** large berries.

📦 The Balanced Box Aim for a mix of a Main (sandwich/pasta), Veggie Crunch (cucumber sticks), and Fruit (sliced apples).

🚫 Nut-Free Zone: Please double-check labels on bars and spreads to protect all our children.

