



Elsworth Pre-School Newsletter w/c 7th September 2020

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Welcome to Pre-School!

We'd like to say welcome back to our children and families and hello to the new children and families joining us this academic year. We hope you have had a lovely summer break and have managed to have lots of fun in a Covid-Safe way. We can't wait to see you and hear all of your news. If there is anything your child would like to share with us from their summer please send in a photo by email as 'show and tell' is not running at the moment.

If you are new to Pre-School or haven't been back since March please have a look at our video that will explain our drop off procedure in an age appropriate way for the children. We found this really helped them to confidently say goodbye to their parents ready for a day of fun exploring and learning with friends.

This week...

We will spend this week focusing on settling into Pre-School. We'll be talking about what we like, what we enjoy and celebrating what we can do. There will be lots of time to play and explore whilst building positive relationships. We have open-ended water bead play for the children to shape and develop throughout the week starting with scooping, filling and pouring to help their fine motor skills. We can't wait to see what the children will add to it!

We will begin to look at the changing seasons through our woodland small world play and talk about the signs of Autumn. You might have spotted some of these signs already!

Book of the Week

Our book of the week will be 'Everybody's Welcome' a woodland tale of kindness which we will retell using our woodland animal puppets.

Important things to bring to Pre-School

We go outside in all weather so please can you bring wellies, outdoor shoes and slippers for inside. A coat and warm clothing are a must or sun lotion if we are lucky and have sun! A change of clothes just in case. A labelled bottle of water, healthy snack (fruit or vegetables) and a lunchbox if staying for lunch.

As we are focusing on settling in and feeling at home at Pre-School we won't have sound or number of the week but will have lots of song and talk time instead.

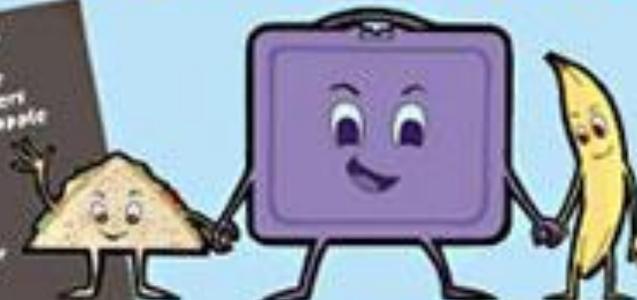
We are a Healthy Eating Setting

Please can lunches be healthy and balanced with the occasional treat. Drinks should be water.

We always have milk available too. If you're worried about your child being a fussy eater please talk to us for support and ideas, you would be amazed by what children eat and drink when they are together at Pre-School.

Pack a healthy lunchbox

For a **HEALTHY, BALANCED** packed lunch, choose something from **EACH GROUP 1, 2 & 3**...



1. Fill-you-up foods

Have a **BIG PORTION** of **SLOW-RELEASE ENERGY FOODS** (starchy carbohydrates).
Wholegrain is best.



Choose **BREAD, ROLLS, PITTAS,**
MAKE A SANDWICH
or **PASTA, POTATO, COUSCIOUS, LENTILS, CHICKPEAS, RICE.**
MAKE A SALAD

TODAY'S SANDWICH FILLINGS

- tuna & sweetcorn
- banana & peanut butter
- cottage cheese & peppers
- cottage cheese & pineapple
- hummus & celery
- sausage & tomato
- cheese & pickle
- ham & coleslaw
- chicken & salad
- mushroom & cucumber
- sardine & tress
- cold meat & salad
- egg & tomato

OR wholemeal, seeded, rye, whole bread - sliced, rolls, baps, chapattis, muffins

DIPS: low-fat mayonnaise, low-fat spreads, lemon juice, salad

2. Help-you-grow foods

Have a **SMALL PORTION** of **MEAT, FISH or VEGETARIAN ALTERNATIVES** (protein)...



... plus a **SMALL PORTION** of **DAIRY** foods (for calcium).

3. Fruit & veg

Pack **TWO+ PORTIONS** in a **SALAD** or **SANDWICH**, or just to eat **ON THEIR OWN**.





- dried fruit and nuts
- a handful of small fruit
- a whole piece of fruit
- a tomato or fresh vegetable sticks

SALAD SUGGESTION

CHOOSE a fill-you-up BASE

- rice • lentils • pasta • couscous
- pulses • potato

ADD SALAD VEG

- mushrooms • celery • carrots
- cauliflower • cabbage • peppers
- tomatoes • cucumber • aubergines
- sweetcorn • beansprouts

MIX together

- reduced fat mayonnaise
- salad cream • yoghurt

LOVELY!

Take a drink

Use a carton or leak-proof plastic bottle...

- water
- milk
- smoothies
- real fruit juices

From time to time

- a slice of fruit or carrot cake
- cereal bar
- fruit bun
- scones
- fruit loaf
- flapjack

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