



PRESCHOOL AND CHILDCARE CLUBS NEWSLETTER

October... We've had a great start to term, and the children have all been amazing, so have the parents!

Thank you to everyone that has been understanding and kept your child/ children off if they are a little under the weather. We have had a few children kept off whilst families have got tests, but so far, so good, everyone has remained safe!

Term Dates... This term will end on **Friday 22nd October at 3.00pm** We will return after half term on **Monday 1st November** until **Friday 17th December**, when we break up for Christmas!

Staffing... We are thrilled to have appointed a new Early Years Apprentice (our 6th!), Jasmine, who will be undertaking her level 3 Early Years Educator Qualification over the next couple of years, with us. I know you will all make her feel welcome and she is already a big hit with the children!

Illness... Please don't send your child if they are not well. Please don't give them Calpol and send them. If in doubt err on the side of caution. Staff becoming ill will make it difficult to remain open. Follow the guidance and we will too!

Packed Lunches... I'd like to say we are not "the lunch police" and as Mothers and Early Years practitioners we do know how tricky it can be to find healthy foods for children and also getting the portion size right. At Preschool we see a mass variance in the foods the children eat, and some of the products that are marketed at children, have an enormous amount of sugar hidden in them. This is a link to a really nice guidance on young children's packed lunches, so if you are stuck for ideas, you may want to take a look.

https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf

You could also watch this utube clip about packed lunches <https://www.youtube.com/watch?v=YuROfOJKvwE>

We recently completed a Lunch Box Audit (as part of our accreditation for “Healthy Smiles” and received great feedback from the Oral Health Team.” Your Lunch boxes are some of the healthiest I have seen!” So well done all...However 12% of the lunches had more than the max daily allowance of sugar for a 4 year old (19g). Some of the items that are marketed as “Kid friendly or Healthy” have a lot of sugar such as:-

SKYR Yoghurt Pouch 10.7g ;Munch Bunch Yoghurt 9.4g; Raisins (small packet) 8.4g; Mini Jammie Dodgers 5.4g ;YoYo Fruit 9.1g

Look out for more information for parents about Oral Health coming soon!

Water.... How much fluid do children need?

Another area of debate we have in Preschool!.. I have done a little research about quantities of water recommended for different ages and have this extract from the British Nutrition Foundation:-

*“The amount of fluid a child needs depends on many factors including their age, their gender, the weather and how much physical activity they do, but generally they should aim to drink about 6-8 glasses of **fluid** per day (on top of the water provided by food in their diet). Younger children need relatively smaller drinks (e.g. 120–150 ml serving) and older children need larger drinks (e.g. 250–300 ml serving). This is based on recommendations from the European Food Safety Authority (EFSA), which set out how much fluid children of different ages need. Assuming 70-80% of fluid in the diet comes from drinks (20-30% from food) the EFSA recommendations from drinks only are equivalent to 1.1-1.3 litres per day for 4-8 year olds, 1.3-1.5 litres per day for 9-13 year old girls and 1.5-1.7 litres per day 9-13 year old boys.”*



Another source stated a child should have a 8 floz cup of water, which is equal to 236ml, for each year of their age, up to the age of 8 or 9. If 2 years old need 2 x 8 floz if 3 Years old need 3 x 8 floz.

The yellow cups are the ones we use for milk. The small one is 100ml (3.4 fl oz)the larger is 150ml, (5 floz) a Mug is 250ml (8.5floz) and the water bottle is 500 (17floz)

Anyway I hope you find this useful/ interesting. I guess what I am saying is we try to encourage children to keep hydrated whilst at Preschool and offer milk or water at snack and meal times, and water throughout the day!

APPLYING FOR A SCHOOL PLACE FOR SEPTEMBER 2022... Key dates when applying for infant or primary schools.

Key dates for applications

Key dates

2 November 2021

15 January 2022

Event

Applications open.

Closing date for applications.

19 April 2022	National offer day: look online, receive email and letters are sent out by second class post where needed. Last date to respond to offers.
4 May 2022	Last date to be added to the continued interest list for offers made 19 April. Last date for late applications, and changes of preference.
9 June 2022	Offer day for late applications made by 4 May. Last date to respond to offers on 9 June.
23 June 2022	Last date for change of preference for offers on 9 June Last date to be added to the continued interest list for offers made 9 June.
September 2022	Start of the school year.

Children start school in the September after their 4th Birthday. So if your child was born **1 September 2017 to 31 August 2018 you will be applying for a school place from 2th November.**

Please see more information here from Oxfordshire County Council:-

<https://www.oxfordshire.gov.uk/residents/schools/apply-school-place/infant-and-primary-school>

Voluntary Contribution...On your bill this month you will see a request for a voluntary contribution of £30 for consumables. (We will request this each full term). This is to help us pay for things which the Nursery Education Funding doesn't cover. I wanted to explain that as a charity the funding we receive for the 15 hours of Childcare does not cover our costs. For each hour your child attends we only receive £4.18 and for a funded two year old £4.68 from Oxfordshire County Council, which does not cover our costs and allow us to remain sustainable! We are only allowed to request a voluntary contribution which equates to a maximum of 45p a day (depending on how many days your child attends) which helps towards the Snack, paint, paper, toilet paper, hand towels, administration costs, cleaning materials etc

We do appreciate families may not be able to donate any money and are always looking out for ways to raise money, grants to apply for and cost saving ideas!

Facebook and Instagram... Do you already follow us? We do try to post things of interest on Facebook and Instagram most days, it may give you an insight into your child's day! Please comment and share with people who may be interested. We don't post pictures of children's heads but you may recognize their clothes!

Lastly...Staff have reminded me to ask can you please make sure you provide plenty of clothes changes including socks!

As usual, if you have any concerns or would like to discuss anything further please feel free to contact me.

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