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| Description: scan0001  | December 2018  | **Cornwall County Council Healthy Under 5’s**You may remember we mentioned that we had signed up for this new programme. Part of it involves sharing information with parents about ways to help keep your children healthy and safe. We will be including a section with ideas in of each of our general newsletters. Please see this month’s topic in the box below.  |
| Reminder – Pre-school closes at 3pm on Thursday 20th December and will be open again on Monday 7th January 2019.We are very lucky as a preschool to have such supportive parents and want to say thank you for your continued support of us and willingness to engage in all that we ask of you!We wish you all a very Merry Christmas with your little people and families and look forward to seeing you in the New Year. xx  |
| C:\Users\admin\AppData\Local\Microsoft\Windows\INetCache\IE\ANQJJNFZ\christmas-tree[1].png What a lovely evening Wednesday’s Family Christmas Evening was. It was great to see so many families attend and the children did us proud with their singing! We apologise that it was a bit of a ‘squash and a squeeze’ back at the preschool but – we raised £355.00!! An amazing amount!! This will be spent on resources for the children. We are currently saving for resources for our outside area. A big thank you to you all for the donations for the hampers for the raffle and during the evening.  |
| A Fit and Fun Christmas!C:\Users\admin\AppData\Local\Microsoft\Windows\INetCache\IE\5K2ZWYX0\Niños-libertad-de-movimiento[1].pngDid you know that pre-school aged children should be physically active for at least **180 minutes (3 hours)**, spread throughout every day. This benefits not only their physical health and skills but also their cognitive thinking skills and personal, social and emotional development. Their behaviour often improves after a spell of physical activity and they experience increased feelings of wellbeing – something we all want! It’s very easy for children to be sedentary at Christmas time so try to encourage your child to engage in some physical activity throughout the day. Whether it’s a walk in the woods/beach, a visit to the play park, dancing to music at home, helping do chores at home and in the garden, scooting or cycling – there are so many ways to help keep them active. Try to fit in at least one of these each day.  |
| **Committee news** |  A huge thank you to the support of our committee during our Family Christmas Evening. From helping put decorations up on Sunday morning to manning stalls, serving refreshments and creating hampers – we couldn’t have done it without you! Our committee now have their own email account which is linked to the pre-school. This is a great way to get hold of them should you have any concerns, queries or suggestions which you feel could be dealt with by them. The email address is: **committeeportreathpreschool@gmail.com** |
|  | The donations for the local foodbank appeal were picked up on Friday and Mandy Goldring, the organiser of this service, was truly amazed by the generosity of you all. She said that the food and gifts will make a real difference to the ‘Christmas Day’ experiences of many children and families who live in our community and was deeply appreciative of your kindness. The comments and conversations of our pre-school children have demonstrated that they have really taken the concept of the reverse advent calendar on board. The comments and conversations they have had about it demonstrate the beginnings of empathy and an awareness of how they can help others in the world – lovely attributes to see developing.  |
| On Thursday 17th January we will be holding parents meetings after school to discuss your child’s progress and share their next steps with you. Please sign up for an appointment time when you return to preschool in January. Thank you.  |
| Parent Questionnaires: A huge thank you to everyone who took the time to fill in the Autumn parent questionnaire and place a shell in the Home Book Bag support survey. Your views are incredibly important to us and help us shape the provision we are providing. Please always feel free to question us about why we do what we do or offer any ideas or suggestions for what you would like to see on offer at the pre-school. [This Photo](http://jackbrummet.blogspot.com/2012/08/the-origin-and-back-story-of-smiley-face.html) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/3.0/) |
| **IMPORTANT DATES:****Friday 21st December – Sunday 6th January 2019** – Christmas holidays – pre-school is closed.**Monday 7th January 2019** - Spring term begins. Pre-school opens. **Monday 18th – Friday 22nd February 2019** – Half term. Preschool closed to children.**Friday 22nd March 2019 -**Training day. Preschool closed.**Friday 5th April 2019** – Last day of spring term before the Easter holidays begin.**Tuesday** **23rd April 2019** – Summer term begins. Preschool opens. **Monday 27th – Friday 31st May 2019** – Half term. Preschool closed.**Wednesday 24th July 2019 –** last day of summer term before the Summer holidays begin.**Thurs 25th July 2019 –** Training day. **P**reschool closedto children. |