



December 2019

Cornwall County Council **Healthy Under 5's**

A Fit and Fun Christmas!



Reminder - Pre-school closes at 3pm on Thursday 19th December and will be open again on Monday 6th January 2020.

We are very lucky as a preschool to have such supportive parents and grandparents 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 all in the New Year. xx



What a lovely evening last Friday's Family Christmas Evening was. It was great to see so many families attend, and the children did us proud with their singing! All of your raffle donations, raffle tickets purchases, refreshment donations and children's games enabled us to raise £282! A huge thank you to everyone who helped support this event, it makes such a difference to our funds and helps create that lovely community feeling which we are so lucky to have at Portreath Pre-school.

Did 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. They were involved in every part of the organisation, from wrapping Santa's presents and creating the hampers, to setting up the hall with decorations. We were extremely appreciative of their help! If you would be interested in joining the committee or have any fundraising ideas or queries, please email them at their own email address: committeeportreathpreschool@gmail.com



Feeding the Community

The donations for the local foodbank appeal were picked up on Wednesday 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, and show the beginnings of empathy and an awareness of how they can help others in the world – lovely attributes to see developing.

On Thursday 23rd 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. 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.



IMPORTANT DATES:

Friday 20th December - Sunday 5th January 2020 - Christmas holidays - pre-school is closed.

Monday 6th January 2020 - Spring term begins. Pre-school opens.

Monday 17th - Friday 21st February 2020 - Half term. Preschool closed to children.

Friday 20th March 2020 - Training day. Preschool closed.

Friday 27th March 2020 - Last day of spring term before the Easter holidays begin.

Tuesday 14th April 2020 - Summer term begins. Preschool opens.

Monday 25th - Friday 29th May 2019 - Half term. Preschool closed.

Wednesday 22nd July 2020 - last day of summer term before the Summer holidays begin.

Thurs 23rd July 2020 - Training day. Preschool closed to children.