



# November 2019

The term is flying by and we are already thinking about preparations for Christmas!



Preschool  
Family Christmas  
Evening – **Friday**  
**13<sup>th</sup> December 6 -**  
**7pm**

Come along and join us for Christmas songs sung by the children in **St Mary's Church** and then into the church hall for refreshments, raffle, activities for the children and some Christmas stalls. After the 'squash and squeeze' of last year we decided that the church hall would offer more room (fingers crossed!). All families and children are invited, plus grandparents and any other family who would like to attend. Christmas jumpers optional! Letters with further details, and raffle tickets, are going home this week.

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

### Portion sizes

It can be very difficult as a parent to know exactly how much your child should be eating - are they eating enough, should they be eating more? Healthy Under 5s have created some very useful information with regards to these queries, for children aged 9 months to 6 years. In a nutshell the ideal portion size are:



Fruit and veg: ***size of child's cupped hand***



Bread, rice, potatoes and pasta: ***size of child's clenched fist***



Meat, fish, eggs, beans and other proteins: ***size of child's palm***



Dairy and other alternatives: ***Hard cheese should be size of child's first 2 fingers***

For more detailed information visit the link below by copying from the newsletter and pasting into your browser:

<https://www.healthycornwall.org.uk/documents/Portion%20sizes%209m-6y%20June%202018.pdf>

## **Committee news**

Thank you very much to those parents who came along to the Annual General Meeting earlier in the month. We had three members leave the committee (due to their children moving on to big school) and two new members join. Sophie Teague stepped down from being the Chairperson and we have now elected Claire Whelan to be our new chair. We would like to say a huge thank you to all of the committee as their support and involvement in the pre-school will ensure we can remain open for



this forthcoming year. Their next meeting will be on Wednesday 4<sup>th</sup> December at 7.30pm, where they will be discussing arrangements for the Family Christmas Evening.



The weather is becoming cooler so please ensure your child **always brings a coat** to preschool, plus a named hat in their bag. Extra socks are also useful in case their feet get wet from water play etc. Putting your child in jogging bottoms or leggings is also a good idea as we are finding lots of children are having problems at the moment pulling their trousers down in time to get to the bathroom.

Parent Questionnaires: Many thanks to those parents who have returned their questionnaires. It is really useful to hear your views or ideas on how we can meet your child's needs. Please can any other questionnaires be returned by Friday 6<sup>th</sup> December.



### Reverse Advent Box

Last year we used the idea of a 'reverse advent box' to support the children's understanding of the importance of giving to people who are less fortunate than ourselves. It worked really well and due to the support of all the pre-school families we were able to collect an amazing amount and array of Christmas food and children's presents for local families who are struggling. We are planning to do this again this year beginning on Monday 2<sup>nd</sup> December, the idea being that every day we add one more item to the 'reverse advent box'. However, we realise that Christmas is an expensive time of year for all of us, and we will also be asking for donations of things for our Christmas raffle, so if you can donate just a jar/packet of something then that would be great. A letter will be going out this and next week with details of the things the foodbank is requiring.

**Fundraising update:** We have had an amazing term of fundraising due to all of you and the community of Portreath's generosity. We raised £150 from Snuggledown, £200 from Bag2School and were presented with a cheque for £710 from The Basset in Portreath which was raised in their 'Come Dine with Us' evening. Wow! We are a very lucky pre-school!

We are intending to spend some of this money on creating Home Book Bags which will support the older Starfish, updating and extending some of our role play resources and purchasing some new wooden blocks. Rebekah recently attended a Maths Conference which focused on the current research around strategies and resources which impact future maths success - wooden blocks being a prime aspect! Rebekah will be holding a parent's workshop about the ideas and information shared in the conference in early Feb 2020.

**IMPORTANT DATES:**

**Monday 2<sup>nd</sup> December 2019** - INSED - Preschool closed to children for staff training.

**Friday 13<sup>th</sup> December 2019** - Family Christmas Evening at St Mary's Church 6 - 7 pm

**Thursday 19<sup>th</sup> December 2019**- Last day of autumn term before the Christmas holidays begin.

**Monday 6<sup>th</sup> January 2020** - Spring term begins. Pre-school opens.

**Monday 17<sup>th</sup> - Friday 21<sup>nd</sup> February 2020** - Half term. Preschool closed to children.

**Friday 27<sup>th</sup> March 2020** - Training day. Preschool closed.

**Friday 5<sup>th</sup> April 2020** - Last day of spring term before the Easter holidays begin.

**Tuesday 14<sup>th</sup> April 2020** - Summer term begins. Preschool opens.

**Monday 25<sup>th</sup> - Friday 29<sup>th</sup> May 2020** - Half term. Preschool closed.

**Wednesday 23<sup>rd</sup> July 2020** - last day of summer term before the Summer holidays begin.