



# September 2019

Hello! Where has September gone?! What a busy month we've had, welcoming back our old children and meeting and settling new little people into the pre-school family. We hope you are all feeling happy with how your children have settled back into the routine of coming to pre-school and know that you can talk to any of the staff about any concerns you have. We are here to help!

## Cornwall County Council Healthy Under 5's



**Sugar Free September**

Have you seen our Healthy Under 5's display about the hidden sugars in many foods promoted for children? If you haven't had a chance, then please do! Louise has put the exact amount of sugar in a little bag for each food/snack - and the sights are very surprising/shocking! We were most surprised by the smoothie drink - something we all think is a healthy one to give to our children had a huge amount of sugar in it!

The board also contains some great visual ideas for healthy lunches with no or very little sugar in them. Lunch boxes such as these really help to maintain your child's blood sugar levels and reduce that high spurt of energy straight after lunch, then mid-afternoon slump we see in many children. Take a look at the board and see if it gives you any further ideas for sugar free pack lunch boxes.



Our next Bags2school collection will be on Thursday 21<sup>st</sup> November 2019

A great way to help fundraise for the pre-school whilst also having a good clear out, plus support overseas charities.

The more it weighs the more money we raise!

They will happily take bin liners filled with clothes etc too.

We have a new batch of pre-school t-shirts (£5) and hoodies (£10) in stock. Please ask if you would like to buy one.



Harvest Time Foodbank collection – over the next couple of weeks we will be talking to the children about harvest time and the tradition of giving food to people who don't have enough. We would like to do a collection for the local foodbank, so are asking for any donations over the next two weeks. Mandy Goldring, the coordinator of the 'Saturday Food Drop' foodbank, is grateful for any donations of tins, jars and dried food, e.g. tinned meat/fish, tins of custard, rice pudding, packets of pasta, rice, tinned vegetables and fruit etc. Please bring any donations in by **Friday 18<sup>th</sup> October 2019**.

## Cake sale!



On **Friday 4<sup>th</sup> of October** we will be holding a 'Welcome Back' to pre-school cake sale to help raise money towards some new small world play resources (pictures are on the outside preschool noticeboard). Please spread the word as we would like to see as many past, present and future faces there for a catch up and cake! Any donations of cakes, buns, cookies etc to be sold on the day would be greatly appreciated – please bring it to the preschool on the Friday morning.



Just a reminder about our closed facebook group which we use to post photos of the things the children have been up to in the week, so a great way of talking to your child about the activities they have done at pre-school. You have to request to be a member of it though so if you would like to join please search for '**Parents and friends of Portreath Pre-school**', request to join and we can then add you as a member. Grandparents may also request to join this group.



Please remember to put a **reusable bag** in your child's bag for us to put wet clothes in. The children have been very keen to engage in water play so we are tending to have a lot of wet changes of clothes at the moment!

*Snuggledown - Friday 15<sup>th</sup> November 2019 6pm to 7pm. We are watching one of our favourites... ZOG. £3.00 per child, Popcorn and hot chocolate for the children. All siblings welcome too. The committee are serving Cheese & biscuits on the night for grown ups. A letter with reply slip will be handed out soon with all the details. Hope to see you all there!*

**Parent Open Evening - Monday 7<sup>th</sup> October from 3.20 pm onwards.** Please sign up on the sheets in the pre-school for a time slot to talk about how your child has settled back into pre-school and how we will be supporting them over the next couple of months.

### IMPORTANT DATES:

**Friday 4<sup>th</sup> October: Cake Sale from 3pm at the pre-school**

**Monday 7<sup>th</sup> October - Parents meetings from 3.20 pm. Please sign up for a time slot.**

**Wednesday 16<sup>th</sup> October:** 9 am Tempest photography in for individual photos. Please bring along siblings too if you would like them to be photographed together.

**Friday 18th October** - Food bank donations to be collected.

**Friday 15<sup>th</sup> November 2019 - Snuggledown at the pre-school.**

**Monday 21st October - Friday 25<sup>th</sup> October - Half term, pre-school will be closed.**