

Grove Pre-School
St Marys Grove,
Nailsea,
BS48 4NQ
Tel: 07749240004 (during session hours)
07722326993 (out of hours/alternative)
Email: info@grovepreschoolnailsea.co.uk
Website: grovepreschoolnailsea.co.uk



Autumn Term 1 Newsletter 2026

We are looking forward to welcoming our new starters and welcoming back our returning families back to Pre-school.

The last day of Pre-school before the summer holidays was a success- with a lovely community feel during our family picnic and sports day, in the shade on another very sunny day! A huge thank you to everyone for your kind words, cards and gifts for all of the staff team as well as joint gift from the leavers of a staff meal, this is booked for next week and will be greatly appreciated before the start of an exciting busy term!

We hope you are having a great summer holiday. We are looking forward to working in partnership with you to support your children throughout this year with their learning and development. The first day of Pre-school for the new term is **Thursday 3rd September**.

[Please take time to read the information, including 'Information for new starters and reminders' there have been some changes and updates to this section.](#)

I am excited to share with you that I got married over the summer holidays and I am now Mrs Caroline Barker - it was a perfect day and it was lovely that all of the Pre-school teachers joined us to celebrate with my husband, James and I!

Thank you for all your warm wishes last term - they were all very much appreciated and the lovely scrapbook made by the children and staff and it made a special appearance at the wedding!!

It may take some time for the returning children to learn my new name and for me to change all correspondence over to 'Barker' some correspondence/ paperwork may still have 'Reynolds' - This will be changed as soon as possible.



Themes and learning opportunities

The Early Years Foundation Stage (EYFS) sets the standards that all early years providers must meet to ensure that children learn and develop well and are kept healthy and safe. It promotes teaching and learning to ensure children's 'school readiness' and should support children to gain a broad range of knowledge and skills that provide the right foundation for good future progress through school and life. We also follow the non-statutory guidance, 'Development matters' to help support our own knowledge.

We will provide a high quality, enabling environment that supports the seven areas of learning and nurtures children's interests. The curriculum will continue in the format of 'themes' and will support each unique child. The themes will be as follows:

3rd September- 2nd October: Numbers and shapes
5th October- 6th November: Autumn and animals
9th November- 4th December: All about me
7th December- 15th January: Winter (including Christmas)
18th January- 12th February: Transport and construction
22nd February- 19th March: People who help us
22nd March- 30th March: Spring and animals (including Easter)
4th May- 28th May: Health and wellbeing
7th June- 2nd July: Space, the world, travel and summer
5th July- 26th July: School and transitions

We will also be following and supporting the children's interests and incorporating them to support their learning. Alongside our themes, we have accompanying songs and themed poems from 'The Poetry Basket' as well as letters and numbers of the week - the first letter of the week will be 'A', the number of the week will be number '1' and the poem will be 'Leaves are falling'

We will continue to look at our overarching themes at greater depth throughout the year on

Show and Tell

At Pre-school we welcome every child to bring something in from home to 'show and tell' during morning registration. It's a great opportunity for them to extend their communication, language and personal, social and emotional development. To make it fair, we ask that children show something **once** a week to allow everyone to have a turn. We are asking for children to **only** bring in specific items such as something that shows their achievements, something they have made, something related to our letter of the week or an item related to our current theme. Please label items from home if possible

Helpers at Pre-school

If you or a family member has a job or a hobby or if you would like to share cultural or religious celebrations important to your family with us, we would love to welcome you to Pre-school for a one off visit where you can share information with our children - Particularly during our 'People Who Help Us' theme, where we are looking to invite people who have occupations that reflect 'helping people' this could be police officers, doctors, nurses, dentists, librarians etc. if you or anyone you know has a job that 'helps' and would be happy to come to Pre-school to give a short talk to the children about this, please let us know and we can discuss this closer to the time.

Alternatively, if you'd like to come and read a favourite story or help us with our garden area, please let a member of staff know and we can arrange a convenient date for you.

INCCo

At Grove Pre-school, Caroline Barker is Pre-school Inclusion Co-ordinator (INCCo), this is also referred to at times as a Special Educational Needs Co-ordinator (SENCo).

Mrs Barker helps to oversee any additional needs the children may require support with e.g. speech and language support, emotional development support, potty training support etc Mrs Barker also supports families who speak English as an additional language.

The aim as Pre-school INCCo is to work in partnership with parents/carers, supporting the staff team and working with outside agencies such as the speech and language team or the North Somerset Area SENCo.

If you have any concerns about your child's development please discuss this with their key person and they will pass it on to Caroline Barker, alternatively, you can speak directly to Mrs Barker.

We regularly review children's progress, including each key person completing a statutory 2 year check for all 2 year olds. If we see that a child needs support in a specific area of development, such as speech and language, we will discuss this with you.

Please see advice booklets attached that you may find useful on Potty training and school readiness.

Online Support for Families

The North Somerset SEND Hub

The North Somerset SEND hub is a useful website for parents/carers to view to see what is available in our area. [SEND Hub \(Local Offer\) | North Somerset Council](#)

Tiny Happy People (Cbeebies Parenting)

There is an overwhelming amount of advice aimed at parents/carers online, some of which can be conflicting!

A great website with reputable advice is Tiny Happy People - Cbeebies Parenting:

[Tiny Happy People](#) There is also a great page about Pre-schoolers on the website here:

<https://www.bbc.co.uk/tiny-happy-people/science-and-facts>



Family Corner by The Early Years Alliance

At Pre-school, we are a member of Early Years Alliance, they are offering a support and information service for families -

[Home | Early Years Alliance Family Corner](#) or https://www.familycorner.co.uk/#msdynmkt_trackingcontext=216b7465-caec-4c67-8c5a-8e1b10f40100

Family Corner: helps families to develop positive home learning environments.

On Family Corner, the Alliance's family arm, they offer a wide range of exciting

sessions for parents and carers who would like to learn more about supporting their children's learning.



Best Start In Life

There is also some great advice on the government website [Best Start in Life -](#)

[Best Start in Life](#) or <https://beststartinlife.gov.uk/>



Updated Screen Time Guidance

For Settings

There has recently been updated guidance on screen time usage in settings.

As a setting, we do not use screens with the children on a regular basis and we already support the new guidance, therefore the new guidance will not affect our practice.

Screen time advice for children aged 0-5

For children: under 2 years - avoid screen time altogether other than in exceptional circumstances such as a video call with parents and carers

2-5 years - screen time should be limited to 1 hour a day, less if possible

The above time limits do not apply to screen-based assistive technologies for children with SEND. For some children these technologies have essential benefits for communication, well-being and quality of life.

However, the guidance is an important reminder as to why there may not always be photos of everything that happens during our busy Pre-school day, - As teachers, we may not be able to take photographs if there is not an appropriate moment to do so.

However, we are always available if you'd like to discuss your child's day in more depth. You will also be able to read what has been happening throughout the week in our weekly updates (posted at the weekends on Tapestry Memos) and there will be occasional updates via your child's learning journal on Tapestry

The guidance outlines that we must- 'Ensure use of digital devices in assessment and communicating with parents is proportionate, conducted in short stints and does not entail prolonged breaks from interaction with children, nor require excessive administrative burden, to maintain focus on time to engage with and teach children.'

Advice for parents/carers

For guidance on supporting your child through safe screen time at home please see

[Baby and toddler screen time guidance - Best Start in Life](#)

or

<https://beststartinlife.gov.uk/screen-time-under-5s/>



If you would like support managing screen time at home, please speak to your child's key person or Caroline Barker

Sessions from September 2026

If you are looking for any extra sessions for your child throughout the year or from next September 2027, do let us know ASAP so we can add you to the waiting list for this year or reserve those sessions for you as we receive enquiries and take new children throughout the year.

Nailsea Carnival

This year's carnival in July was a fantastic community event, we chose the theme of 'When I Grow Up' and we won second place overall out of all the entrants! Previously it was judged in aged categories so we were very pleased with the result! Thank you to all the parents/carers who created and contributed their fantastic ideas!

Next year, we would really like to participate in Nailsea Carnival as a Pre-school again- Nailsea Carnival is usually held on the first Saturday of July, next year this should be **Saturday 3rd July 2027**- please save the date, we will be picking a different theme - it is always great to have as many families as possible join us to participate!



Term Dates September 2026 - July 2027

Term	First Day of Term	Last Day Of Term
Autumn Term 1	Thursday 3 rd September 2026	Friday 23 rd October 2026
Autumn Term 2	Monday 2 nd November 2026	Wednesday 16 th Dec 2026
Spring Term 1	Monday 4 th January 2027	Friday 12 th February 2027
Spring Term 2	Monday 22 nd February 2027	Thursday 25 th March
Summer Term 1	Monday 12 th April 2027	Friday 28 th May 2027
Summer Term 2	Monday 7 th June 2027	Monday 26 th July 2027

Focus Group Activities

During a full day (two sessions) we spend time doing 'focus group' activities with older children that will be starting school the following September. 'Focus group' activities involve more advanced, structured activities focusing on encouraging children with further learning and development to help promote independence and to encourage them to be more 'school ready' such as getting them more familiar with their name, practicing writing their name, playing group games that involve turn taking and doing activities to help promote learning about the world, independence and positive decision making.

Grove Pre-school Curriculum Goals

At Grove Pre-school we will provide an enabling environment that supports and extends all children's learning and development enabling them to reach their full potential, inclusive of all children, We will implement the Early Years Foundation Stage to holistically cover all 7 areas of learning and development and support all characteristics of effective learning through flexible planning which is responsive to individual children's needs, interests and experiences.

As follows are goals that are important to us at Grove Pre-school. We aim to work in partnership with parents/carers to help children to be able to learn, remember and master some important skills by the end of their journey at Grove Pre-school.

By Age 3

Communication and Language

- Speak in 3-4-word sentences, asking questions such as 'who', 'what', 'where', 'why'.
- To know and join in with key repeated phrases in familiar songs and rhymes.
- Share books with adults or another child making comments about the events and pictures.
- Follow 2 step instructions.

Personal, Social and Emotional Development

- To begin to be able to label core emotions (happy/sad/angry), accept comfort/support from a familiar adult when dysregulated and show concern for an upset friend.
- Take turns in games.

Physical Development

- Starting to use wheeled toys with increasing confidence i.e. holding handlebars, balancing and attempting to pedal.
- To develop gross motor skills by running, jumping with 2 feet and climbing up and down steps.
- To begin developing independence in self-care such as attempting to put on shoes/coat, pulling clothes up and down, and showing readiness for toilet training.
- Can cut and draw in a straight line and can draw circle shapes when shown.

Literacy

- To show an interest in books by turning pages independently, sitting for short stories and pointing for things of interest in stories.
- To join in with stories repeating recurring words or phrases.
- To engage in mark making using a variety of tools (crayons, pencils, chalk etc) and begin to assign meanings to their marks.

Maths

- To use some number names and language in play and to be beginning to count on their fingers.
- To recognise basic spatial concepts and shapes i.e. big/little, top/bottom, circle/square, on/under.

Understanding the World

- To show curiosity, care and concern for living things and the environment.
- To talk about their family and friends and remember and talk about significant events in their own experiences.

Expressive Art and Design

- To explore sounds and simple instruments to make noises and tap out rhythms.
- To make simple creations using a variety of materials and construction toys.

By the end of Grove Pre-school

Communication and Language

- To be able to participate in whole group, small group and 1:1 discussion, offering their own ideas.
- To be able to recite or sing, with actions, at least 6 poems or songs.
- To be able to listen attentively and respond to what they hear with relevant questions, comments and actions, during story time, small group time and show and tell.

Personal, social and emotional development

- To be aware of their different emotions and know at least 2 healthy ways to help regulate their own emotions with the help of our calm corner.
- To know our pre-school rules that support our British values: Play safe, be safe, share and take turns, listen to each other, be kind to others and have fun!

Physical Development

- For children to be able to complete an obstacle course, travelling around, under, over and through, balancing and climbing with confidence.
- To be able to be independent and knowledgeable about their self-care: use the toilet, wash their hands properly and put their shoes and coat on.
- To make healthy choices about food, drink, activity and oral hygiene.
- Use pencils and scissors with increasing control.

Literacy

- To show an interest in stories and a passion for reading with a focus on our 5 chosen pre-school books: 'Barbara's Very Useful Guide to Moods', 'The Very Hungry Caterpillar', 'Misha Makes Friends', 'We're Going on a Bear Hunt' and 'The Three Little Pigs'.
- To be able to retell our chosen pre-school stories in the correct sequence, using their own words, discussing the settings, events and characters.
- To recognise and write some of their name.

Maths

- For children to be able to subitise and have a deeper understanding of numbers 1-5.
- To be able to recognise shapes in their environment and respond to and use language of position and direction, such as 'on top', 'behind' and 'next to'.

Understanding the World

- To know the metamorphic process of a caterpillar to a butterfly and to know how to grow a seed into a plant.
- To have positive attitudes about the differences between people.

Expressive Arts and Design

- To be able to show different emotions through the media of dance, paint and role play.
- To be able to play percussion instruments with increasing control and meaning.

Absences

Please let us know via telephone call, each day of absence before 9am if your child will not be attending and why, for our safeguarding and records. You can call either telephone numbers 07722326993/07749240004. If you are unable to call, please email us: info@grovepreschoolnailsea.co.uk

Please do not post on Tapestry as this may not be seen soon enough.

Please do not expect a reply, if we have not received communication from you, for safeguarding reasons, we will contact you.

Contact Details

Please notify us of any changes of home address/ telephone number/ email address as soon as possible so we can update our records. **All our contact details are at the top of the newsletter.**

Safeguarding

Our Safeguarding statement: "We are committed to promoting the welfare of and safeguarding all of our children and expect everyone to share this commitment"

Our designated safeguarding lead (DSL) is Assistant Leader, **Nicola Brierley**, in her absence, Assistant Leader **Nikki Ferguson** is also qualified to deal with any instances or queries relating to safeguarding. Leader, **Caroline Barker** is designated safeguarding officer and oversees any safeguarding work. If you would like to speak to us privately regarding the safeguarding of any child, we can accommodate this.

Below is a reminder of our statutory duties in safeguarding all children:

There may be times when staff are required to have difficult conversations with you. Where staff are concerned about a child's safety or welfare, they may ask questions you may find uncomfortable or upsetting. Please understand they are normal procedure and we are not passing judgement.

If we need to take further action, as a result of our conversation, we will inform you, unless we feel doing so would cause more risk. We must do this as part of the statutory duties that apply to **all** early years providers. We are required to note any existing injuries on an existing injuries form.

Please let us know if your child has an injury at home or on their way to Pre-school. We understand that children have accidents. If you do not inform us when you drop your child off, we will need to ask you how your child has any injury such as a bruise or other mark. This will then be recorded for you to sign. If you would like to discuss anything further, please speak to a member of staff.

Funding

Funding codes

Funding codes for up to 30-hours last approximately 3 months from the date you received the code, you should receive an email but please make a note to re-check/verify every 3 months.

For more information visit: www.gov.uk/30-hours-free-childcare

2-Year-Old Funding for Families Receiving Additional Support

The link for parents/carers to apply for 2-year-old funding for families receiving additional support is: <https://live.cloud.servelec-synergy.com/NorthSomerset/Synergy/>

Please contact Maria Powell or Liz Owen via Two.YearoldFunding@n.somerset.gov.uk if you have any queries about applying for the funding.

Tax-Free Childcare

You can subsidise payments via tax free childcare if you are eligible, a contribution is made towards your payments, for more information visit: [Tax-Free Childcare - GOV.UK \(www.gov.uk\)](http://www.gov.uk/tax-free-childcare) /

<https://www.gov.uk/tax-free-childcare>

The URN Ofsted registration number, if using tax free childcare is 2653730

Registered as: Mrs C Reynolds, Grove Preschool. - **This will be changing to Mrs C Barker shortly - I will update you as soon as I get confirmation of this.**

Fees

Invoices are issued via Tapestry 'Memos' - if you have any questions, please speak to Caroline Barker

Session fees/ funding

If paying privately the cost is **£26.50**, per session (3 hours) this can be paid monthly/weekly/daily or half termly in advance. Fees continue to be payable if a child is absent. Where there is availability, we will sell sessions. Please ask a member of staff if you would like to book any temporary extra sessions.

Early starts from 8.30am are available, paid privately at the cost of **£6.50**

Each child's attendance is conditional upon continued payment of any necessary fees and/or funding. We expect children who are eligible for funding to use funding for all their sessions at Pre-school or to pay fees as above, we therefore expect that at the end of the first week of term we will have received a payment from each parent/carer for a monthly/weekly/ daily or half termly payment or a completed Funding form.

Late collection fee

We ask that you are on time to collect your child, it can be upsetting for your child if you are late and they know they are being collected, it can also cause issues with staff/ child ratios if your child is due to go home at lunch time and another child needs to join for the afternoon session. If you are consistently late to collect your child, due to at least two paid members of staff having to stay with them at Pre-school, a charge of £6.50 per 15 minutes will be incurred.

Late Payment fee

If an invoice is not paid by the due date, and we have not been contacted to discuss/agree a new payment date, in line with other settings, a £10 late payment fee will be added to the account. After the £10 late payment fee has been added to an account, a further £10 fee will be added to the account every 3 working days until the invoice is paid.

Consumables fee

We ask for a voluntary consumables fee- *permitted by the Governments statutory guidance A1.32*. Without it we would be unable to cover additional resources such as Tapestry accounts, fruit snacks, special event extra resources (e.g. Christmas/Easter/Leavers parties), seasonal gifts, caterpillars, planting and growing and other activities not directly related or necessary for the effective delivery of the EYFS statutory framework such as Makaton, Dough disco and forest school. If you wish to opt out of payments, please discuss this with Caroline Barker and alternative arrangements will be made during these times.

You will be invoiced for this termly (six times per year) or you can pay yearly. You will be invoiced for this via Tapestry in accordance to the sessions your child attends with us.

Bank details for Pre-school

Grove Preschool Nailsea Limited

Account number: 19949720

Sort code: 04-06-05

Please use your child's surname as the reference.

We do not take cash payments.

Arrangements for drop off and pick up

Early drop off

If you wish for your child to start Pre-school earlier, we offer an 8.30 start for a fee of £6.50 each time, please arrange this in advance via email or talk to a member of staff.

Drop off is from 9am, at the start of the day, a member of staff will greet you and your child at the gate, please remain outside the gate before this time.

A member of staff regularly checks the gate for new or late arrivals in the morning. Children can enter once a member of staff is there and the remaining members of staff will be inside to welcome everyone.

Children are welcome to come in independently if they can. However, you can bring your child in, help hang their things up on a peg (new starters will make their peg hanging name cards during their first week) and help them to settle on the carpet ready for morning registration.

Mornings can be busy, if you wish to speak to a member of staff you are welcome to wait until we have welcomed all the children into Pre-school and helped them with their individual needs and a member of staff is available.

At pick up we welcome parents/carers in at 3pm, please wait outside the gate until a member of staff invites you in. You may be asked to show **photographic ID** if a member of staff who hasn't met you yet is on the gate. Please notify us at drop off if there are any changes to the person picking up or notify us ASAP if this changes throughout the day. If someone different is to pick up your child, please notify us, they will be required to bring ID. They will also need to provide us with a password if they are not on the registration forms.

Drop off - 9am (or 8.30am if booked for an early start)

Pick up- 3pm for all

Clothing

We encourage outside activity and regularly go for walks.

With the changeable weather, please ensure your child has suitable clothing - no shoulders showing, and footwear- no open toed shoes.

Please provide named **wellies** in a bag and a named **sun hat**, that your child likes and knows is theirs, to stay at Pre-school all year round.

Please apply all day sun cream during spring and summer months and sunny days

Please provide changes of clothes including pants/socks or nappies/wipes if they wear them in your child's bag

If you wish to purchase any you can do so online: Uniform is optional, if you would like your child to wear a uniform you can purchase it here:

<https://www.gouldgarments.co.uk/grovepreschool>

Books and book bags

We are fortunate to have several boxes of books at Pre-school the children can borrow these (new children will receive a book bag during their first week at pre-school, if not before) this will include a book to record any comments about the books read, what your child thought about the books and any reading progress. You can also use the record book to write a note for your child's key person.

There will be an information sheet and 'Family book' enclosed, please fill this with family members, pets and anything of importance to your child. These are a great resource to help your child settle and to help them share their home life with us. There is also a 'wow' sheet, this is for sharing 'wow' moments with us- your child's achievements.

We will be sending several books home at a time so please only send in book bags a maximum of once a week or when the books have been read.

Food and drink

Please inform us of any changes to allergies or dietary requirements as soon as possible.

As part of the EYFS we encourage children to make healthy choices about food and drink, please help support this by providing healthy food choices in their lunch box and **only water** in their water bottles for Pre-school.

Snack time

We will provide a variety of different fruit/ vegetables alongside a drink for your child to choose for a snack during the morning session- the cost is covered in the resource fee.

Lunch boxes

Children staying past 12 or attending at 12 for lunch will need to bring a packed lunch in a named washable lunch box with an ice pack - we provide a safe space for lunch boxes and make sure the children are aware that lunch boxes are to be used at lunch time.

We are under regulatory obligation to provide healthy, balanced and nutritious food to children where supplied - this is usually just snack time where it will be a piece of fruit. We must encourage healthier food choices for packed lunches, this includes supporting parents/carers to provide:

A balanced diet covering the 4 main food groups

a variety of fruit and vegetables to access different vitamins and nutrients.

We are also asking that you avoid foods and drinks high in salt, sugar and saturated fat, milk and water are the only drinks that can be consumed at Pre-school.

- Please see advice below regarding the statutory framework for healthy eating and choking hazards, the leaflet is also attached to this Memo, so it can be viewed in full without printing.

Please remember to cut grapes and cherry tomatoes as these are a choking hazard for young children. We are a nut free setting, please do not include any nuts or foods containing nuts.

Drinks

We provide milk or water in a cup at snack time and lunch time. Children with a milk allergy/intolerance have separate drinking cups to avoid cross contamination.

Please provide a named water bottle for your child so they can have access to water throughout the day.

Celebrations

Many families like to celebrate their child's birthday and other special events such as a holiday by bringing in a cake or sweets to the setting to share. This can mean that some children are eating these unhealthy foods several times a week. Due to updates in the EYFS and our food and in line with this, our nutrition policy, we can no longer regularly share unhealthy celebratory food. Due some months being busier than others for celebrations, we are suggesting celebrations involving food remain entirely healthy- for example fruit platters to share, or involve non-edible options to celebrate with such as bubbles or stickers.

If you would like to discuss this further, please speak to a member of staff

Tips

- Base the main lunchbox item on food like bread, pasta, rice and potatoes choosing wholegrain where you can.
- Don't like wholegrain bread? Try making a sandwich with one slice of white and one slice of brown bread. You can freeze bread to keep it fresh for longer while introducing them to different types of bread.
- Try to include a pot of veg such as chopped cherry tomatoes, carrot sticks or cucumber. You could add a pot of hummus or reduced fat cream cheese to go with this which makes the lunch more interactive and exciting for the child.
- Swap crisps for things like breadsticks or rice cakes.
- Swap cereal bars, cakes, chocolate and biscuits for things like malt loaf, fruit

•I don't have time to make everything from scratch: Try making the packed lunch the night before, cook extra pasta, rice or couscous and add that to the packed lunch as an alternative to sandwiches.

•My child is very fussy with what they will eat, and I'm worried they will be left hungry: Try making small changes, such as adding in something new that is healthy before taking things away. Children often copy their peers so find out what other children have in their packed lunch and add some of these in. Get the child involved in making the lunch, but limiting their options to health ones

•I can't afford to buy healthy options for my child's packed lunch: Although healthy options can often seem expensive, remember the child only needs me size portions. If they enjoy berries, frozen options are much cheaper and last longer, you can pop them in a tub in their lunchbox and they will be defrosted by lunchtime. Batch cooking can also be a cost effective way of preparing lunches for a few days, such as tuna pasta.

•My child will not drink water: Try adding fruit such as oranges and lemons to the water to add some flavour.

•I have tried putting in healthy options, but my child doesn't eat them, and I don't want to waste food: Food waste is never ideal, however children often go through phases of eating foods and then rejecting them. It's good to keep offering the child these options but make their lunch varied so they don't get bored. Keep persevering.

•I don't drive and my local shop is expensive with limited options: Have you tried online delivery options? although there is a charge for this, you can restrict your shopping to essential items only rather than picking things up as you see them, so it often means spending less. This can also help with saving time as you can repeat your order rather than selecting everything each week.

Snack ideas

Breadsticks
Rice cakes
Fresh or frozen fruit
Chopped veg and hummus
Plain natural yogurt
Cheese and crackers
Fruit loaf
Boiled eggs
Pitta bread slices with low fat cream cheese

Me size portions

The British Nutrition Foundation recommends children follow a 5-5-3-2 portion guide, this is across the **whole day** to be spread over meals and snacks.



Water

•1 - 1.2 litres of water



Starchy foods

Five portions
•Bread 1/2 - 1 slice
•Cooked pasta or rice 2-4 tablespoons
•Rice or oat cakes 1-2
•Chapati 1/2-1

Fruit and Veg

Five portions

- Sliced grapes 3-8
- Veg sticks 2-6
- Sliced cherry tomatoes 1-3
- Apple 1/4-1/2
- Banana 1/4-1
- Dairy foods**
Three portions
- Milk - 100ml
- Yoghurt 125ml
- Cheese triangle 1



Protein foods

Two portions

- Boiled egg 1/2-1
- Chickpeas, kidney beans, dhal, lentils or beans 2-3 tablespoons.
- Tuna 2-3 tablespoons.



Healthy
Early
Years

North
Somerset

Healthy lunchboxes for preschool children



Eatwell Guide



Vegetarian Eatwell Guide



The South Asian Eatwell Guide



Vegan Eatwell Guide



There is also an African and Caribbean Eatwell Guide which can be accessed on the BetterHealthNS website.

Scan the QR code below



Early years food choking hazards

Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 5 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Our Pre-school rules

During the first week back at Pre-school, we will be reminding returning children and introducing new children to our 5 Pre-school rules, these follow our British Values.

We will be working on supporting the children to remember and follow them to help create a positive Pre-school environment.

Please support us at home by talking through them with your child in preparation of them returning/ joining us at Pre-school.

Be kind to all - using kind words and kind hands/ feet

Share and take turns- We support children to do this using sand timers and name lists for fair turn taking

Play safe, be safe- not running inside, keeping shoes on, listening to instructions

Look after our things- Pre-school resources are for all to enjoy and we would like to encourage the children to help to take care of them like they would their own toys at home

Listen to others- including their friends, any visitors and the teachers at Pre-school



Online Communication

Tapestry

We use Tapestry as our primary source of communication to work in partnership with parents.

Tapestry has multiple functions, not only can you view your child's personal online learning journal with records of photos and observations of your child you can also view documents via memos which will include **information, updates, newsletters, invoices, fee reminders and emergency closures due to weather etc.**

For information on how to use Tapestry please visit: <https://support.tapestry.info/parents-carers/>

Please check Tapestry regularly to view your child's observations and important Memos



Once you have read memos, please 'like' the post so we know you have seen it.

Email invites have been sent out from Tapestry to all new families and re-sent to parents/carers who have not yet set their account up (Please check junk/spam)

Thank you to the parents who have already signed up- if you are having any trouble accessing this or would like to add another family member to receive updates, please email and let us know.

New Families

Please go into your child's account, on the right-hand side it says "About me" please complete this section to help us learn more about your child and create a starting point to help us support continual progression.

Please note: the staff have a rota for observations each staff has multiple key children, with this in mind, there will not be updates every time your child attends, but there will be focused observations initially to establish a 'starting point' and 'Wow' moments, There is a general update weekly for all families.

Facebook

We have a Facebook page where we share more general information and updates, to like our page search **Grove Preschool Nailsea**

Instagram

Follow us on Instagram: www.instagram.com/grovepreschoolnailsea

If you are having trouble accessing anything online please speak to a member of staff.

You are welcome to chat to a member of staff at any time, call us during session times or email us if needed.