



January 2019

A warm welcome to all of the new little people and their families who have joined us over the past few weeks - it's lovely to have you as part of the preschool community.



Changes to the Staff team

Clare, our lovely admin lady, who does all the important aspects of the business side of preschool which keeps the whole operation working, will sadly be leaving us on Friday 25th January for initially six months. She has worked continuously at the preschool for the past ten years and efficiently organised us to ensure all runs smoothly. She will be very missed during this time and we wish her a very relaxing and restful time with her family and friends.

Sophie Teague (our current chairperson) will be taking over Clare's role during this time so funding, invoices, session queries etc will need to be directed to her on the same email: portreathpreschooloffice@gmail.com or on the preschool telephone numbers – 01209 842206 or 07527 700414

Come and join us for a
Snuggledown

at Preschool on Friday 8th
February from 6 – 7pm.

All children are invited to join us for this annual fundraising evening of a movie, hot chocolate and popcorn with their friends and families. This year we will be showing 'The Bear Hunt'. Please wear your pyjamas, bring cushions and blankets to 'snuggle' in, and your toothbrush and paste to give those teeth a good clean before home to bed! Siblings are very welcome to come along too. Past 'Snuggledowns' have been very popular and enjoyable occasions. The cost per ticket is £2.50. A letter will go out later this week with a slip to return for tickets. We hope to see you all there!



Our waterproof 'all in one' suits are beginning to show signs of coming to the end of their very well worn lives. Before we look at buying some more – does anyone have any old ones, which they no longer want? We particularly need larger sized ones (sizes 3-4 years and 4-5 years). We will be putting a request out on Facebook in the week so if you could share it, it would be greatly appreciated.

Thank you to all the parents who came along to the parent meetings, we hope you found them useful. Please remember to fill in the parent section on your child's next steps and returned their learning journal back to preschool as soon as possible please. We love including observations from parents about what their child has been up outside of preschool so please feel free to stick in any photos/notes about 'wow' moments from home.

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

Sugar Swaps!

Did you know just one or two everyday swaps can really make a difference to how much sugar your child is having whilst still keeping them happy?

Children in England are eating an extra 2,800 sugar cubes a year which is more than double the recommend guidelines. That's 8 cubes too many each day!

Half the sugar in our children's diets comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher sugar yoghurts and puddings. However, it's easy to cut back by swapping from higher-to-lower sugar products. Here's some ideas:

Split pot yoghurt **SWAP** to lower sugar yoghurt

Milkshake **SWAP** to No added sugar milkshake.

Chocolate cereal **SWAP** to shredded wholegrain cereal

Higher sugar juice drink **SWAP** to No added sugar juice drink

Chocolate pudding/mousse **SWAP** to Lower sugar rice pudding/sugar free jelly/lower sugar custard

Cake bar **SWAP** to a slice of malt loaf

See the [Change4Life](#) website for further ideas.

IMPORTANT DATES:

Snuggledown : Friday 8th February 2019 6 - 7 pm, at the preschool.

February Half term : Monday 18th - Friday 22nd February 2019

Preschool closed due to training day - Friday 22nd March 2019

Easter Holidays : Monday 8th April - Monday 22nd April 2019

Tuesday 23rd April 2019 - Preschool opens. Summer term begins

May Half term - Monday 27th - Friday 31st May 2019

Summer Holidays begin : Thursday 25th July 2019