



 **May 2019**

Just a quick update on pre-school news. We hope you all have a lovely half term (fingers crossed for some sunshine!)

We are so proud to have completed our **Healthy Under 5's** programme for this year, achieving all six stickers. A special well done to Louise for her hard work in helping us achieve this and for the high praise we received from our assessor!

**Summer Fair – Wednesday
12th June 2019 3pm**

You should all have received a letter with details and raffle tickets for our Summer Fair. The hamper list is now up in the playroom on the red board. Please do pop in and sign up for an item to donate. This is always a great way of creating some lovely hampers and any additional items/ideas are always greatly appreciated. If anyone has any contacts with local companies who maybe willing to donate items/vouchers for our raffle please do let us know.

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

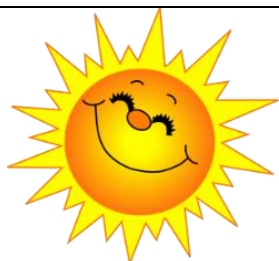


Bedtime routines = sleeping beauties!

There is nothing quite so draining as a child who won't go to sleep at the end of the day. Up and down the stairs countless times, suddenly needing water, a blanket, another bedtime kiss. Sound familiar? This sort of behaviour is very common in children of pre-school age and one that can seriously affect the amount and quality of sleep they are getting, which then has an impact on their behaviour during the daytime. It has been proven that a good bedtime routine can help children develop better sleep habits. The key to a good sleep routine is that it is predictable and relaxing, both things that will help your child unwind and feel secure; the feelings needed to drop off to sleep quicker.

On Wednesday 19th June we will be holding a Behaviour and Wellbeing workshop at the preschool at 7pm.

During this workshop we will share up to date research about the best way to support and manage children's behaviour, strategies for supporting better sleep and aiding your child's wellbeing. Please let us know if you would like to attend.



REMINDER: On sunny days please can you ensure you have put sunscreen on your child before they come to pre-school (we will top it up during the course of the day) and that they have a named hat in their bags, plus lots of changes of clothes as there is always LOTS of water play during sunny days! A reuseable bag for putting wet clothes in is also very helpful. The children are



always very keen to take their shoes and socks off outside during the summer months, which we encourage as barefoot play is beneficial to little ones. It really helps if they have shoes they can put on and off themselves as it aids their independence.



Pyjamarama Day – Friday 7th June

On Friday 7th June we will be supporting the charity BookTrust which aims to give **all** children a great start in their literacy development by providing free books and resources to families. This year sees the launch of their Pyjamarama Day, where they are encouraging children across the country to wear their pyjamas to raise money for BookTrust so that no child misses out on the magic of the bedtime story. BookTrust's philosophy is strongly endorsed by us as we know that sharing books with children is one of the best ways to support them in so many areas of their development, and research proves that those who are regularly read to go on to do better at school. Plus sharing a story at bedtime is such a lovely way to end the day and encourage a calm journey to sleep! (Something we all want !)

IMPORTANT DATES:

Monday 27th - Friday 31st May - Half term, pre-school will be closed.

Friday 7th June - Pyjamarama Day - raising money for BookTrust

Wednesday 12th June - 3 pm onwards Pre-school Summer Fair

Wednesday 19th June - 7 pm Supporting your child's behaviour and wellbeing workshop

Thursday 18th July - Parent's Evening - details to follow later in the term.

Flying Fish Graduation Evening - Monday 22nd July, from 6 pm.

Last day of Pre-school before the summer hols: Wednesday 24th July