



### Contact Information:

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### Summer Term 2023 Newsletter

#### Dates for your diary

Tuesday 18<sup>th</sup> July - **Last day of term** - Sponsored Nature Walk from 11.30 - picnic in the park from 12 noon (**no afternoon session at WPS**) ...more details to follow.

Wednesday 19<sup>th</sup> July – Graduation & party for **Sunshine Group Only**.....more details to follow.

## NOTICE BOARD

### Car Parking

All pre-school parents should have a permit, which allows them to use the car park. These permits allow you to park in the Memorial Hall car park to **drop off and pick up** your child **from pre-school**. Permits must **only** be used at these times and on the days that your child attends. If you do not already have a permit please ask. Please make sure that it is displayed clearly in your car.

The memorial hall committee may challenge people who park in the car park, as unauthorised parking is an on-going problem.

### Contact details & keeping children safe

Please ensure all your contact details are up to date. We must be able to contact you in case of an emergency.

If you will be un-contactable whilst your child is with us or unable to come back and collect them promptly, should the need arise, you must ensure that you have a local nominated person who can collect. Anybody collecting a child from WPS should know the password. This is a safeguarding requirement.

**Please also inform us of any changes to or new medical conditions/medications and allergies.**

### Antiques Fair

Every 3<sup>rd</sup> Thursday in the month the main hall is used for an antiques fair. The car park and surrounding area will be very busy. Take extra care and allow time for parking.

#### Summer term Antiques Fairs:

20th April

18th May

15th June



### **Yummy lunches and I can do that by myself...**

We support children to develop independence when eating their lunch. Please keep this in mind when packing a lunch box. We are aiming for children to be opening packets and pots independently by the time they go to school. Based upon the principles of the *Eatwell Guide*, a healthy lunch box should contain:

- a starchy food, e.g. potato, bread, rice, pasta;
- fruit and vegetables, e.g. carrot sticks, an apple, sliced cucumber;
- a source of protein, e.g. beans, pulses, egg, fish, meat;
- a healthy drink, e.g. water, semi skimmed milk

You can find more information about healthy lunch boxes and the Eatwell guide here;

[the-eatwell-guide](#)  
[healthier-lunchboxes](#)

At WPS children are prompted to eat their starchy food first, then protein and fruit/veg. One of the best ways of ensuring your child eats what is in their lunch box is for them to help you make it or at least make some decisions about what goes in it. You could print out the list of food groups above and they could tick off each one as they put it in their lunch box. Also, take a look at new foods together when you are out shopping. Your child might recognise things that other children have in their lunch boxes. Children are very keen to have the 'same' as their friends.

Another important aspect of eating a healthy packed lunch is that the container it is kept in is germ free. Lunch boxes are a breeding ground for bacteria. Not only do they come into contact with all sorts of germ ridden surfaces on their journey to and from school but who knows what is lurking in the depths of that tricky to clean corner! That mystery puddle of goo may be multiplying bacteria faster than a toddler can run across a car park. At WPS we keep lunch boxes in the fridge, but once finished the boxes are stored under pegs, on the floor, in the cloakroom. All lunch containers should have a daily wipe over and a weekly deep clean. Insulated lunch boxes can be cleaned on a cold cycle in the washing machine and then be left to air dry. Plastic ones are usually ok to go in the dishwasher - but do check the instructions on yours!

### **Care for a smile..**

Has your child been on their first visit to the dentist? With the shocking statistic from Public Health England that almost nine out of 10 hospital tooth extractions among children, 5 years and under, are down to preventable tooth decay, regular dental check ups are vital. It is also so important to create a positive association with visiting the dentist. To read more about dental hygiene for children, find out about regular dental visits and find a dentist near you go to [taking-care-of-childrens-teeth](#).

If we have enough children who go to the same dental practice we may be able to arrange some freebies or a visit from the team to talk to us about oral hygiene. So please let us know the name of your surgery.



### **Here comes the sun**

During the summer months please apply sunscreen in the mornings before your child comes to Pre-school - even on cloudy or overcast days. If your child stays all day we will top up sunscreen after lunch. If your child needs a specific cream please supply us with the cream in its original bottle/tube, with your child's name clearly printed on it. Sun hats are just as important. Please make sure your child has a (named) hat packed in their bag every day.

Read more about [Sun Safety](#) here.





### **Thirst quenching idea**

Last year, during the extreme heat, we asked all children to bring in a daily bottle of water. Despite children always having independent access to water at WPS we found that bringing their own bottle encouraged them to drink more and enabled us to monitor how much everyone was having. So, this term we will again request that you provide a daily water bottle for your child for use during a session. Bottles should be clearly named. If you don't have a suitable non-spill bottle or you forget please be assured that your child will be able to access water independently as always.



### **Vaccinations news**

Children aged 6 months to 4 years who are in a clinical risk group will now be eligible for covid vaccinations.

The UK Health Security Agency has updated the [Pre-school immunisations: guide to vaccinations for children aged 2 to 5 years](#) to include the latest immunisation schedule. The '[Pre-school vaccinations: guide to vaccinations from 2 to 5 years](#)' provides information on the routine immunisations that are given to children before they start school to help protect them from serious childhood diseases. It describes these diseases and explains why young children need protection against them. It also answers some of the most common questions about pre-school immunisation. If you have more questions or you want more information, talk to your doctor, practice nurse or health visitor.

### **Breaking the chain**

If your child is unwell and needs one to one attention/comfort or they are not well enough to participate fully in the daily routines/activities, we ask that you keep them at home. If your child becomes unwell whilst at WPS we will contact you and, in most cases, you will be asked to collect your child within 15 minutes. Please ensure there is always someone, from your list of contacts, on hand to collect at short notice. Anyone collecting your child must know your password.

We value the opportunity to work with you for the best interests of your child and our WPS family and Our 'Keeping Everybody Well at WPS' guide is for both parent/carers and practitioners to follow. Please also keep in mind that we have children on register at WPS with compromised immune systems. If you are ever unsure just contact us for a chat.



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This term is always emotional as we prepare our Sunshines group for big school. So we will make the most of every minute! We look forward to sunny days in the garden, our nature walk and lots of other fun times. Keep smiling.

Miss Sharon & team x