



TEL: 07522 915829

## NEWSLETTER NO. 82 - AUTUMN TERM 2021

WELCOME, BIENVENUE, JE WELKOM, WILLKOMMEN, DENATHA, BIENVENIDOS,  
FOON YING, BENVENUTO, DOBRO POZHALOVAT', UKENERERI, MARHABAN,  
NAMASTE, BINE AI VENIT

### Dates for this Year

**Autumn Term:** 1 September 2021 - 17 December 2021

**Half Term:** 20 - 29 October 2021

**Spring Term:** 7 January - 31 March 2022

**Half Term:** 14 February 2022 - 18 February 2022

**Summer Term:** 1 April 2022 - 22 July 2022

**Easter Holidays:** 4 April 2022 - 18 April 2022

**Half Term:** 30 May 2022 - 3 June 2022

**End of Year Celebrations/Graduation:** 22 July 2022

### Welcome

We would like to offer a warm welcome to our new children and parents.

We would like to reassure you that we will work with your child and yourselves to ensure that they settle in as quickly as possible. You will find activities and memos on Tapestry so be sure to look each week. If you have any pressing questions please feel free to telephone us on **07522 915829**.

You can keep up to date with things your child is learning by logging into your child's Tapestry account.

### Early Years Reforms

Attached to this newsletter is some information on the new Early Years Reforms for 2021.

It is important that you have a thorough read through.

You will note that there is an emphasis on good oral hygiene. We would like to remind you that, as a parent, you are responsible for ensuring that your children eat a well balanced diet and clean their teeth at least in the morning and at night time.

Getting your child used to visiting the dentist will also contribute to good oral hygiene.

<http://www.child-smile.org.uk/parents-and-carers/index.aspx>

### URGENT!!!!

Our email still seems to be blocking some emails at random. If you email us and do not receive a reply within two days, please text us as it means we have not received your email. We have been trying to resolve this issue for several months without success.

**Could we please ask that you email us via our contact page on our website - [ducklingscaterham.co.uk](http://ducklingscaterham.co.uk). You can report an absence or holiday on the contact us page. The emails coming through the website seem to have more success at reaching us.**

### Tax Free Childcare

Working parents may be entitled to claim tax free child care. It is easy for you to set up and could save you money!!

Please click on the link to see if you are eligible.

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

### Ducklings Pre-School

Some parents/carers are still calling us Little Ducklings. We would like to remind you that our name is **Ducklings Pre-School**. This error could have an impact when applying for funding and schools. Thank you.

### Increase in Sessions

We have limited spaces available, so if you would like to increase the number of sessions your child attends please let us know as soon as possible.

### FOOD ALLERGIES!

Please ensure that your child does not bring in any food items into the pre-school other than their fruit for snack and lunch.

Please note that due to allergies we cannot allow children to bring nut products into the pre-school under **any** circumstances. Thank you.

We are a Healthy Pre-School.

Please do not send in: chocolate bars, sausage rolls, pepperami, squash/fruit shoots, crisps or cakes, sausages, raisins, fruit juices, smoothies or squash.

Healthy lunch box ideas can be found here: <https://www.netmums.com/back-to-school/lunchbox-ideas>.

### Sickness/COVID-19

We would like to remind you of your duty to report any symptoms of COVID-19 to us and to keep your child at home until they have a negative test result. Should your child test positive to COVID-19 you must adhere to the current government guidance and inform us immediately.

We are proud to say that we have, so far, remained COVID-19 free!

May we please remind you that if your child has had Calpol or Neurofen within 4 hours of coming into the pre-school we request that you keep them at home. Also, in view of the current COVID-19 pandemic a high temperature is one of the symptoms of Coronavirus and painkillers are used to suppress high temperatures.

### Self Help

We are encouraging the children with self help skills. It would be appreciated if these could be practiced at home too.

Please find attached a list of suggestions to encourage your child to become more independent.

### All About Me Books

Please can we ask all parents to provide photos of their child's family members, memorable moments and favourite toys. This encourages children to talk about the wider environment and their relationships with family. It's an important educational experience for them.

Also, could you please ensure that you update the 'All About Me' form on tapestry. Thank you.

### **Park Visit**

We are planning on going on an autumn walk to the park at Timberhill (by the police station) on 12 October 2021.

We will, of course, require parent/carer helpers. If you are able to help please let us know. If we do not have enough parent/carer support we will not be able to go on the walk.

### **Holiday**

If you are planning to take a holiday this term, or have any time off, please make sure you complete the 'Request for time off' form as soon as possible. Ask any member of staff and they will be able to give you a form. Also, please remember to adhere to quarantine regulations if you do go away.

### **COVID-19 UPDATE**

There is updated COVID-19 guidance on Tapestry. Please ensure that you read it and 'like' it so that we can ensure everyone has read it.

### **Internet Safety**

In these days of digital technology, it is important for parents/carers to be aware of the need for internet safety. Children are able to access a variety of apps on mobile phones and tablets and without sufficient internet security they may inadvertently come across content that is not suitable for their age.

There are a variety of websites available that can offer advice and tips on keeping your child safe whilst online.

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/parental-controls/>

### **Naming of Items**

This is an ongoing problem and we cannot stress enough how important it is for you to name everything that comes into the pre-school with your child. Particularly jumpers, shoes and snack/lunch boxes. Children are eating the wrong snacks, wearing the wrong shoes and Staff are wasting a significant amount of their time trying to match items to children. Anything unnamed will be placed in a basket by the front door and you will have to collect any items belonging to your child.

### **Government Guidance of Food for Children under 5 years of age**

**It is important that you read the attached guidance from the Government.**

**Grapes MUST be cut into quarters and sausages/sausage rolls will no longer be acceptable for your child to eat for lunch.**

# New EYFS Reforms: Parent and Carer Information Sheet

The Early Years Foundation Stage (EYFS) is being reformed and there is a new EYFS framework that all schools and settings will have to follow from September 2021. These national changes have been made to better support all young children's learning and development. It is also the aim that the new framework will better prepare children for the transition into key stage 1.

There are some elements of the EYFS that have not significantly changed and some that have. Below are some of the key points from the new EYFS reforms that include relevant changes which parents, carers and children may notice or experience.

Staff will be spending less time on large amounts of written observations and assessments for evidence collection. This means they can spend more time supporting and engaging with the children and their learning and development needs.

Children will no longer be assessed against statements from an age band category. Instead, staff will use their experience and knowledge to monitor if a child's learning and development is on track for their age.

The early learning goals at the end of reception have been changed to become more clear and easier to understand. Staff will use their judgements to assess if the children have met these goals at the end of the EYFS and inform parents and carers.

There is an emphasis on improving children's language and vocabulary through increasing opportunities for conversations, reading of a wide range of books and holding discussions around activities in other areas of learning.

Literacy and numeracy skills focused on in the EYFS have been adapted to better match up with the national curriculum that starts in year 1.

There is no longer an exceeding judgement at the end of reception. Children will instead be challenged to have a greater depth and understanding of ideas.

**Safeguarding and welfare of children is still a priority, with the added mention of teaching children about the importance of good oral health and how to keep teeth clean and healthy.**

## **How could you help learning and development at home to support the new EYFS reforms?**

Read stories daily to your child and use them as an opportunity to talk about the characters and events in the story. You could also discuss some of the details children have spotted in the pictures, such as the character's facial expressions.

Have lots of conversations with your child throughout the day. Try and increase their vocabulary by using a wide range of vocabulary.

Practise counting with your child and looking at small groups of items. Explore what happens to numbers when you put these small groups of items together, or split a larger group into two smaller groups.

Support your child's early reading by practising phonic skills, such as recognising letter sounds and blending them together to read words. Also, support your child with their writing by checking they are forming their letters in the correct way and holding a pencil properly.

Encourage your child to make healthy food and drink choices, especially related to sugar content and how this can affect teeth. Also, support your child to properly brush their teeth at least twice a day at home.

Plan activities that allow your child to be active and develop their strength through large body movements as well as smaller, more precise movements.

**GOVERNMENT GUIDANCE ON  
FOOD FOR CHILDREN UNDER 5 YEARS OF AGE**

## **Food safety advice for children age 5 and under**

### **How to reduce the risk of choking**

Food preparation:

- remove any stones and pips from fruit before serving
- cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- remove bones from meat or fish
- do not give whole nuts to children under five years old
- do not give whole seeds to children under five years old
- cut cheese into strips rather than chunks
- do not give popcorn as a snack
- do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- do not give children hard sweets

## Promoting Self Help Skills

### Self-Care Skills from 18 months- 2 year old Child

1. Undress trousers/shorts
2. Explore how to dress self (shirts tend to get stuck!)
3. Put own pajamas into drawer
4. Take off and stow away shoes
5. Wash face and hands (may need help)
6. Comb or brush own hair (finish up with help)
7. Hang up coat (provide hook that is accessible)
8. Serve self a snack from a shared plate onto own bowl or plate
9. Explore using a napkin
10. Explore pouring water from jug into own glass
11. Explore how to wipe up spills
12. Put rubbish into waste bin
13. Play alone for 15-40 minutes

### Self-Care Skills for 3 year old Child

1. Dress self (may need some help, esp. with buttons & zippers)
2. Practice using Snaps, zippers and buttons
3. Explore what weather appropriate clothing means
4. Put on shoes (it's helpful to avoid laces)
5. Hang up own towel (make sure hook is height accessible)
6. Put away a few items of clothes from a laundry basket
7. Explore how to make own bed
8. Explore basic cooking (measuring, pouring, mixing)
9. Pour glass of water/milk/juice from a pitcher (see next!)
10. Wipe up own spills (helps to keep towels stored where child can reach)
11. Get a snack from the cupboard (Try to keep healthy choices in reach)
12. Use a napkin at the table
13. Learn part of own address (Town and own last name)
14. Help set table (give choice of one responsibility such as napkin buddy or place mat setter)
15. Remove own plate from table
16. Explore using the kitchen sink to rinse fruits/veggies/cups
17. Play alone for up to one hour

### Self-Care Skills for 4 year old child

1. Continue practicing skills from the 2 and 3 year list above
2. Explore more cooking skills (cracking eggs alone, making simple sandwich, cutting banana slices)
3. Learn house phone number
4. Learn own address
5. Set / remove own place setting at table