

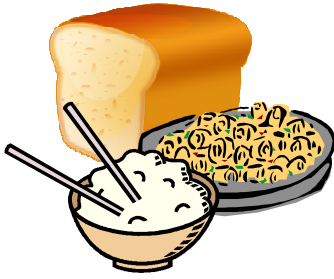
# Pre-School life . . .

## ALL YOU NEED TO KNOW . . . .



<b>Website</b>	<p>A wealth of everything on there including . . . .</p> <ul style="list-style-type: none"> <li>- The daily bulletin (password protected)</li> <li>- Weekly notices</li> <li>- Parent Rep: Maryona . . . .</li> <li>- All links are on the website</li> </ul>
<b>Names</b>	Please put on EVERYTHING!
<b>Pump bags</b>	Pump bags (which remain in Pre-School) will be given to you when you start. Please use these bags ONLY for any spare clothes/ nappies your child may need. A list will be provided as to what to put inside. When they need refilling the team will let you know.
<b>Snack/ lunch boxes</b>	<p>Whether your child is on a half session or a full day they need a bag to put snack or lunch in. It is VERY IMPORTANT your read (below) about HEALTHY LUNCH BOXES and CHOKING HAZARDS. No big bags. Something along the lines of these are perfect.</p> <div style="text-align: center;"> </div>
<b>Clothing</b>	Please dress your child in suitable clothing. Joggers and leggings are way more preferable to skinny jeans! Velcro shoes only unless your child can do laces. No dungarees please, especially if your child is in nappies. No puddle suits, just a sensible coat!
<b>Reports</b>	We write these 3 times a year (Oct, Feb, June) and information around them will be shared with you nearer the time.
<b>2 year checks</b>	If your child arrives with us before they are 3 they will have one of these done as well as the one with your child's Health Visitor. There is more information on the website around these.
<b>Nappies</b>	Pull ups ONLY if potty training
<b>Toilet training</b>	Please speak to your child's Key Person about this as and when you are planning it and we can work in partnership with you to make it as smooth as possible!
<b>Sleeps</b>	Please note we have a "no sleep policy". We do offer moments of quiet but your child will be expected to remain awake during their session. If you need to talk to the member of the team about this please do.
<b>Car park</b>	Unfortunately as the church car park is small you are unable to park there, so allow time to park before arriving/ picking up. There are many options available in the village for parking. If you need advice just ask a team member.
<b>Early pick up</b>	If you need to pick your child up earlier from Pre-School just ring ahead so we can get them ready for you. Early pick up ends @ 3.15, after that you must wait until 3.30
<b>Pick up</b>	You must when you can, stick to the official drop off and pick up times ie: 9.15/ 12.15/ 12.30/ 3.30 as it so important your child gets used to the routine and can fully participate in Pre-School life. Your line ups will be explained to you by your child's Key Person. If it is not going to be you picking up you must let us know ahead or they must provide your unique password.
<b>Line ups</b>	All drop offs / pick ups will be in your specific place depending upon your group and there is no need to come through the side gate unless you have pre arranged early pick up/ later drop off.
<b>Sickness</b>	When your child is unwell please refer to our website as to when and whether they can attend. ALL sickness and diarrhoea is no return policy of 48 hours policy.

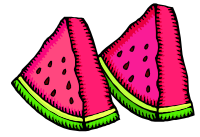
# Pack a Healthy Lunchbox



## Start with a starchy food for energy...

All types of bread, rice or pasta are good for packed lunches.

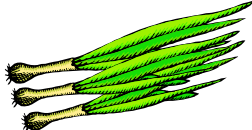
Wholemeal and granary types contain extra fibre, vitamins and minerals.



## Aim for 2 portions of fruit, vegetables or salad...

Add salad to sandwiches, pasta or rice.

Try carrot and cucumber sticks, a pot of fruit salad, whole fruits or sections of larger fruits e.g. slices of melon.



## Add some protein food for healthy growth and repair...

Try meat, fish, chicken, eggs, cheese, hummus, dahl. These foods also contain essential vitamins and minerals including iron.

Please turn over...

## Include some low fat dairy foods: yoghurt, cheese, milk.

These contain protein and calcium for strong teeth and bones.



## Still hungry? Add a low fat and low sugar snack.

Fruit scones, malt loaf, fruit yoghurt, cheese and crackers, fruit salad pot.

## Remember - water is available throughout the school day.

Healthy drinks include milk, water, pure fruit juice and small portions of yoghurt drink or smoothie.

