

Dear Parents/carers

This term

What a term it's been! The children have done so well, whether we have seen them in person or via our zoom story time calls and it's so lovely to see how they have grown. We are continuing our Easter theme for the next two weeks as we head towards the Easter holiday from the 29th March. In keeping with our theme this coming fortnight we are enjoying activities around meal times (the last supper) and will also be focusing on our feelings in line with exploring the feelings of Jesus and those around him at this time.

Water bottles, healthy eating and next terms topic

Following Easter we are going to begin a topic on fairy tales. We will be bringing in other themes along the way, for example in our Giants week we will explore the story of Jack, and also learn about biblical giants with David and Goliath.

Our first week is entitled Scrumdiddlyumptious and with the help of Goldilocks and the gingerbread man we will be exploring healthy eating and we would love you to get involved too. The children love comparing their lunches so we would love you to talk about healthy foods with your child and include their favourite healthy foods (fruit and veg) in lunches. We can then explore different likes and dislikes and appearances and promote the importance of regular healthy food versus occasional special treats. (please note the children will not be sharing their food) Over the Easter holidays perhaps enjoy some cooking together and send us some photos.

As usual just a reminder to ensure your child is provided with **water** in their bottles each day instead of squash.

Please also provide your children with healthy options such as fruit, breadsticks and plain rice cakes for snacks. Please also limit treat foods and avoid sweets; where possible provide fruit as a pudding option. Take a look at the NHS change for life website for ideas: <https://www.nhs.uk/change4life/food-facts> The website has a number of recipes, activities and information about food choices.

As the weather gets warmer please send an ice block in your child's lunch bag to keep their food cool.

COVID – 19 – a reminder

Thank you for your continued patience as we invite the children in each morning.

Just a reminder that if your child or anyone in your household has any COVID symptoms you must follow isolation guidance and remain at home until you receive a negative test result. Please notify us of the outcome of any testing.

Our latest guidance informs us that:

If a sibling of a preschool child attending another setting has been told to isolate due to close contact with a positive case within their school, the preschool child can continue to attend our setting unless someone in their household develops symptoms.

If a preschool child is told to self-isolate for 14 days due to contact with a positive case, this child must self-isolate for the full 14 days even if a negative result is received during this time.

You must follow the above guidelines even if you have been wearing a mask at the time of close contact with a positive case.

Staff will continue to wear face coverings during times when we are interacting with parents – they are optional for parents. In line with government guidance, staff will also now have access to lateral flow testing.

Personal belongings

Please name everything that comes in to preschool, this helps us greatly particularly around transition times such as arrival, home, lunch and when playing out.

Thank you for continuing to bring in wellies, and changes of clothing – please be reminded that we do play out in any weather and the children particularly love playing in mud and rain! – whilst we do have a small number of waterproof trousers, we do not have enough for all children and they do not fit all of the children. It's much warmer for the children if they can play out in waterproof gear. Websites such as Decathlon, Regatta and Aldi often have waterproof trousers at a reasonable price.

Emergency Closures

If there is a need to close during a session, staff will contact parents/carer via telephone, if we are unable to contact you we will work down your list of contacts please ensure these details are kept up to date. Should the preschool be closed for weather or other unplanned purposes, we will update with information via our website www.firststepsashill.co.uk and will send a group email to you. Alternatively you may phone Lou (number at the top of this letter) to clarify. We will do our very best to give you notice of any closure, but particularly given the current circumstances, this may not always be possible.

As always if you have any questions about your child's development or their time at First Steps please don't hesitate to get in touch.