



## AUTUMN TERM NEWSLETTER 2022

Half Term 24-28 October

Nativity Thursday 15 December 11.30am

Autumn Term ends Friday 16 December

Spring Term Begins Monday 9 January

If your child is unwell or unable to come to pre-school for any other reason please let the setting know by 10am of the morning concerned by **text** to the setting phone on 07534 673297. After that time if we have not heard from you we will contact you to ensure all is well. Please note this phone is not monitored outside of session hours. Absences known in advance may be emailed or texted though the latter is preferred.

The Autumn Term is now well under way and staff and children are enjoying spending time together at Little Fishes! It has been lovely to welcome back those children returning for their 'nursery' year and to see them making new friendships as well as getting to know the new children all of whom are now settling well.

### Snack Time

The children love sharing snack time together and are grateful for the wide variety of fruit, vegetables and other healthy snacks that parents provide.



Some of you have asked for guidance as to how much to bring in which is roughly the equivalent of an apple a day or a box of breadsticks per week. We appreciate that if your child is only attending two mornings a week this will mean you bring in less than a child attending for five, however, we have run a little short of late. If you'd appreciate ideas of what to bring there are some suggestions on the board in the lobby. Thank you.

### Nativity

Our Nativity this year will be held on Thursday, December 15th beginning at 11.30am with coffee served in the Hub. All children are welcome to attend even if they are usually not in the setting on a Thursday. Parents and grandparents are also warmly invited.



### Outside Clothing



Now that the weather is getting noticeably cooler please could you ensure that the children always have warm coats and wellington boots in the setting as we try to get out most days. In past years some parents have bought charity shop coats for use at Little Fishes to avoid their home coats getting dirty.

It won't be long before gloves, hats and scarves are needed too! Please could these also be brought in but don't forget to name them!



### What's On At St Paul's Church?

St Paul's

#### GLOW in the DARK Party

St Paul's Church is having its annual Glow in the Dark Party on Monday 31st October. It will be a fun packed event with inflatables, face painting and mini games and more!

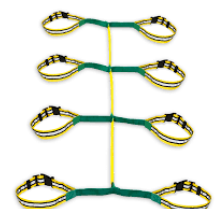


There are a couple of options for you and your family if you would like to attend.

If your child is not in Little Fishes on Monday mornings then you are welcome to bring your child to the Mini Glow party at 9.45am-11.15am which takes place during the weekly St Paul's Toddler session. If your child is attending Little Fishes in the morning then you can still attend the Big Glow party at 5.30pm. If you have older siblings then you can come altogether as a family at this time too. The activities are very similar at both Mini and Big. The difference is that there will be less children at the Mini event.

### Local Walks

We've recently purchased a Walkodile safety web which will enable us to take groups of up to eight children out for local walks. We've already taken the afternoon children for a walk to the post box and across to the field. These walks enable us to encourage the children to be observant and curious. We looked at shapes, patterns and numbers as well as helped to post a letter and examined the sand bags around a fenced off hole in the ground! Over in the field we discovered a variety of wild flowers, grasses and seeds to look at and collect which we later categorised according to colour.



### Story Time!

We've enjoyed becoming familiar with the stories of 'The Three Little Pigs' and 'Goldilocks and the Three Bears' this half term. The older children are developing their story telling skills and we have learnt about size comparison, the lives of pigs and how to build a house out of sticks. Next we'll be getting to know 'Peace at Last' by Jill Murphy.

### Ready for Parenthood Campaign - Early Parenthood

Becoming a new parent is life-changing. It can also be in varying measures exhilarating, exhausting, and extremely

challenging. The #ReadyforParenthood campaign aims to support new parents and carers.

After childbirth aim to slowly build up to at least 30 mins of moderate-intensity activity most days. Low impact exercises such as pelvic floor exercises, Pilates, Yoga, cycling, and swimming, are good places to start.

Find out more about getting [ready for parenting - Early Parenthood](#)



### Tiny Happy People

This website has been created to help parents develop their child's communication skills. There are simple activities and play ideas to explore and videos helping you discover more about your child's amazing early development. Did you know for example that playing with a ball has benefits for language development? Or have you wondered why your child asks so many 'why' questions? The answer is revealed here!

### What is 30 hours Funded Childcare?

Most working parents of three and four year olds are eligible for an extra 15 hours of funded childcare a week, term time. Added to your current universal entitlement of 15 hours Funded Early Education for three and four year olds, this means that your entitlement will increase to a total of 30 hours a week, term time (or 1140 hours over a year). We are registered for 30 hours funded childcare term time and offer up to 24.75 hours. If you wish to claim all 30 hours some parents arrange for a childminder to cover the extra time.

If you think you might be eligible apply through the government's Childcare Choices website. There's 30 Hours Eligibility Guidance to help you understand whether you will qualify. If your application is successful, you'll get given an 11 digit eligibility code which you must then give us so that we can check your eligibility. A child can only take up their extended hours from the term following the date of issue of their 30 hour code. Eligibility code applications for the Spring Term 2023 may be made up until December 31st.

### Free Online Guides for Families in Surrey

Bringing up children is a lot of fun but can also have its challenges and understanding your child's emotional development can help to support your relationship and your child's behaviour.

Families living in Surrey can get access to FREE online guides that include top tips from childcare, education and NHS health experts.

- Understanding your pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child 0-19 years
- Understanding your teenager's brain
- Understanding your brain (for teenagers only!)
- Understanding your child with additional needs

The guides are available in other languages including Urdu, Chinese and Polish.

Register for free using the code 'ACORN' by visiting the Children and Family Health Surrey website: [Childrenshealthissurrey-nhs.uk/services/free-online-guides-families](https://childrenshealthissurrey-nhs.uk/services/free-online-guides-families).



We are registered with [easyfundraising.org.uk](https://easyfundraising.org.uk) who pay us when anyone shops via their site. They have many retail outlets from Argos to Boots, Marks and Spencer, Tesco Groceries, Amazon, Asos, Early Learning Centre and Pizza Hut on their list. Do go and have a look - nothing costs any more buying it this way and we are sent a cheque just because you have shopped there. Raise funds for free! Just log on and register with Little Fishes - Cheam. Logging on via Easysearch if you register to do so could earn us cash by just browsing the web. It's fast, efficient and profitable!

### Children's Flu Vaccine

The children's nasal spray flu vaccine is safe and effective. It's offered every year to children to help protect them against flu.

Flu is caused by the influenza virus. It can be a very unpleasant illness for children. It can also lead to serious problems, such as bronchitis and pneumonia.

Children can catch and spread flu easily. Vaccinating them also protects others who are vulnerable to flu, such as babies and older people.

The nasal spray flu vaccine is free on the NHS for:

- children aged 2 or 3 years on 31 August 2022 (born between 1 September 2018 and 31 August 2020)
- all primary school children (Reception to Year 6)