



The Greenfield Centre, Park Ave, Winterbourne
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Autumn Term Newsletter: 2024

Comments from Lisa, the Centre Manager:

I've really enjoyed spending time in all the rooms recently, I've been able to get to know some of the new children and it's given me the opportunity to see all the wonderful experiences the staff have been offering across the rooms. I must say how impressed I am at how well the children have settled in here at the centre, lovely to see.

Opening times:

Little Bears:

Monday: CLOSED

Tuesday: 9-12/12-3

Wednesday: 9-12/12-3

Thursday: 9-12/12-3

Friday: 9-12/12-3

Rainbow Bears/Big Bears:

Monday: 9-12/12-3

Tuesday: 9-12/12-3

Wednesday: 9-12/12-3

Thursday: 9-12/12-3

Friday: 9-12/12-3

Please ensure that children are collected on time at the end of their session.

Forest School:

Remember that Big Bears and Rainbow Bears do have forest school sessions, We love that children are able to participate in these experiences but it's so very important we wear the right clothing

- Long sleeves/long trousers.
- Long socks (cover the ankle)
- Wellie boots
- Waterproofs
- Hats



Don't forget your bag:



-Spare clothes and pack a few sets, as we do enjoy water, paint, mud etc..

-Wipes and nappies if required

-Seasonal clothing, even if it is a hot morning, jumpers and coats are important as the weather can quickly change.

-Lots of pants, socks and trousers for those toilet training

-Drinks bottle and snack

-Lunchbox if staying for lunch

PLEASE label belongings including drinks bottle, lunchbox and snack.

Who's who?:

Please see our staff team boards for information on the staff working here at the Centre, but if there is something specific you'd like support with then ask one of these helpful people:

Centre Manager - Lisa

Deputy Manager/Rainbow Bears Manager - Emma

Administrator - Sam

Big Bears Room leader - Helen

Little Bears Room leader - Kirsty

Special Education Needs and Disability support - Hayley

How can you help?

We like to support independence here at the Centre, can your child put their own shoes on?

Can they help with a jumper/coat? Have we been practicing a zip? Can they wash their own hands?

Remember it's all these little things that can help each child become more independent and resilient. Velcro shoes are a huge support when we're asking children to put on their own shoes and Crocs are a huge help during those first few weeks toilet training.

Outings:

We often go out and about here at the Centre, the children may visit the local shop to gather ingredients for some cooking, join in forest school or we may be visiting the local library. We often visit the park and the duck pond.

We're also lucky enough to be able to visit St Michaels playground and/or school hall and the Parish council hall when it's wet or cold and we need lots of space for games.

Remember to keep up-to-date with our Facebook page for updates on what we've been up to.

Also download the Family app to stay up to date on your child's learning and any news from the centre.



Food Choices at the Centre

We are very passionate here at the Centre about the choices we make when eating, we love fresh and colourful and recognise the importance of good choices when considering all of the food groups when selecting snacks and what goes in a lunchbox.

Snack Pots:

Yes	Yes
Fruit – Please cut up grapes as they are a choking hazard. Vegetables Plain breadsticks/crackers	Water bottle

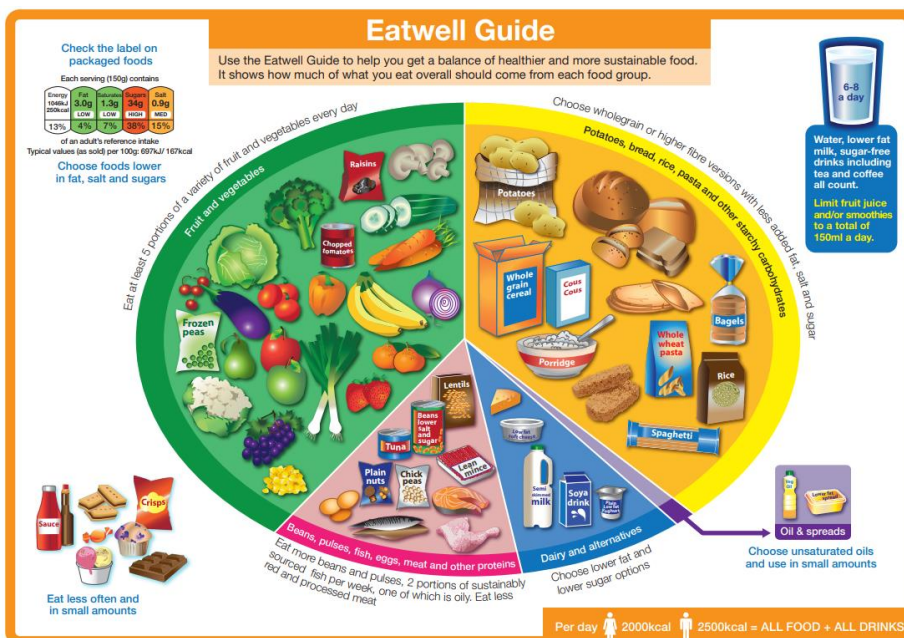
Drinks:

Lunchboxes:

Yes	Things to consider
Sandwich, Wrap, Pasta, cous cous, Potatoes, Pita - TRY WHOLEGRAIN TOO Popcorn, rice cakes, crackers Dipping foods: Veg sticks and hummus Fruits pieces/Vegetable sticks Cheeses, plain/fruity yogurts, boiled egg Cold meats, Slices of cooked chicken, ham.	Swap the sweets and treats for malt loaf and teacakes. Swap the cereal bars/breakfast bars with dried fruits such as raisins, apricots, sultanas. Crisps: are they appropriate? Mini Cheddars can be very salty, consider the ingredients. Put a few in a pot/not the whole bag? Or choose less salty crisps. We appreciate a little pudding but only ONE treat is needed for a lunchbox: biscuit, small cake, flapjack Limit the Pre-Packaged foods, fresh is best and limits salt and sugar.

Remember your child's little tummy: they don't need massive amounts of food; a full lunchbox can be overwhelming and put them off of trying anything.

Please consider that the children are here for 6 hours maximum, save the chocolate and sweet treats for when they get home.



Please refer to:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

For some great recipes, ideas and inspiration when planning your little ones packed lunch.