

# The Early Bird Pre-School CIC Newsletter



## December 2023



| Term        | Dates  | Half Term                                    | Setting Closed **  |
|-------------|--|--|--|
| Autumn 2023 | Weds 6 <sup>th</sup> Sept – Fri 15 <sup>th</sup> Dec     | 23 <sup>rd</sup> – 27 <sup>th</sup> October  | Monday 4 <sup>th</sup> Sept – open morning, new starters only<br>Tues 5 <sup>th</sup> Sept – Inset day, staff training<br>Mon 18 <sup>th</sup> Dec – Christmas party |
| Spring 2024 | Mon 8 <sup>th</sup> Jan – Thurs 28 <sup>th</sup> March   | 19 <sup>th</sup> – 23 <sup>rd</sup> February | Friday 5 <sup>th</sup> Jan – closed, staff training<br>Friday 29 <sup>th</sup> March – Good Friday Bank Holiday  |
| Summer 2024 | Mon 15 <sup>th</sup> April – Thurs 18 <sup>th</sup> July | 27 <sup>th</sup> – 31 <sup>st</sup> May      | Monday 6 <sup>th</sup> May – closed, bank holiday  |

### Dates for your diary:

#### Autumn Term 2023

- Monday 18<sup>th</sup> December

Christmas Party 9.30-11.30am (no normal sessions)

#### Spring Term 2024

- Monday 15<sup>th</sup> January
- Thursday 7<sup>th</sup> March
- Friday 17<sup>th</sup> March
- Thursday 25<sup>th</sup> April

Application deadline for school reception place  
World Book Day – dress as favourite book character  
Red Nose Day  
Parents' Evening 5.30-7.30pm

#### Summer Term 2024

- Friday 19<sup>th</sup> July

Summer Party 9.30-11.30am (no normal sessions)

### The Early Bird Pre-School CIC latest news . . .

Christmas is just around the corner and excitement levels are rising here at Early Birds, but there have been lots of other celebrations during the term too..

- We marked Bonfire Night and Diwali with firework themed activities using coloured salt and mark making. The children created rangoli patterns with coloured tape and loose parts using visual resources
- Pumpkin play has been popular this half term. The children have been pumpkin painting, pumpkin rolling, exploring seeds and playing with pumpkins in water and the mud kitchen. We also made pumpkin soup and pumpkin chips! Thank you to those parents who donated pumpkins. It was great seeing all the children in their autumn and Halloween costumes on our dressing up day on 31<sup>st</sup> October.
- Thank you for your donations for Children in Need in November. We were delighted to raise over £55 for the cause and we all enjoyed wearing pyjamas and spots on the day.
- We enjoyed a visit to the local library and were lucky enough to meet Wilbur, a therapy dog. The children all sat nicely and enjoyed sharing stories together.
- We have had a couple of visits from Imajica Theatre Group. The children were all engaged with singing, dancing, story telling and mindfulness activities. They will be visiting again after Christmas.
- The Early Birds have explored lots of different crafts and activities this term. They loved The Gruffalo sensory play, using oats, purple rice for prickles and orange rice for his eyes, with the book being read and pictures of the characters as visual resources. Messy play is always a big hit, particularly popular this term has been gloop (cornflour and water) and crazy foam. We have also enjoyed bubble painting, sand play in the garden and making mud tea! The baby dolls have been well cared for, they have been bathed, dressed and fed very nicely!
- And of course, the children have been enjoying lots of festive singing and sharing festive stories. Our Christmas tree is taking pride of place and is being decorated every day with beautiful, festive loose parts. We've loved hearing about all your decorations at home too! Thank you to all those parents that joined us for our Christmas tree walk and particularly to the dad that carried our tree from Morrisons to the pre-school! We will be having a special Christmas baking week during the last week of term, with mince pies, gingerbread, jam tarts and shortbread all being made.

Wishing you all a Very Merry Christmas and a Happy 2024!





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### Christmas Trail

Plans are well under way for our Christmas Trail on **Monday 18<sup>th</sup> December**

You will be given your time slots this week. Please arrive a couple of minutes before your session starts so we can keep the trail running smoothly.


### Polite Reminders

- If you have given your child medication before pre-school, please tell a member of staff.
- Please complete and return your home learning task (family recipe). Thank you to those that have already returned them

### New Funding for Working Families

From April 2024, 15 hours free childcare will be available to working parents of two-year-olds. You can apply for this funding from early January. Please sign up for updates at [www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

### Kindness Elves

Thank you for your kind donations for St Catherine's Nursing Home We will be visiting on Tuesday 12<sup>th</sup> December to deliver your gifts to the residents 

### Tip of the Half Term

Christmas is fast approaching, we all have busy schedules with lots of change happening, making us feel *over-stimulated*.

#### What is over-stimulation?

When a child (or adult) is swamped by more experiences, sensations, noise and activity than they can cope with.

Here are some tips to help you and your child navigate through the Christmas period with excitement and joy:

**\*Maintain some routine-** Could you maintain your bedtime routine or other routines personal to your family over Christmas? Spend time each morning preparing your child for the day – where are you going? Who are you seeing?

**\*Give your child some control-** As adults we feel pressure to make Christmas 'perfect' and with this pressure we might take too much control and expect more from our children. Allow your child to have some control over how they interact with friends and family over Christmas. If your child doesn't feel like sitting with distant relatives, or if they feel shy greeting people, then that's ok. Be their voice and their advocate!

Gift opening – if your child struggles with the pressure of opening gifts in front of others, that's fine! Talk to your child about gift opening and make a plan that suits everyone.

**\*Create a 'safe space'-** Take the time to set up a safe space for them in your home before visitors arrive - this could be their bedroom or a quiet nook in the living room. Talk to your child about what their safe space is for and how it is ok for them to retreat to their safe space if they are finding the festivities too loud or stressful.

**\*Provide familiar foods-** It's safe to say, food is a big part of Christmas! But for a lot of children, unfamiliar foods or changes in dinner time routines can feel stressful. Help to make mealtimes more inclusive for your child by including 'safe foods' alongside every meal.

**\*Your presence-** Dedicate some time at home together to explore your child's new toys and gifts, without distractions and visitors. Creating these pockets of times will provide you and your child with magical memories you will treasure!

*We hope this helps bring some calm to your festive celebrations!*

## The Early Bird Pre-School CIC team

**Natasha** - Director & Early Years Manager

**Ebony** – Director, Early Years Leader & Designated Safeguarding Officer

**Syreta** - Early Years Deputy & SENCO

**Kirstie** -Snr Early Years Educator, H&S Officer

**Katherine** – Finance Manager

**Kerry** - Early Years Educator

**Nick** - Early Years Educator

**Sarah** – Early Years Educator

**Hayley** – Early Years Educator

**Maisie** – Early Years Helper

**Caitlin** – Early Years Helper

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