



Term: Spring 2

Pre-School Newsletter

Week commencing: Monday 23rd February 2026

Dear Parent's, Carers

Wow, and just like that our first week is nearly over. The children have been really happy to be back together sharing their half term adventures and playing with their best friends. Over the next few weeks we will be welcoming more new families to our growing Pre-School.

If you know anyone who may require a Pre-School place for September, please ask them to contact the office as the places for next year are nearly taken and we only have reduced availability.

Dates for your diary

World book day - **Thursday 5th March 2026** - don't forget to bring in your story spoons.

Easter stay and play - details next week.

Quality story



This week we have been reading the story 'Elmer' and have been busy recognising all the colours of the rainbow. We have also been using Elmer's colours to help us to match different quantities of objects so that they are the same.

We also celebrated how we are all different and unique and that everyone is welcome in Pre-School.

Parent information

The Pre-School development course delivered by the Health Visiting team has been updated and has a new name. It is now called 'Understanding your child's development'; there is also a new web page <https://www.wchc.nhs.uk/resources/understanding-childs-development/>

If you would like to attend, you can book a place by emailing wchc.sendhealthteam@nhs.net.

Healthy snacks

New safer eating regulations came into force in the revised statutory Early Years Curriculum in September. We have implemented the new guidance and we are now asking for your help when sending healthy snacks into Pre School. Please see the advice below or click on the following link

<https://www.foundationyears.org.uk/2021/09/food-safety-advice-on-choking-hazards-in-settings/>

Early years food choking hazards



Below is a table of advice on key foods for care givers who are involved with preparing and serving food for babies and young children (under 6 years old)

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish; it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.

Finally



What an amazing week we have had in Pre-school. It has been so difficult to choose our 'Stars of the Week'. This week we have chosen 'Noah and Cassie'. Well done everyone.

From Mrs Johnston and Miss Dugmore