



# KINETON PLAYGROUP NEWSLETTER

09 November 2023

## THIS WEEK AT PLAYGROUP

Preparations for Christmas are underway with lots of festive songs and dancing! We have been making poppy's and talking about Remembrance Day this week. You can see them hanging proudly in our windows!

## CHILDREN IN NEED - NEXT WEEK



### FRIDAY 17 NOVEMBER 2023

Various activities at playgroup to raise money for Children in Need.

**Spotty Week!** All week we will be wearing spots - please dress your child (or yourself) in something spotty (face paint spots will do) with a donation for Children in Need.

**Pennies for Pudsey.** Bring in any spare change during the week - literally pennies! - with the aim of covering a large picture of Pudsey completely by Friday.

## ONE WAY SYSTEM AT PLAYGROUP

Please remember to follow the one way system at the beginning and end of playgroup sessions - come in through the gate nearest the main school gates and out through the gate nearest Market Square. This makes it much easier for the children to put their lunch boxes and water bottles away and for us to welcome all of them in turn.

A further plea - please use the footpaths around the car park rather than walking through the parking area.

## DEVELOPING INDEPENDENCE

Do ensure that all of your child's clothing is named for Playgroup. It can get very confusing when there are lots of similar looking coats, hats, gloves, lunch boxes etc... Help support your child to develop their skills by letting them carry/wear items into playgroup sessions, and to put them away in the correct places themselves so they know what they have to find later and where it is.

## KINETON CHRISTMAS MARKET RAFFLE

We are joining forces with Kineton Christmas Market (taking place on Friday 24 November) to sell tickets for their Grand Raffle. Tickets are available at playgroup, which will benefit from 50% of the sales made here. If you feel able to sell tickets to friends or family, please ask for extra raffle books.

## PLAYGROUP CHRISTMAS PERFORMANCE SAVE THE DATE - TUESDAY 05 DECEMBER

We are hoping to hold a special Preschool Christmas performance that all children, parents and families are welcome to join on Tuesday 05 December from 10am for about an hour. More details will be included in your invitations, but please make a note in your diaries now! All children are invited to take part, even if they do not usually attend on Tuesday mornings. If you know you will not be able to attend, please let us know, to help us with planning and logistics.

## KEEPING SAFE AND HEALTHY - TOP TIPS!

**Portion size:** Research by Paediatric Dieticians and Nutritionists show that when we feed our children larger portions, this forms an acceptance about what is an appropriate amount to eat and becomes the 'norm'. In other words, how much you offer often determines how much your child will eat - and habits learned in early life generally persist as we get older. Click the link to find out more: <https://www.infantandtoddlerforum.org/portion-sizes-table-2015>

**Social Media:** As more and more of our lives seem to move online, do continue to be Internet Aware: monitor what your children are accessing, watch out for potential frauds and scams on all platforms and be careful what you post/ share and who might read or see it. In particular be alert to anything that might identify your children and their movements. [Click here](#) to visit the UK Safer Internet Centre, with useful information to help you to ensure your children's safety online.

**Accident prevention tips:** One of the worst ways for small babies and small children to be injured is when being carried by a parent who slips or trips, so keep one hand on your baby and one hand on the bannister when going up and down stairs: [click here](#) to find out more.

**Sleep:** All individuals are different but research shows that children actually need more sleep than adults, even if it seems the other way round! Lack of sleep may make children seem hyper-excited rather than sleepy. Studies show that regular bedtime routines are paramount and that behaviour and health improves and better learning takes place after better sleep, although easier said than done. Screen lights can affect both falling asleep and the quality of sleep, so turn off televisions, computer, phones and tablets at least half an hour before sleep (or longer if you can).

## EVERY MIND MATTERS

Having good mental health can help us feel better, sleep better and support us in doing the things we want to do. Common mental health problems include: stress, anxiety, low moods, sleep problems. Click [here](#) to find out more about organisations that can help.

## HOLIDAYS AND ABSENCES

Please let us know in the morning as soon as you can if your child will be absent from any session. We are required to keep records of attendance and reasons for absence for all children for safeguarding reasons as well as for Ofsted and for Warwickshire County Council for funded sessions. Continued or frequent absences without explanation may result in your funding being withdrawn by WCC, and a demand for re-payment of the equivalent fees.

Autumn term 2023:	Monday 11 September to Friday 22 December 2023
Spring term 2024:	Tuesday 09 January to Friday 22 March 2024
	Half term: Monday 12 to Friday 16 February 2024
Summer term 2024:	Monday 08 April to Friday 19 July 2024
	Half term: Monday 27 to Friday 31 May 2024
Autumn term 2024:	First day of term: Wednesday 04 September 2024 (tbc)

Holiday Club will run over the half terms, Easter holidays and first four weeks of the summer holidays (except bank holidays). Please ask for details.

