



Clocktower House Preschool Newsletter.

October 2019.

A message from Karen ...

Four weeks into the start of the new school year and I feel we are really finding our feet. The children have settled well and are adapting to the routines of the room, new friendships are being formed both with their peers and the adults and the children are experiencing new activities and games. All the staff are very proud with the children in their first few weeks here.

What's new at Clocktower ...

This month we will be introducing 'a question of the month' poll in the hallway next to the donation tree. This will be a simple yes/no question, we would like it if you would put a token in either the yes or no glass depending on the answer (this way this remains anonymous)

We can then use this as part of our self-reflection and to help us improve our setting.

Upcoming events at Clocktower ...

3rd October – School photos – This year's theme is fairy's/pirates along with some Christmas photos. Siblings are welcome. Speak to staff to arrange a time.

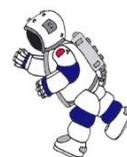
6th October – Grandparents Day.

7th October – World Space Week – Many activities and experiments to help us explore Space.

7th October – Dussehra – A Hindu festival rejoicing the triumph of goodness over evil. Celebrated by music, dancing and crafts.

25th October – Stay and Play – Families are invited in to join us in at 10.30 am and 2.00 pm.

27th October – Diwali – The festival of Light. 28th October – Half term for one week.

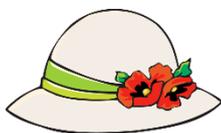


Reminders for Clocktower ...

- **Food** - Please remember that a child's stomach is the size of their fist. Please think about this when packing their food. If they are here for a 3-hour session, a piece of fruit or veg, cheese or a yoghurt is enough to see them through. Children staying for lunch should include a little more e.g., sandwiches, pasta, salad etc. please remember to follow our policy. If you bring in something that does not comply with our policy, the item will be returned along with a note.
- **Weather** - With this ever-changing weather please remember to bring in spare clothes for your child to change in to if they get wet outside. Welly boots are a must and slippers are optional but a great comfort.
- **Parking** - Please, please *please* do not park in our car park. This poses a huge safety risk to the families who wait there. There are three spaces at the end of our grounds (please DO NOT block people in) as well as parking at Napier Gardens car park. It is illegal to park on the side of the road, RMPs regularly patrol this area.
- **Online** – We are on Facebook (Clocktower House Preschool), on a website ([Clocktower](#)) and on Tapestry (please speak to your keyperson for help activating your account)

Donations please ...

- Any exciting, odd or interesting items you come across that could be added to our curiosity cubes are always welcomed, something that will inspire awe and wonder for the children.
- Old clothes that the children could use to dress up in, including hats, shoes, jewellery, bags, accessories etc.



Staff updates ...

Today we say goodbye to Yvonne 😞 due to family commitments and a long commute to work, she has decided to find a setting nearer to her that fits in around her busy schedule. We wish her all the luck in the world, she has great relations with all the children and staff at Clocktower, and she will be sadly missed.

We are interviewing for her position and will update you as soon as we can.

Melony and Paige from Star's have both signed up for their childcare qualifications.

Paige and Sunit have completed their paediatric first aid.

Did you know...

The care of your child's dental health starts as soon as their first tooth appears. Brushing your child's teeth should start as soon as the tooth is cut and a trip to the dentist not long after. Dental care on the NHS is free. More information can be found here <https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

A healthy diet also plays a vital part in the care of your child's teeth. This website has plenty of information on foods to eat and to avoid.

<https://www.oralb.co.uk/en-gb/oral-health/life-stages/kids/best-food-child-teeth>

 FOOD AND DRINK THAT ARE SAFE FOR TEETH	 FOOD AND DRINK THAT ARE BAD FOR TEETH
FRESH FRUIT VEGETABLES LOW FAT CHEESE BREADSTICKS LOW FAT SAVOURY CRACKERS PLAIN UNSWEETENED YOGHURT WATER MILK	SWEETS & CHOCOLATE DRIED FRUIT (E.G. RAISINS) BISCUITS & CAKE ICE CREAM CEREAL BARS FIZZY DRINKS FRUIT JUICE & SQUASH FLAVOURED YOGHURT SQUEEZABLE FOOD POUCHES SMOOTHIES

At Clocktower, we always have an open door for our families.

If there is anything you need from us, if you ever need to talk, of if you have any feedback or suggestions, we are here to listen.

Karen