

## Dear Parents/Carers

## Welcome Back

Welcome back to everyone and a special welcome to those children who are starting this half term. We hope you all enjoy your time and look forward to another successful half term.

## Fundraising

Over the last few months we have had our fashion show, school fun day and bags2school. Thanks to everyone who has given their time to these events and as usual all those that came along to support the pre-school. There seemed to be a great response from the village this year for the bags2school, almost a mountain was made in the playground. We will let you know how much we have made as soon as we receive the cheque.

Further events include the Village fete which hopefully all of you have volunteered your time to help with and then we have the Thrapston charter fair on the 26th June and the Thurning fete on the 25th July. We hope to see you all there supporting the event and of course if you can spare the time your help manning the stalls. All details can be obtained from a member of the committee.

Our end of year party this year will be a Cheeky Monkeys again and this will be on the last day of term 23rd July. Further details will be given out closer to the date.

## ***Congratulations to the staff who:***

On 22nd May in extremely hot and sunny conditions, 6 staff completed a 10 mile walk at Blenheim Palace in aid of Breast Cancer Care. We have hopefully raised over £1000 in sponsorship and would like to thank everyone who sponsored us. It is not too late if you still want to donate to this very worthwhile cause. Either speak to a member of staff or you can donate via our fundraising page at [www.justgiving.com/nanna-moonies](http://www.justgiving.com/nanna-moonies).

## ***Transfer Day***

For those of you who don't know about this, for one session on Thursday 19th July, every child who is due to change school/year group in September will be going to that new school/class to see what it is like and to be introduced to their teacher and fellow students. So whether your child is going to Aldwinkle, Titchmarsh or Thrapston it all happens on the same day. Further details will be given out closer to the date.

## ***Sports Day***

This year due to the building work which is due to start at the primary school we will be holding the event at the Pavillion on Monday 5th July. All children will need to meet there in the morning for a fun time racing and playing and then watching their parents and teachers make fun of themselves.

All are welcome so please invite grandparents etc and refreshments of tea and coffee will be available for a small charge. Everyone is a winner on the day and rosettes will be given out to all who take part.

## ***Teddy Bears Picnic***

Every year all those children who are going up to Titchmarsh primary school are invited by Mrs Milton and FOTS to come and join the school for a few hours entertainment and refreshment on the school playing field. This will take place on the 15th July and you will receive your invite closer to the date. FOTS provide an entertainer for 1hr and a snack. It is held from 2-3.30pm and the parents and siblings of the new Owletts are welcome. Again further details will be given out closer to the date.

## ***Committee Members***

As you all know by now, Claire Wallace, Tarot Crick and Danielle Sharrock are resigning from the pre-school committee as their children are moving on to primary school and Tracey Levck will be stepping down to let new blood in. We are therefore in need of a treasurer, vice chair, secretary and fund raising organiser. Please if anyone can spare some time to help the pre-school as a member of the committee please let us know as soon as possible so that you can spend some time shadowing the member before they leave. Remember the pre-school cannot stay open without a full committee so it is vital that someone comes forward.

## ***Healthy Eating***

Last term we talked about the recommended guidelines of salt in a child's diet, and this term we are going to look at sugar.

Sugar:

The World Health Organisation recommends that a person's daily intake of sugar should form no more than 10% of their diet, and although children do not tend to eat sugar by the teaspoon, it is well hidden by manufacturers in products aimed at children.

An adult on a 2000 calorie a day diet should consume no more than 50g of sugar a day. A child of Pre-school age, should be consuming approximately 1000-1200 calories a day and therefore should consume approximately 25g of sugar.

A Frube pouch contains 14g of sugar.

A Muller corner crunch yoghurt with chocolate digestive balls contains 25g of sugar – that is a child's daily recommended intake of sugar in one dessert.

A fruit winder contains 6g of sugar and a packet of Tesco fruit bites contains 10g of sugar.

It is easy to see that sugar is added into many foods that we think are healthy for our children such as yoghurt's and snacks claiming to be fruit based. The only good sugar in a fruit based product is the natural sugar in a fresh piece of fruit. Manufacturers hide the sugar content in their labels. Other forms of sugar in processed foods are fructose, glucose, dextrose, maltose and hydrolysed starch.

Finally, excess sugar in a child's diet can lead to obesity, tooth decay, diabetes and in later life, premature ageing and heart disease.

## **Themes and activities**

We do not have a set theme for this half term, instead we will base the themes around what the children seem interested in and the staff observation.

As part of the structure for the day, we ask the children to bring something into pre-school which matches the categories below, so that they can talk in a group about the item and gain confidence in their abilities. The item doesn't have to be a favourite but of course these will give the child more to talk about to their friends. An example is say for the letter a, they bring in a aeroplane. Ambulance etc or it could be a teddy, character from a series, anything. Even if your child doesn't want to talk about the item they still seem to like to bring things in to show their friends. This term we will be using the theme of letters and therefore ask that your child brings something of a certain letter each week as follow

Week starting  
 7th June u  
 14th v  
 21st w & x  
 28th y & Z  
 5th July Rest of term favourite items.

**Please no war toys, action figures or heirlooms**

## Dates for your diary

Committee meeting 8th June  
 Sports Day 5th July  
 Committee meeting 13th July.  
 Teddy Bears Picnic 15th July  
 Transfer day 19th July.  
 End of year party 23rd July

### SCHOOL TERM DATES 2009-2010

<b><u>TERM 5</u></b> School Reopens Bank Holiday <i>INSET Day</i> School Closes	Monday 19 <sup>th</sup> April Monday 3 <sup>rd</sup> May <i>Tuesday 4<sup>th</sup> May</i> Friday 28 <sup>th</sup> May
<b><u>TERM 6</u></b> School Reopens School Closes	Monday 7 <sup>th</sup> June Friday 23 <sup>rd</sup> July

### **SCHOOL TERM DATES 2010-2011**

#### **TERM 1**

INSET Day Thursday 2<sup>nd</sup> September  
 INSET Day Friday 3<sup>rd</sup> September  
 School Reopens Monday 6<sup>th</sup> September  
 School Closes Friday 22<sup>nd</sup> October

#### **TERM 2**

INSET Day Monday 1<sup>st</sup> November  
 School Reopens Tuesday 2<sup>nd</sup> November  
 School Closes Friday 17<sup>th</sup> December - per-school Wed 15<sup>th</sup>?

**TERM 3 - 2011**

School Reopens Tuesday 4<sup>th</sup> January

School Closes Thursday 17<sup>th</sup> February

INSET Day Friday 18<sup>th</sup> February

**TERM 4**

School Reopens Monday 28<sup>th</sup> February

School Closes Friday 8<sup>th</sup> April

**TERM 5**

School Reopens Tuesday 26<sup>th</sup> April

Bank Holiday Monday 2<sup>nd</sup> May

School Closes Friday 27<sup>th</sup> May

**TERM 6**

School Reopens Monday 6<sup>th</sup> June

School Closes Friday 22<sup>nd</sup> July

Wednesday 1<sup>st</sup> September – INSET day disaggregated