

This week at pre-school

Dear Parents and Carers

We have had another busy week at playgroup, the children have enjoyed lots of activities about the Hungry Caterpillar, The Gruffalo and We're going on a Bear Hunt. They have played with small world, gone on a Gruffalo walk, spray painting, playing with nuts and bolts, colour sorting and much more. We have also allocated keyworkers and you should have received a message via Tapestry from your child's keyworker. If you have any questions about this then please speak to your child's keyworker or Tania when you are at the setting or alternatively via Tapestry.

Next week we will be doing activities related to our family and pets – **please don't forget to bring in photos.**



WELLIES

Wellies are essential for splashing in puddles and great for our walks. But please can we ask that children don't wear wellies to pre-school. Wellies are not appropriate footwear for their usual activities in and around the setting. If you want your child to wear wellies for walks then please bring them in their bags, making sure they have your child's name in them.



Christmas Mini Photoshoot

We are pleased to announce Snap Happy Babies are joining
Chalfront St Giles Pre-School Playgroup

on
18th November 2020

£5 Shoot fee

Minimum of 2 backdrops

View and purchase your images online within 48hours



Prices: £10x 1 image, £20 x 3 digital images, £35 a Disc of All Images, £45 a USB of All Images
Too book your child to be photographed please go to:

WWW.BOOKWHEN.COM/SNAPHAPPYBABIES

For more information contact Nicola 07710718564/ www.facebook.com/snaphappybabies

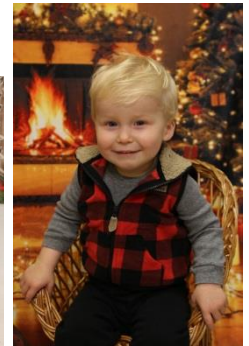
PLAYGROUP PHOTOS – Date for the diary:18th November

We are extremely lucky this year that Snap Happy Babies is joining us and will be photographing the children and siblings. To pay for your shoot please click the link below there is a small fee (part of this fee is donated to the pre-school)

www.bookwhen.com/snaphappybabies

You will find the date and book in with your child's name. If your child normally attends on 18th November staff will ensure their photos are taken during the session. If your child does not normally attend but you would like to have photos taken please

book via the link and email me (Sarah) no1germanteacher@gmail.com and you will be given a time slot. They will be taking Xmas photos and photos in playgroup uniform if you wish. You will not be disappointed, I used them last year (see photos)



Donations: Please could we ask parents to donate the following this week **kitchen roll, baby clothes, cotton wool, paper plates and pictures of the family and any pets please.** These are for activities taking place over the next two weeks. The photos need to be sent in by the 28th September. Many thanks

LUNCHBOXES

Many thanks for your co-operation; we have seen an improvement in the children's lunches this week, with less pre packed sugary items. Please have a look at the pick and mix poster on the next page for more ideas.

AGM Wednesday 21st October details and Zoom invite to follow

We will be holding our AGM (Annual General Meeting) on Wednesday 21st October 2020. As we are a charity run Playgroup we are governed by our committee who have to hold these meetings once a year at the start of the term.

This is a great opportunity to meet the trustees and ask any questions you may have. This year we will be discussing issues central to the successful running of playgroup and also presenting our accounts from the previous year.

The quorum for an Annual General Meeting shall be 30% of the members. For this purpose the membership is counted as the number of different families attending the meeting. This means we need 30% of our families to attend this meeting otherwise we cannot hold the meeting.

Please can you let us know if you are able to attend. The meeting should be no longer than 30 minutes (Zoom Invite will be sent via Tapestry).

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK

- PACKS/CUPS
- In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

SOUP (In small thermos)

- Pumpkin soup
- Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

Can serve with either:

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous.cous dishes
- Noodle dishes
- Sushi

SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

WATER 6

- Take a water bottle (for refilling throughout the day)

Tip:

- Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.



*Check your school's policy regarding the use of nuts and products containing nuts.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service:
<http://heas.health.vic.gov.au/>

FOREST SCHOOL THURSDAY 12-3PM

Don't forget to book your place via csg_playgroup@btinternet.com.

Here is a reminder of a few do's and don'ts when attending Forest School.

Outdoor Clothing

All children need to wear sensible footwear, ideally wellies, snow boots or trainers. No sandals, crocs or other open shoes to be worn during Forest School sessions.

Children to wear long trousers and long sleeves to protect their legs and arms from scratches and stings.

During cold and damp weather children should wear waterproof tops and trousers.

In winter or in wet weather please make sure that you provide suitable all-in-one waterproof and lined suits if necessary.

If it is cold, please make sure your child has thick socks for wellington boots, as these don't provide much insulation and children with cold toes aren't happy children!

Sun Hats and Sun Cream

Children to wear sun hats or caps and sun cream, during hot weather.

Change of Clothes

Please provide at least one change of clothes for your child, including socks and pants, just in case they get wet. We suggest that you leave a change of clothes in your child's bag on their peg.

MEET THE TEAM

JANE ROBERTSON EYP LEVEL 2 TRAINING IN PROGRESS



Before working at the playgroup I was a full time mummy, I have 2 boys of whom I am super proud.

Sport is a huge part of my family home and I find myself ferrying my boys to all sorts of different clubs most evenings and every weekend!

Back in the day before children I worked at a photographic agency in a sales team, this took me travelling quite a bit and I was lucky enough to visit some amazing cities around the world. In 2012 my eldest child was starting reception and I realised I wanted to be part of that journey with him, and I couldn't do that and work. So I decided to devote my time on my children. I am a firm believer that children need room to explore and make mistakes in a safe environment, to try different ways to achieve a goal, and encourage children to think for themselves and do things for themselves (there's no snowflakes round me!)

I am what some call the '10 percenters' : that is I volunteer in almost every aspect of clubs and activities that my child are part of, be it on the PTA, cricket manager, admin , event organiser (to name a few)

I love skiing, reading and rugby and socialising.

CSG PRE-SCHOOL PLAYGROUP PRESENTS OUTDOOR LEARNING THROUGH PLAY AT

CSG FOREST SCHOOL

Do you want your child to develop their self esteem and physical confidence?
Do you want them to explore nature in a woodland environment?

Forest school sessions run on a Thursday
12.00pm - 15.00pm (term time)

£23.50 per child/per session

Includes all activities, water proofs, snacks & drinks.

Limited places, pre booking essential
csg_playgroup@btinternet.com
07960 278409

Important Dates and Upcoming Events

We have lots of dates coming up and it won't be long before the Christmas fun begins 😊

AGM Wednesday 21st October details and Zoom invite to follow

Playgroup Photos - November 18th (see details above)