

## Welcome Information

### **What do you need to bring with you on your child's first session?**

All children need a coat, wellies in a non-plastic bag, a pair of soft shoes or slippers to wear inside and a change of clothes. Please put names on all articles. Please dress your child in clothes that you do not really mind getting completely messy! We use paint, glue, mud, sand, and water not to mention various cooking concoctions! We provide aprons, but exploration often takes place without them.

### **What will happen when we arrive at pre-school?**

All sessions start at 9:00am when the door will be opened and a staff member will welcome you. There will be a peg with your child's name on it so you can hang up their coat and bag.

Please help your child out of their outside shoes (if necessary).

Please stay with your child for as long as you wish. Your child's key person will be with you as soon as possible to introduce themselves (if you haven't already met!), discuss your child and support them as you say goodbye. You will be sent a form 'All about me' to complete which helps to provide information on important things like toilet training, using the same words that they do, comforters, as well as likes and dislikes.

### **Who are my child's Key Person and Buddy and what do they do?**

A list of the children's Key Person is on the Key Person board near the office. The role of Key Person is to be the 'special' person in pre-school who helps your child. They will take extra care and work to develop a bond with your child, observe their development stage, and plan for their next steps. Whilst you may talk to any member of staff, it is often useful if you try to communicate mainly with your child's Key Person. The Buddy is the other member of staff who has a close relationship with your child and is the Key Person backup.

### **Snack time**

Drinking water is always available in pre-school. Snack time runs for about an hour in the morning. Healthy snacks such as fruit, vegetables, milk, bread sticks and dried fruit are available. Children are encouraged to learn to independently wash their hands, get a plate and cup and then make their own choices about what they need and want.

### **Packed lunches**

Packed lunches are given to the children at 12:15.

Please provide your child's lunch in a clearly labelled lunch box. It is a good idea to get an insulated one to keep things cool and fresh. We are unable to refrigerate the contents of lunch boxes at the pre-school.

We provide water for children to drink. If you send juice, pure fruit juice is better than juice drinks, which contain added sugar. No fizzy drinks please.

Try to include something from each of the food groups. For example:

- Protein to stay alert (meat, cheese or fish).
- Complex carbohydrates – for energy (Wholemeal bread, pasta).
- Calcium – for growing bones and teeth (milk products).
- Fruit and Veg – for vitamins and minerals.

Try to avoid crisps, highly processed foods (cheese strings), some real fruit snacks and cereal bars, highly sugared chocolates and sweets.

Look for healthy options! Avoid too much fat, salt and sugar.

Don't put too much in their lunch box. Put in the usual amount they would eat at home. Try to include food they can open themselves, so they are able to eat lunch independently.

### **Home time**

Please try not to be late to pick up your child at the end of their session, especially in these early days as your child will be excited to see you.

Please check their drawer for letters, notices and their art masterpieces!

Pre-school sweatshirts, t-shirts and hats

If you wish to purchase a school 'uniform' please ask the staff for further details. The clothing is optional and not all children wear it. Occasionally we have a small selection of second hand clothing in pre-school please ask for details and donations are appreciated. Please remember to label clothing.

### **Snack contributions**

Pre-school does purchase food and snacks from time to time but we also ask parents for regular contributions of fruit or vegetables. This helps provide variety and ensures a healthy range. We know that it's easy to not have time to do this so cash donations are also encouraged.

### **Fees and additional voluntary contributions**

The pre-school is a registered charity run by a team of volunteers. You will be asked from time to time to help out on a session when needed. Please contact the chair or Lead Teacher for available times. Parents are also expected to support the preschool by joining the committee for at least a year of your child's time at the preschool. Please contact the chair to see how you can help.

The funds that the pre-schools get from West Berkshire and supplemental fees are not enough to cover our expenses. We currently are also asking for a minimum £35/term voluntary contribution per child to help defray costs.

### **Queries or further information**

Please contact our Pre-school Leader Cheryl Allen on 01491 875247 or [lt1streatleyhillpreschool@gmail.com](mailto:lt1streatleyhillpreschool@gmail.com).

For queries regarding your child's session, payments or local funding please contact [treasurerstreatleypreschool@gmail.com](mailto:treasurerstreatleypreschool@gmail.com).

For any other queries please contact the Pre-school Chairperson on [chairstreatleypreschool@gmail.com](mailto:chairstreatleypreschool@gmail.com).