

Stondon Stompers

Children at the heart of all we do

Welcome Back!

We hope you have all had a lovely break, we are looking forward to hearing all about the children's adventures over the summer. We will be welcoming some new Stompers this term and we will be getting to know each other during our large and small group times so please do send in any family photographs for your child to share and don't forget, 'Show and Tell' sessions take place on Mondays and Thursdays. This would be a lovely opportunity for your child to share their holidays experiences with their friends, maybe they have a special souvenir or photograph they would like to show us?



SWAT Files (Stompers Working Actively Together)

Your file is kept in the large folder box in the foyer. Here you will find any letters, notes and receipts.

Parent Information Board

This is located in the foyer and you will find lots of useful information, including details of upcoming events such as 'Stay and Play' days and fundraising events. You can find our 'Uniform Order', 'Holiday Notification' and 'Waiting List' forms here, as well as a range of information and support leaflets.

Key group planning

You can see each key group's individual planning on the white board in the foyer. Your child's Key Person will plan activities and experiences each week to promote their individual next steps. We always welcome your input into your child's learning journey so please let us know if there are any specific areas or special interests your child may have that you would like us to incorporate into our planning.

Superstars

Our 'Superstars' board is located in the foyer, this is where you can share and celebrate your child's achievements with us. Maybe they have tried a new food or learnt a new skill like fastening their own shoes. Please fill in a form so that we can celebrate and build upon their achievements.

Attendance

Please remember to let us know if your child will not be attending their session for any reason, you can call or text us on 07549 169033/01462 817055. If you need to make any ad hoc changes to your sessions please speak to a member of the team or email Angela at stompersleader@gmail.com. If you would like to make any permanent changes please email Deb at stondonstompers@live.com

End of session times

Collection times are **12.05** if your child attends the morning session only, and **3.05** if they attend the afternoon session. Please do collect promptly as this does impact significantly on other staff responsibilities. We appreciate that there may be times when you are delayed but please do try to let us know if this is the case. Unfortunately, regular late collection will incur a cost, please see our terms & conditions for more information.

Tapestry

You will find Tapestry to be very interactive and we encourage you to add your own photos and comments, we regularly look through children's journals with them and they love to revisit their past learning experiences. Please do fill in the 'All about me' section, this provides us with lots of information which helps us to ensure your child's time at preschool is responsive to their individual needs and interests.

Committee

Stompers is a registered charity and is run by a voluntary management committee, the preschool is legally required to have a management committee and without it, we could not operate. Becoming a committee member is a great way to meet new people, influence how the preschool is managed and learn new skills. There are different ways you can contribute and you can choose to give as much or as little time as you can spare. Best of all you do not need any previous experience to make a difference. If you are interested or would like to find out more, please speak to any member of staff or committee.

Parent Communication

Stompers recognises the importance of good communication with parents and carers, and we have an 'Open Door' policy; please do not hesitate to speak to a member of staff if you have any concerns or issues that you would like to discuss. We appreciate that drop off and pick up times are usually very busy times of the day but we will always do our best to arrange a time that is convenient should

Focus on.....healthy eating

At Stompers we recognise the importance of a healthy, balanced and nutritious diet for children's health and development. Our snack menus were created using the latest national guidance to ensure they contain a range of essential nutrients that children need to grow and develop. Our menus are rotated on a four weekly basis and are reviewed twice a year (children are provided with a choice of milk or water to drink with their snack and at lunch time). You can find our current weeks menu on the information board in the foyer. Don't forget to let us know if your child has any specific dietary requirements. The 'Eat better, start better' guidance advises that children's meals and snacks should include food from the following four food groups:



1. Starchy food such as bread, potatoes, rice and pasta - these foods provide carbohydrates to give your child energy.



2. Fruit and vegetables - these foods provide vitamins and minerals to help protect against illness.



3. Milk and dairy foods - these foods are a good source of calcium for strong bones and teeth.



4. Meat, fish, eggs, beans and other non-dairy sources of protein - these foods provide protein, iron and zinc to help your child grow.

If your child brings a packed lunch to preschool, you can also make sure that you are providing a healthy lunch by packing foods from these four groups. Please remember that Stompers is a nut-free preschool. Here is some useful portion guidance and ideas for each food group:

A portion of starchy food.

White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

At least one portion of fruit and/or vegetables.

Fresh, frozen, canned or dried, these all count towards 5-A-DAY

Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.

Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.

A portion of milk or dairy foods.

Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

A portion of beans, pulses, fish, eggs, meat and other proteins.

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

Desserts, cakes, biscuits and crisps: these foods are high in saturated fats, sugar and salt - too much of these foods can be harmful to health.

- Try to make desserts, puddings and cakes with fruit or milk, such as a yogurt and fruit, or rice pudding.
- Limit confectionary such as chocolate, sweets or cereal bars to help protect your child's teeth.
- Avoid salty snacks such as crisps. Replace with plain breadsticks.

Drinks: help your child to stay hydrated and to concentrate.

- Water - is the best choice.
- Milk - use whole milk (for children aged one or two) or semi-skimmed (for children aged two and over).
- Avoid - fruit juice (even diluted fruit juice).
- Avoid - squash, fizzy drinks and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

You can find more information and some great healthy lunchbox ideas online at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>