The Northern Lights Pre-School

"Committed to safeguarding and promoting the welfare of children and young people".

Breakfast Benefits

A healthy breakfast is important to start the preschool day. Breakfast is a great way to give the body the energy it needs. Children who eat breakfast tend to eat healthier overall and are more likely to be physically active- two great ways to help maintain a healthy weight.

Skipping breakfast can make children feel hungry, tired, restless or irritable. Their mood and energy can drop by midmorning if they don't eat something for breakfast.

It is important for children to have breakfast every day. To boost nutrition, choose breakfast foods that are low in added sugar, rich in whole grains, fruits or vegetables and protein.

Eating breakfast:

- Helps children get more fibre, calcium and other important nutrients
- Helps improve memory and attention
- Can help children do better in their learning



Transport and Vehicles: Road Safety

Our pre-schoolers love activities that include playing with all types of vehicles such as cars, trucks, airplanes and more. This term's topic will be 'Transport and Vehicles'. This topic is part of their everyday lives.

They drive or walk to school, have seen or ridden on a bus, train or taken an airplane to go on vacation. Children will be encouraged to take part in various activities to further develop their interests and learn new vocabulary to develop their communication and language skills.















Traffic Lights Song to practice at home:

To support children's communication and language development, children will continue to sing and learn the regular nursery rhymes as well as road safety rhymes to further develop their vocabulary.

Traffic Lights Song

Red light, red light What do you say? I say: stop And I stop right away. Yellow light, yellow light What do you say? I say: wait

And I wait right away.

Green light, green light What do you say? I say: go And I go right away Thank you, thank you Red, yellow, green. Now I know what a traffic light means

Reminders;

Autumn Weather

Due to the change in season and weather, please ensure your child is wearing appropriate clothing for the weather. Suitable outdoor clothes and wellington boots for wet weather.

Please remember that we encourage as much outdoor and exploratory play as possible, so clothes will often get dirty. We therefore advise parents not to put children in their best attire for preschool and to send a set of spare clothes.

Absences

In case of absences, can you please contact the preschool at the beginning of the session: 01422 251925 or 07449 980734. It is very important that you inform us of your child's absence.

Safequarding

All safeguarding concerns should be reported to the Designated Safeguarding Lead, Mrs M'Linde or in her absence to the Deputy Safeguarding Lead, Mrs Shabana.

Special Education Needs and/or Disabilities (SEND):

If you have any concerns or would like to discuss your child's development. You can contact you child key person and the SEND co-ordinator, Mrs M'Linde.

Parking

Reminder to all parents to park safely when dropping or collecting your children. Please avoid parking at the entrance of preschool. It is preferable that you park your car further away and walk to preschool as it can be difficult and dangerous to manoeuvre near the preschool entrance.

Home Learning Environment:

You can support home learning by taking time out to read with them every day to enrich their educational achievement

For school readiness, please encourage your child to independently put on their coat and shoes, blow their nose, wash their hands and attend to their toileting needs.

BBC's Tiny happy People

Visit BBC's Tiny Happy People for fun activities to do at home to help develop your child's language skills.

https://www.bbc.co.uk/tiny-happy-people

Tapestry Online Journal

Reminder to take a look at what your child has been doing at preschool. And you can also share what they are up to at home and outdoors.

Daily Mile: Let's be active!

Please encourage your child to take part in the Daily Mile challenge. They can walk, run or jog with their friends.

Daily Tooth Brushing at Preschool

Children are taking part in daily tooth brushing at preschool. We will give them a sticker chart to encourage them to brush their teeth at home too.

Upcoming Events to add to your Diary:

Every Tuesday: 'Show and Tell'

Please check our 'Show and Tell' List of Items.

Thursday 4th December 2025:

For Baby room and Preschool

11:00am to 12:00pm Stay and Play session

2:15pm to 3:15pm: Stay and Play session

Parents/carers are welcome to:

- come and play with their children alongside their friends in their favourite area.
- read to their children
- Sing along using our karaoke
- Arts and crafts

Winter Fayre Event TBC

Friday 19th December 2025:

Half-term Break at the end of the session

Tuesday 6th January 2025: Preschool re-opens

Show and Tell

Every Tuesdays

'Show and Tell' is a simple speaking and listening activity that we encourage all children to take part in. This language activity helps to build effective communication and listening skills. It also encourages personal, social and emotional development, as children share their interests, home lives and experiences with their peers.

- Tuesday 4th November 2025:
 Holiday souvenirs
- Tuesday 11th November 2025:
 Something orange
- Tuesday 18th November 2025:
 Autumn arts and crafts
- Tuesday 25th November 2025:
 Bring your favourite book from home
- Tuesday 2nd December 2025:
 Something with a number
- Tuesday 9th December 2025:
 Wear your favourite pyjamas
- Tuesday 16th December 2025:
 An object that has a square/cube shape