

# The Northern Lights Pre-School

**“Committed to safeguarding and promoting the welfare of children and young people”.**

## Daily Tooth Brushing at Preschool

Children need to form good oral health habits from an early age to avoid **tooth decay**. Tooth decay is largely preventable, but it's still a serious problem among young children.

**Nearly a quarter of 5-year-olds in England have tooth decay**, affecting 3 to 4 teeth on average (2022, survey). Help us promote good oral health by: limiting the amount of free sugars children eat or drink, you should also make sure that they only have food and drinks that contain sugar at mealtimes. This is because, the more often their teeth come into contact with sugar, the more likely they will be to get tooth decay. **Children should avoid food and drinks containing free sugars before bedtime and overnight.**

Free sugars are not found in: whole fruit and vegetables, plain, unfavoured milk and yoghurt, water.

Water and milk are the only drinks to give children in regard to their oral health. Fruit juices and smoothies should not form part of a young child's daily diet.

### People Who Help Us:

Children will be learning about different occupations such as dentist, vet and optician. They will be given opportunities to role play and make sense of real-life situations. Children will be encouraged to explore and experiment while acting out with their peers.

They will take part in various activities to further develop their interests and learn new vocabulary to develop their communication and language skills.

### Winter 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 winter rhymes to further develop their vocabulary.

**I'm a Little Penguin** (Sing to the tune of 'I'm a Little Teapot'.)

1.I'm a little penguin,  
In the snow.  
I slide on my tummy,  
To and fro.

2.I eat fish,  
From the deep blue sea.  
I'm black and white,  
As you can see.

### We are from: China

To further support our children's cultural awareness and to celebrate our cultural diversity in preschool, this half-term, children will be given the opportunity to learn more about **China**. They will get involved in various cooking activities and will learn a few words in Mandarin-Chinese.

Reminders:

Winter Weather

During the winter season, all children need to be dressed appropriately for the weather. Please ensure they wear a **coat, hat, scarf and gloves or mittens** with appropriate foot wear such as boots or trainers.

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.

Safeguarding

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 your 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.

### 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.

### Let's be active!

Please encourage your child to take part in various activities to help them reach important health, learning and wellbeing milestones. You can visit 50 Things To Do website for a list of low or no cost ideas for play.

**Examples of activities:** treasure basket, making music, picnic, growing plants, bus ride, train ride, nature walk, post a letter...

<https://50thingstodo.org/>



## Upcoming Events to add to your Diary:

### Thursday 5<sup>th</sup> February 2026:

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 with your child
- Arts and crafts...

### Friday 13<sup>th</sup> February 2026: (end of session)

Half-term Break

### Monday 23<sup>rd</sup> February 2026:

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 6<sup>th</sup> January 2026:  
**A holiday souvenirs**
- ❖ Tuesday 13<sup>th</sup> January 2026:  
**Something White**
- ❖ Tuesday 20<sup>rd</sup> January 2026:  
**A box**
- ❖ Tuesday 27<sup>th</sup> January 2026:  
**Something with a number on it**
- ❖ Tuesday 3<sup>rd</sup> February 2026:  
**An item that begins with the same letter as your name**