

The Northern Lights Pre-School

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

“A secure, safe and happy childhood is important in its own right. Good parenting and high-quality early learning together provide the foundation children need to make the most of their abilities and talents as they grow up.” (EYFS)

SUNSCREEN AND SUN SAFETY



Advice for adults and children on sunscreen and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

For more information, please visit the NHS website:

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

Under the Sea

Children will learn about various sea creatures and read engaging stories such as 'The Rainbow fish' and 'There's a hole in the bottom of the sea' to support the topic. They will gain a greater understanding of the world around them. They will learn about sea life and how to look after marine life and the ocean.

Under the Sea Song to practice at home

Under The Sea (Sing to the tune of "The wheels on the bus ")		
The waves in the sea go up and down, Up and down, x2 The waves in the sea go up and down, All day long.	The fish in the sea swim round and round, Round and round, x2 The fish in the sea swim round and round, All day long.	The crabs in the sea go scuttle, pinch, Scuttle, pinch, x2 The crabs in the sea go scuttle, pinch, All day long.

We are from: Africa and Jamaica

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 **Africa** and **Jamaica**. They will learn about the landscape, make their own island, get involved in various science experiments around volcanoes, move to music and make their own musical instrument to shake and they will also take part in various cooking activities.

Reminders:

Spare Clothes

A kind reminder to send a set of spare clothes appropriate for the 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 or to send an apron for them to keep at preschool.

Absences

In case of absences, can you please contact the preschool at the beginning of the session: Call: 01422 251925 or Text: 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.

Mobile phones or cameras

For safeguarding reasons, we operate a **no mobile phones policy** at the main gate. Before entering the playground, **all mobile phones must be put away and not in use.**

Thank you for your cooperation in helping us keep all children safe.



<https://50thingstodo.org/>

50 Things To Do aims to provide inspiration for parents and carers to connect with children through a range of activities. Download the app and access a menu of exciting activities for your families.

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, blowing bubbles, arts and crafts, treasure hunt.*

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.

No chairs day

Every Friday is No Chairs Day at preschool. This initiative encourages children to stay active, explore movement, and engage in more dynamic play throughout the day.

Show and Tell

Every Tuesday

'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 2nd June 2026:
Holiday souvenirs

❖ Tuesday 9th June 2026:
Bring your favourite fruit or vegetable to share

❖ Tuesday 16th June 2026:
Summer arts and crafts

❖ Tuesday 23th June 2026:
Something to bring to the seaside

❖ Tuesday 30th June 2026:
Something with a number

❖ Tuesday 7th July 2026:
Wear your favourite summer outfit

❖ Tuesday 14th July 2026:
Something to bring to travel