

September Newsletter

Dates

Autumn 2025

Monday 8th September - 19th December (finish at 12.00pm)

Half Term Monday 27th October - Friday 31st October

INSET day (closed to children) 3rd November and 28th November

Spring 2025

Tuesday 6th January - Friday 27th March (finish at 12.00pm)

Half Term - Monday 16th February - Friday 20th February

Easter Holidays -

Monday 30th March - Monday 13th April

Summer 2025

Tuesday 14th April - Friday 17th July (12:00 finish)

Half Term - Monday 25th May - Friday 29th May 2022

This equates to 37 weeks, which is 1 week less than the funded 38 weeks. If you have any queries, please come and see us. Please note that you are not charged for bank holidays and INSET DAYS or any days that we do not claim for.

A big welcome to all of our parents and children, both our returning ones and our new ones. We hope you had a lovely holiday and made good use of the bit of good weather we had.

We have lots of exciting things happening this year and as we are always striving to improve what we offer, we have a few changes too!

Staff

Shamira Lumsden: Manager, Owner, Lead DSL, QTS

Claire Childs: Owner, Lead SENCO, QTS

Karen Cull: Deputy Manager, Deputy SENCO, Level 3 Practitioner

Joe Spence: Deputy DSL, Level 3 Practitioner

Katy Goodship: Level 3 Practitioner

Harriet Heywood: Level 3 Practitioner
Lyndsey Phillips: Level 3 Practitioner
Clare Scrivener: Level 3 Practitioner
Sarah Keeley: 1:1 SEN support

Our three golden rules

We only have 3 rules at preschool and these are what we instil in the children from the moment they walk in through the door:

1. In preschool we walk and use quiet voices.
2. Whatever we play with we put away when we are finished.
3. We use kind hands and kind voices.

Your help in this is much appreciated in reinforcing these rules.

Pictures

Please can we ask, that you provide a picture of your family that the children can bring into preschool on their first day back. These are so useful in helping to settle any children that are a bit upset and will provide a great comfort when upset.

Observations

As you may be aware our preschool uses a mixture of in the moment planning and adult led activities. This means that we mainly teach through the child's play but also introduce them to new activities and ideas. Each week each key worker will send photos and a little blog of what their key children have been up to that week. Please make sure that you are signed up to WhatsApp and we have an up to date phone number.

Topic

This term we will be concentrating on embedding our emotional regulation training which involves naming the children's emotions and helping them find ways of dealing with their emotions. This is a big

move away from our previous positive behaviour management, which rewarded good behaviour. If you would like to find out more about emotional regulation we will be happy to speak to you and could organise a parents information evening if enough people were interested.

Absences

Please be aware that by law we have to follow up any absences and will aim to do so by 10am that day. If we cannot get hold of yourself or any of the contacts on your registration form then we are legally required to ring the police on 101 and request that a welfare check is done. Please let us know if your child will be absent in order that we don't have to do this.

Forest School

We are pleased to announce that Suzanne will be returning as our Forest School leader. She is absolutely amazing and the look on the childrens faces when they make fire for the first time is priceless. It is such a valuable addition to our curriculum which is why we have made it compulsory that every 3 year old that attends on the forest school days (Wednesday and Thursday) will take part. This will begin the term after their third birthday if they turn 3 midterm The cost is £12 per week and will be added to your invoice. Please make sure that on both forest school days your child is equipped with a long sleeved top and trousers, and a jumper if it is chilly. The children who attend on both a Wednesday and Thursday will not take part on a specific day, so please be prepared for both days. Their wellie boots should already be at preschool and we will provide an all-in-one to keep them dry.

Funding codes

Please make sure that if you have a funding code, then this is renewed every 3 months, otherwise the government will not pay for the funded hours and you will be charged.

School Places

It seems so wrong to be writing about school places this early in the year but for children who will be starting school in September 2026, the time is nearly upon you to start visiting any schools that you may be interested in. All schools should offer show rounds and you can find out when these are by phoning/emailing the school. We do recommend that you go and visit all of the schools that you like in order that you get a feel for them.

Magic Moments

Please remember that any special achievements at home can be shared and celebrated with us by filling in a magic moments top hat. Perry Como then signs his accompanying tune and we give out some special stickers.

Lunches

This term we have introduced hot meals, provided to us by A Slice of Pie. There was always going to be teething problems as with any new thing that is introduced to children, however we have been blown away by how the children have reacted and the positive impact it has had upon their behaviour, especially after lunch which is now much calmer. The menu gives the children a real variety of foods, tastes and textures. All of which are salt and sugar free (except the puddings that have a maximum of 2.5 grams of sugar in) and are freshly made each day. Positive peer pressure of having everyone

eat the same thing, including the staff this week, has resulted in the majority of children at least trying something, if not everything on their plate and in some cases having second helpings.

In this initial stage, we will continue to let you know how the children get on with their food in order that you are able to gauge what they might like to eat at home. Please be assured though that our snack in the morning is substantial and adheres to the new government safeguarding and welfare requirements, and we offer a fruit snack in the afternoon too so no child will go hungry. We have attached a menu at the bottom of this newsletter so that you can see what is on offer. Next week, we are on Week 1. If you share this with your child and they say they do not like something, then we would ask that you refrain from telling them that there is an alternative option of eating when they get home (even if this is the case) as it discourages them from trying.

If you have opted to bring in a lunch box, please refer to our food and nutrition policy on what food is acceptable. Any food that does not meet the government requirements will be taken out of the lunch box and sent home. Please remember we are a nut-free setting and therefore things like peanut butter, buenos, chocolate containing nuts, pesto containing nuts etc are not permitted in the preschool.

Things to remember

Arrival

- Always be on time both at drop off and pick up. It can cause a lot of distress for a child to either be the last to be picked up or to miss out on the morning routine. If you are running late let us know. Our phone number is 07846 993052.
- Don't carry your child in, this is part of them becoming independent.

- We don't allow them to have a dummy at preschool so please don't bring them with one, otherwise we become the bad guys and they won't want to attend.
- If your child is not potty training, please put them in nappies as these are a lot quicker to change than pull-ups.
- Leave home toys at home, these tend to be put down quite quickly in the preschool and then go missing.
- Always give your child a hug and a kiss and say you will see them later, sneaking out of the door doesn't build trust and can unsettle a child. If we cannot comfort your child we will give you a ring.
- If you need to talk to a member of staff about your child or family issues, don't do it in front of them. It's amazing what they pick up!

What to bring to preschool

- Water bottle with water in or very diluted juice if your child won't drink water.
- Suitable outdoor clothing depending on weather, sun hat and sun cream already applied, wellie boots and rain coat, gloves, hat etc Always bring a coat and if possible have a waterproof in their bag. A pair of wellies should be left at Preschool. NAME EVERYTHING!
- In your black bag, your child will need two complete change of clothes that fit them and are suitable for the weather, 3 pairs of pants and socks, a spare pair of shoes, nappies, wipes if needed.

What to wear

- Clothes that your child can move easily in and undo any clasps,
- Clothes you don't mind them getting dirty in
- No big dresses, flip flops, open toed shoes, wellies, dungarees

Illness

- Please do not send your child to preschool if they are unwell, or if they were sick or had diarrhoea the night before - even if they feel better in the morning!!! They are required to be off preschool for **48** hours to recover and not spread it.
- If your child has taken Calpol before coming to preschool then you will need to take them home. Calpol can mask symptoms and a child tends to go downhill quickly as it wears off. We will send children home that have been given pain relieving medication.
- We operate a **24** hour exclusion policy after they have been sent home.
- If your child is on antibiotics or any has been prescribed medicine by the doctor they will need to be at home for the initial **24** hours of taking it to make sure that they don't have any adverse affects.
- If your child has head lice you will need to keep them off until they have had at least one treatment and killed the live lice.
- If your child has conjunctivitis you will need to keep them off until the eye is clear. Conjunctivitis is extremely contagious and because we use resources such as playdough, it can tend to spread quickly.
- If your child has chicken pox they will need to be off until **ALL** the spots have scabbed over, this usually takes at least a week.
- Please also make us aware of any accidents that your child may have had at home. Should they have any in Preschool, we will note down the details on our accident form and require you to

sign it at pick up. If they are seriously hurt or come down ill then we will contact you straight away. PLEASE ENSURE THAT YOU KEEP US INFORMED ABOUT ANY CHANGES TO YOUR EMERGENCY CONTACT PHONE NUMBERS AND KEEP YOUR MOBILE PHONES SWITCHED ON.

Finally (phew!) we are looking to, potentially have a holiday club, to run for a week or two during the Summer holiday. This would be just for preschool aged children. If this is something that you would be interested in finding out more about, please fill in the slip below and return it to us.

We are looking forward to working with you all and hope you will be very happy at Totterdown Preschool.

Best wishes

The Totterdown Team

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Iwould be interested in the summer holiday club. Y/N

How many hours a day would be useful to you?.....

What start time would be useful?

What finish time would be useful?

How many days would you use?

Would you prefer a week at the beginning of the holidays or the end or both?

Any other comments

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2025 Summer Lunch Menu july



Week One	Monday		Tuesday		Wednesday		Thursday		Friday	
RED	Lamb Ragout with Petit Pois Served With Rosemary Roast Potatoes And Seasonal Vegetables Banana And Coconut Cookie		Thai Fish Curry with Lemon Grass and Ginger Served With Basmati Rice, Baby Corn, Cauliflower, Broccoli and Fancy Peas Garlic flat bread Creamy Mango Yoghurt		Beef Hotpot Served With Crinkle Cut Carrots, Broccoli, Cauliflower, Fine Green Beans, Peas and Sweetcorn Cherry And Vanilla Slice		Pork And Apple Patties with A Tomato Dip Served With Homemade focaccia squares, Oven Baked Wedges, Peas And Corn Marmalade Cake		Spring Chicken Casserole Served With Crunchy croutons, Penne Pasta, Broccoli, Cauliflower, Carrots and Fancy Peas Dragon Fruit Swirls	
FSA Allergens	Main 1	Pudding 2.4.7.14	Main 2.5.14	Pudding 7	Main 1	Pudding 2.4.7	Main 1.2	Pudding 2.4	Main 1.2	Pudding 2.7
Green	Lentil Ragout with Petit Pois Served With Rosemary Roast Potatoes and Seasonal Vegetables Banana And Coconut Cookie		Roasted Cauliflower and Quorn Balls in A Thai Curry Sauce with Lemon Grass and Ginger Served With Basmati Rice, Baby Corn, Cauliflower, Broccoli and Fancy Peas Garlic flat bread Creamy Mango Yoghurt		Veggie Hotpot with Mixed Beans Served With Crinkle Cut Carrots, Broccoli, Cauliflower, Fine Green Beans, Peas and Sweetcorn Cherry And Vanilla Slice		Apple, Beetroot and Yellow Split Pea Patties With A Tomato Dip Served With Homemade focaccia squares, Oven Baked Wedges, Peas And Corn Marmalade Cake		Spring Vegetable and Lentil Casserole Served With Crunchy croutons Penne Pasta, Broccoli, Cauliflower, Carrots and Fancy Peas Dragon Fruit Swirls	
FSA Allergens	Main 1,4	Pudding 2.4.7.14	Main 2.4.14	Pudding 7	Main 1	Pudding 2.4.7	Main 1.2	Pudding 2.4	Main 1.2	Pudding 2.7

Foods Highlighted Indicate – Red = Protein Foods, Yellow = Starchy Foods, Green = Fruits and Vegetables, Blue = Dairy Foods, Purple = Deserts.
Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten (Wheat), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide (Allergens Are Correct At Time Of Publishing Updates Will Be Published Monthly)
 Dietary Requirements Are Subject To Whatever Dietitian Menu Is Subject To Please Contact Us On The Availability Of Ingredients - Seasonal Variations Are Used Although Substitutions May Be Made Where They Are Not Available

2. Availability Information

2025 Summer Lunch Menu july



Week Two	Monday		Tuesday		Wednesday		Thursday		Friday	
RED	Beef Sloppy Joes Served With Brown Rice, Chunky Bread And Mixed Vegetables Chocolate And Courgette Cake		Creamy Chicken Curry Served With Saga Aloo Potatoes and Spinach, Baby Corn, Cauliflower, Broccoli, Peas Oat And Cherry Crumble Cookie		Turkey Balls In A Homemade Tomato and Sweet Potato Sauce with Basil Served With Penne Pasta And Fresh Vegetables Strawberry And Lime Jelly		Fruity Lamb Stew Finished with Coriander and Lemon Served With Rice, Carrots, Sweetcorn, Cauliflower and Broccoli Homemade Jam Rolly Polly Biscuit		Homemade Fish Cakes Served With Oven Baked Potato Wedges. Homemade Baked beans Raspberry And Lemon Cupcake	
FSA Allergens	Main 1.2	Pudding 2.4.14	Main -	Pudding 2.4.7	Main 1.2	Pudding 14	Main 1.2.14	Pudding 2.7	Main 1.2.5.9.14	Pudding 2.4
Green	Lentil And Pepper Sloppy Joes Served With Brown Rice, Chunky Bread And Mixed Vegetables Chocolate And Courgette Cake		Cauliflower And Yellow Split Pea Curry Saga Aloo Potatoes and Spinach, Baby Corn, Cauliflower, Broccoli, Peas Oat And Cherry Crumble Cookie		Butternut Squash and Borlotti Bean Balls in A Homemade Tomato and Sweet Potato Sauce with Basil Served With Penne Pasta And Fresh Vegetables Strawberry And Lime Yoghurt		Fruity Quorn Stew Finished with Coriander and Lemon Served With Rice, Carrots, Sweetcorn, Cauliflower and Broccoli Homemade Jam Rolly Polly Biscuit		Homemade Courgette and Halloumi Cakes Served With Oven Baked Potato Wedges. Homemade Baked beans Raspberry And Lemon Cupcake	
FSA Allergens	Main 1.2	Pudding 2.4.14	Main 2	Pudding 2.4.7	Main 1.2	Pudding 7	Main 1.2.4.14	Pudding 2.7	Main 1.2.7.9.14	Pudding 2.4

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2025 Summer Lunch Menu july



Week Three	Monday		Tuesday		Wednesday		Thursday		Friday	
RED	Chicken And Pineapple Curry Served With Fruity Rice, Baby Corn Fine Beans and Broccoli, fancy peas Neapolitan Shortbread		Roast Breast of Turkey Served With Sweet Potato Gravy, Champ Potatoes Crinkle Cut Carrots Broccoli Cauliflower Fine Beans Peas and Corn Strawberry Cheesecake		Fish In a Parmesan and Leek Sauce Served With Parsley And Chives Braised Rice Peas and Corn Apricot Short Bread		Moroccan Beef and Apricot stew Served With Cous Cows, Crinkle Cut Carrots, Broccoli, Cauliflower, Fine Green Beans and Sweetcorn. Carrot Cake		Homemade Lamb Cobbler Served With Hassle Back Potatoes And Seasonal Vegetables Summer Berry Jelly	
FSA Allergens	Main -	Pudding 2.7	Main 1.2	Pudding 7	Main 1.2.5.7	Pudding 2.7.14	Main 14	Pudding 2.4.7	Main 1.2	Pudding 14
GREEN	Roasted Sweet Potato, Green Lentil and Pineapple Curry Served With Fruity Rice, Baby Corn Fine Beans and Broccoli fancy peas Neapolitan Shortbread		Roasted Quorn Served With Sweet Potato Gravy, Champ Potatoes Crinkle Cut Carrots Broccoli Cauliflower Fine Beans Peas and Corn Strawberry Cheesecake		Courgette And Haricot Beans In A Parmesan and Leek Sauce Served With Parsley And Chives Braised Rice Peas and Corn Apricot Short Bread		Moroccan Lentil Apricot and Roasted Broccoli Balls Served With Cous Cows, Crinkle Cut Carrots, Broccoli, Cauliflower, Fine Green Beans and Sweetcorn. Carrot Cake		Homemade Roasted Vegetable with Cannellini Beans Cobbler Served With Hassle Back Potatoes And Seasonal Vegetables Summer Berry Yoghurt	
FSA Allergens	Main 2	Pudding 2.7	Main 1.2.4	Pudding 7	Main 1.2.7	Pudding 2.7.14	Main 2.14	Pudding 2.4.7	Main 1.2	Pudding 7

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2025 Summer Lunch Menu july



Week Four	Monday		Tuesday		Wednesday		Thursday		Friday	
RED	Poached Pollock Served in Lemon and Dill Sauce. Served With Sauté Potatoes and Fish Shaped Croutons, Peas and Corn Cranberry Swirl Cake		Spanish Chicken Served With Roasted Pepper and Courgette, Vegetable Rice. Cauliflower, Broccoli Baby Corn and Fancy Peas Peach Thumb Cookies		Greek Lamb and Feta Stew Served With Cous Cows, Carrots Broccoli and Sweetcorn Pineapple Upside Down Cake		Chinese Roast Pork with Bok Choi and Peppers Served With Garlic Parsley Roast Potatoes And Seasonal Vegetables Pink Lemonade Jelly		Homemade Beef Lasagne Served With Fresh Vegetables and Garlic bread Chocolate and vanilla shortbread	
FSA Allergens	Main 1.2.5.7	Pudding 2.4	Main 1.14	Pudding 2.4	Main 1.2.7	Pudding 2.4	Main 1	Pudding 14	Main 2.7	Pudding 2.4
GREEN	Chargrilled Courgette and Pumpkin with Butter Beans in Lemon and Dill Sauce. Served With Sauté Potatoes and Fish Shaped Croutons, Peas and Corn Cranberry Swirl Cake		Spanish Quorn With Roasted Pepper and Courgette Served With Vegetable Rice. Cauliflower, Broccoli Baby Corn and Fancy Peas Peach Thumb Cookies		Greek Squash Lentil And Feta Stew Served With Cous Cows, Carrots Broccoli and Sweetcorn Pineapple Upside Down Cake		, Roasted Vegetable and Lentil Fillets with Bok Choi and Peppers Garlic Parsley Roast Potatoes And Seasonal Vegetables Watermelon Yoghurt		Homemade Red Pepper and Green Lentil Lasagne Served With Fresh Vegetables and Garlic bread Chocolate and vanilla shortbread	
FSA Allergens	Main 1.2.7	Pudding 2.4	Main 1.4.14	Pudding 2.4	Main 1.2.7	Pudding 2.4	Main 1.2	Pudding 7	Main 2.7	Pudding 2.4

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