



October Newsletter

Dates

Autumn 2025

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.

General

Wow, we can't believe we are in October already. The children have settled really well and it's lovely watching new friendships being formed. Dinners are going great, and the flavours are varied. All children are finding something they like on the plate, and desserts go in a flash. We are awaiting a new menu, but the current one was attached to the previous newsletter. If you can't find it in your inbox, check your junk and if still no joy, our website has all of the newsletters on there. 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. We have attached some ideas at the bottom of the newsletter.

Please remember we are a nut-free setting and therefore things like peanut butter, pesto containing nuts (pine nuts are fine) etc are not permitted in the preschool. Just a reminder to pack suitable spare clothes, lots of pants and socks, and a spare pair of shoes...in the event of an accident, everything goes south!

Photographs

We are still pretty low on photographs. Please can we ask, that you provide a picture of your family that they children can bring into preschool. These are so useful in helping to settle any children that are a bit upset and will provide a great talking point for our first topic which is all about me!

Key dates for your diaries

10th November: Nursery Rhyme Week (more details to follow about which rhymes we will focus on.)

14th November: Children in Need (The theme is the great SPOTacular, come wearing spots) We will not be collecting donations as our fund raising will be our Christmas Charity Fun Run.

17th- 27th November: Stay and Plays and Parents meetings A sign up sheet will be put out for this. Please bring in either some photos of your family to make a family tree with your child or pictures of them at different stages of their life so that you can make a timeline with them.

28th November: INSET day for staff, no children to attend

5th December: Last date for invoices to be fully paid

11th December: Christmas jumper day. Children are welcome to wear a Christmas jumper all week, we will not be collecting donations as our fund raising will be our Christmas Charity Fun Run.

19th December: Christmas Show and Fun Run in aid of Phylis Tuckwell Hospices (more information to follow). Last day of term. Preschool finishes at 12pm

School Places

Schools have now started giving out dates for show rounds. Attached to the end of this newsletter are dates for Shawfield and Puttenham. Take this opportunity to see as many schools as possible so you can see what suits your child.

Boris

Boris, our bear, has started his travels and will be aiming to visit as many children as possible for the weekends and holidays. If you are lucky enough to have Boris, please look after him, take photos of what you do with him and write a short blurb in his book. The children love sharing this with the group and is a great way to promote language and confidence.

Emotional Regulation

On the back of the last newsletter some parents have asked for a bit more information on the Emotional Regulation training we received. We have put together some information at the bottom of this newsletter should you wish to learn more.

Sproglets

The following information has been forwarded to us from Sproglets for your information... We are offering a reduced rate for AFTERNOON play sessions at our Playcentre.

We are a Playcentre for 0-5 year olds based at Normandy Cricket Club. Our afternoon sessions run from 12-2pm Tuesday, Wednesdays and Thursdays. They can use the password NURSERY on arrival and be charged a discounted price.

1 Adult and child £4

Additional child £2.50

Additional Adult £1.50

We are on Facebook, Instagram and TikTok if they wish to check us out. This will also show any upcoming events taking place at Sproglets.

Road closure

As you have all been made aware, there is a planned road closure from December 2nd all the way through to end of December. We are working with our local councillor to arrange a meeting to discuss this further, and to find an alternative way around it. Please bear with us whilst we explore all avenues.

Things to remember

Thank you to the parents who have registered their interest us about us having a holiday club, 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. If you are also interested in having a late pick up at 4pm, please also fill in the slip below.

Changes to term dates

Some of you may be aware that Surrey County Council have decided to implement a two week half term as of next academic year (2026-27 onwards). We have been looking at how this will impact us as a setting, and this is what we have decided, as of Autumn 2026 we will be having a two-week October half term in line with Surrey County Council. This additional week will be added onto our Summer term in 2027.

We understand that these changes may not be convenient for all families, and with this in mind we could potentially, depending on demand, host a holiday club for a limited number of children. This would be payable as it would be outside of funded hours.

Best wishes

The Totterdown Team

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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.....
.....

Iwould be interested in a late pick up. Y/N

I would be interested in an October holiday club Y/ N

Emotional Regulation

The basis of this training is that the traditional Positive Reinforcement Reward System, doesn't just reward good behaviour but can have a detrimental effect on those children that feel like they never achieve on it. The Emotional Regulation system works on children understanding both what their emotions are and why they are having them. It teaches them that all emotions are normal and fine to have but how we express them is important. There are 6 universal emotions that everyone recognises and displays. These are the 6 emotions depicted in Disney's Inside Out: Joy, Sadness, Disgust, Fear, Anger and Surprise.

There is a 6 step process of how to deal with behaviour.

1. **REDUCE THREAT:** when a child is having a melt down, their brain has perceived a threat and the Amygdala has fired up and taken control. This puts their body into a flight, fight, fawn or freeze mode, organs including the brain shut down ie stop thinking and the body is getting ready to react. Nothing you say is going to reach them until they are able to calm down and realise that they are safe. Therefore to help regulate themselves they need to be soothed, whether this is a cuddle, or a back rub etc. Whilst doing this you will be able to work out what mode they are in.
2. **REGULATE:** Model ways to help them regulate themselves this might be you taking deep breathes, giving them and you a toy to squeeze, shaking hands and wrists, moving etc, anything to release tension and calm down. As the children become more aware of their emotions they will begin to be able to do these things themselves.
3. **RECEIVE:** Label the behaviour and emotion. For example *'I can see that your fists are squeezing together, and your eyebrows are turned down and you are shouting. I wonder if you are feeling angry?'*

By phrasing it like this, it gives the child the opportunity to agree with you or to correct you with how they are feeling without feeling threatened, and also explain to you what has happened.

4. RELATE: Validate and empathise with the emotion. This shows the child that you understand what is happening to them and it is normal as everyone can feel this way sometimes. For example *'I know it can be hard when your baby brother takes your toys, I remember when I was your age and my sister used to take my favourite toy It made me feel angry.'*
5. REASON: Solve the initial problem together. Now is the time to talk to the child about what they could do next time they feel ie angry. For example *'Next time you feel angry, perhaps you could do what we have just done, as shaking your hands, squeezing a ball etc seemed to make your anger go away.'*
6. REASON: Set limits on behaviour and plan a regulation strategy. This is the important bit, letting your child know that how they reacted was not acceptable. For example *'It's not ok to hit your brother or push him, as this will make him feel sad and could hurt him, next time you feel angry you could do the things we have talked about, like and come and tells someone'.*

In Preschool, as well as using the above strategies in behavioural related situations, we will be reading lots of stories and talking about how the characters are feeling and what they could do. We will stop at a big feeling and say to the children,, *'I'm looking at the picture (of Daddy Bear) and his eyebrows are down and his hands are squeezing together, I'm wondering if he is feeling angry? What could he do to feel better?'* As the term goes on, we will be making cards that depict some of the ideas that they children have about things that people can do when they are feeling overwhelmed with emotions. These will then be displayed in the preschool so that the

children can independently use them when they need to. As time goes on the children should then start to be able to recognise how they are feeling and be able to self regulate and maybe help other to as well.

More information can be found on Emotion Coaching UK website

Lunchbox ideas

Here are just a few ideas should you be struggling.

Wholemeal Bread sandwich/roll/wrap with either cheese, egg, cream cheese, chicken, non-processed ham etc

Hummus and vegetable sticks

Boiled egg

Dips

Salad

Pasta with pesto

Tuna sweetcorn pasta

Chicken pasta

Tomato pasta

Frittata

Cooked chicken

Fruits

Greek yogurt

Popcorn crisps

Crackers

Mini egg muffins



Puttenham Church of England Infant School

Telephone: 01483 810317



SCHOOL TOURS

Is your child starting school in September 2026?
Are you looking for a welcoming and nurturing
village school?

Children thrive in the vibrant and purposeful environment.' (Early Years outstanding—Ofsted)

Tour date 1

Friday 17th
October 2025
9.30 am

Tour date 2

Friday 14th
November 2025
9.30am

Tour date 3

Tuesday 25th
November 2025
9.30am

Tour date 4

Tuesday 13th
January 2026
9.30am

Puttenham Church of England Infant School is a one form entry Christian school, offering children aged 4 to 7 a happy and successful start to their educational journey. We have a nurturing approach and our dedicated staff know and care about each child, ensuring they feel safe and secure. We have been at the heart of the village of Puttenham for over a century and take pride in our strong community links. Although we are a village school, we are delighted to welcome children from Guildford, Godalming, Tongham, Ash and the surrounding areas.

Contact us to book a space on one of our school tours

Puttenham Church of England Infant School, School Lane, Puttenham, Guildford GU3 1AS

Telephone: 01483 810317 : email: info@puttenham.surrev.sch.uk



SHAWFIELD PRIMARY SCHOOL
Ash
GU12 6SX

**Parents of Children
Born between
1st September 2021 and 31st August 2022**

If your child is due to start primary school in September 2026
you will need to apply for a school place between
3rd November 2025 and 15th January 2026.

We would like to invite you for a school tour and our
open mornings are on the following dates.
Please telephone the school office on 01252 320379 or email
info@shawfield.surrey.sch.uk to book your visit:-

Thursday 2nd October @ 9.30am
Tuesday 7th October @ 10am
Monday 13th October @ 10am
Tuesday 21st October @ 10am
Friday 7th November @ 10am
Thursday 20th November @ 10am
Tuesday 25th November @ 10am

Your children that would be starting are welcome, but as we will be
touring working classrooms, please could you explain to them they
must be quiet and walk around during the visit so as not to disturb
the other children. Younger children and buggies are difficult to
accommodate and detract from the purposes of the visit for others.