



September Newsletter

Dates

Autumn 2026

Thursday 3rd September - 18th December (finish at 12.00pm)

Half Term - Monday 19th October - Friday 30th October

INSET day (closed to children) 30th November

Spring 2027

Monday 4th January - Thursday 25th March (finish at 12.00pm)

Half Term - Monday 15th February - Friday 19th February

Summer 2027

Monday 12th April - Wednesday 21st July (12:00 finish)

Half Term - Monday 31st May - Friday 4th June

This equates to 37 weeks and 3 days, which is 2 days 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.

Brace yourselves this is a long newsletter but full of important information!

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 very hot 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

Claire B: Room Manager, Level 3 Practitioner

Joe Spence: Deputy DSL, Level 3 Practitioner

Katy Goodship: Level 3 Practitioner

Harriet Heywood: Level 3 Practitioner

Clare Scrivener: Level 3 Practitioner

Romany Birch: Level 2 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.

Breakfast Club

This year we are introducing a Breakfast Club for our 3 year olds on a Tuesday, Wednesday and Thursday morning from 8:00-9:00am. This is not covered by funding and costs £10. We will also provide a breakfast of cereal, toast and fruit with a glass of milk.

Snacks

Each day we will provide a morning and afternoon snack for the children. Our morning snack comprises of a dairy item, a crunchy item and a piece of fruit given with either a cup of water or a cup of milk. If your child cannot have dairy items please make us aware and if you give your child alternative milk at home then please can you name and bring some in for them to have at Preschool. Our afternoon snack tends to be a piece of fruit with a drink.

Pictures

Please can we ask, that you provide a picture of your family that the 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!

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. If you would like to find out more about emotional regulation we will be happy to speak to you. We will also concentrate on embedding routines and our golden rules and will start to look at our topic 'All about me'. This ties in very nicely with our Think Equal activities that we do each week that focus on increasing the children's self-esteem and confidence and helping them to understand and appreciate our similarities and differences. Each week we will send home some Think Equal activities that you can do at home if you wish.

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. The cost is £12 per week and will be added to your invoice. Please make sure that on a forest school day your child is equipped with a long sleeved top and trousers, and a jumper if it is chilly. Their wellie boots should already be at preschool and we will provide an all-in-one to keep them dry.

Funding codes and forms

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.

All funding forms need to be in by **Friday 11th September**.

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. At the end of this newsletter we have put together some questions that you may like to ask.

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!

Volunteers

We are always looking for volunteers to come in and be a mystery reader to the children at home time. If you would like us to put you on a list then please let us know. We will start this once all children have settled.

Boris

Boris the bear is our special bear that gets to go home with a child each week. If you are lucky enough to get Boris, then we ask that you take some pictures of Boris' time with you and write a little caption to go with them in our Boris Book. Then once you return Boris the following week, your child is able to talk to their friends about what they have done with him. We aim for each child to get a turn with Boris during the year.

Library Books

We offer a library system for the children to choose and take home a book each week to share with you. There is no time limit on how long you have to keep it before changing it again but a week is usually a recommended time frame. Try doing different activities with the book ie the first night you could just read it. The second night you could spend more time discussing what you can see in the

pictures, the third night you could talk about the different characters in the book, the fourth night you could try missing out words and see if your child can fill them in, the fifth night your child could try to retell the story using the pictures for clues. All of these activities help your child to develop the different skills they need to help them when they get to school.

Lunches

Hot meals are provided to us by A Slice of Pie. 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.

We have attached a sample menu at the bottom of this newsletter so that you can see what is on offer. 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. Please remember we are a nut-free setting and therefore things like peanut butter, Kinder 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.

- There is no need to ring the doorbell at popular pick up times ie 12.00pm and 3.00pm as we will automatically open the door. By ringing the doorbell, it disrupts anything that is happening ie a story and can result in children becoming upset if it is not their time to leave. If however, you have to pick up early then ringing the doorbell is fine.
- Don't carry your child in, this is part of them becoming independent.
- We don't allow children 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 and share 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 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 forward to working with you all and hope you will be very happy at Totterdown Preschool.

Best wishes

Totterdown Team

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)**

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Before	Olive Focaccia FSA 2.14	Why did the apple go to the doctor? Because it wasn't peeling well	Watermelon Wedges FSA -	What's a corns favourite music? Pop	Cucumber And Mint Salad FAS -
	Main	Roasted Garlic Chicken with Peppers and Basil Served With Cous Cous, Broccoli, Baby Spinach and Garden Peas	Roasted Gammon Served With Buttered New Potatoes, Seasonal Vegetables and A Creamy Parsley Sauce	Creamy Coconut Pollock and Butternut squash Chowder Served With Pasta, Peas and Corn	Beef Chilli Con Carne Served With Brown Basmati Rice, Broccoli, Carrots and Sweetcorn	Lamb Keema Finished with Fresh Coriander Served With Saag aloo, Broccoli, Cauliflower, Green Beans, Baby Corn and Fancy Peas
	After	The oldest known Olive tree is located in Crete and estimated to be over 3000 years old	Pineapple and coconut jelly FSA 14	Packed with protein and omega-3 fatty acids, pollock supports a healthy heart and brain function	Strawberry shortcake FSA 2.4.7	Broccoli is a great source of dietary fibre, vitamin C, K, and several other nutrients
FSA Allergens		1.2.14	1.2.14	1.2.5	2.4	1
Green	Before	Olive Focaccia FSA 2.14	Why did the apple go to the doctor? Because it wasn't peeling well	Watermelon Wedges FSA -	What's a corns favourite music? Pop	Cucumber And Mint Salad FSA -
	Main	Courgette And Beetroot Fillets in A Roasted Garlic and Basil Sauce Served With Cous Cous, Broccoli, Baby Spinach and Garden Peas	Roast Quorn Served With Buttered New Potatoes, Seasonal Vegetables and A Creamy Parsley Sauce	Roasted Cauliflower and Pepper Balls in A Creamy Coconut and Butternut squash Chowder Served With Pasta, Peas and Corn	Mixed Bean Chilli Con Carne Served With Brown Basmati Rice, Broccoli, Carrots and Sweetcorn	Split Pea Keema Finished with Fresh Coriander Served With Saag aloo, Broccoli, Cauliflower, Green Beans, Baby Corn and Fancy Peas
	After	The oldest known Olive tree is located in Crete and estimated to be over 3000 years old	Pineapple with Greek Yoghurt FSA 7.14	Packed with protein and omega-3 fatty acids, pollock supports a healthy heart and brain function	Strawberry shortcake FSA 2.4.7	Broccoli is a great source of dietary fibre, vitamin C, K, and several other nutrients
FSA Allergens		1.2.14	1.2.4.7	1.2	2.4	1.2

Foods Highlighted Indicate – Red = Protein Foods, Yellow = Starchy Foods, Green = Fruits and Vegetables, Blue = Dairy Foods, Purple = After Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(NaCl), 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 Catered For Wherever Possible. Menu Is Subject To Change Depending on The Availability of Ingredients; Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.	
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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
RED	Before	What kind of fish only swims at night? A starfish	Cheese And Chive Pinwheel FSA 2.4	Apricots are a part of the Rosaceae family, which also includes peaches, plums and cherries	A turkey is not just for Christmas	The first pineapple was brought back to Europe by Christopher Columbus in 1493
	Main	Poached Pollock Served in A Sweet Potato Florentine Sauce Served With Baby Potatoes, Broccoli and Sweetcorn	Chicken, Leek, Spring Onion and Sweetcorn Summer Stew Served With Rice, Carrots and Peas	Apricot Braised Lamb tagine Served With Zingy Lemon Cous Cous, Broccoli, Baby Corn, Green Beans and Carrots	Roast Turkey with Sweet Potato Gravy Served With Roast Potatoes, Seasonal Vegetables	Homemade Beef Lasagne Served With Focaccia Bread, Peas and Corn
	After	Peach melba yoghurt FSA 7	Sweetcorn is pollinated by wind, which is why plants are usually grown close together	Banoffee cake FSA 2.4	Mango and beetroot yogurt Sugar free FSA 7	Lime and coconut cookie FSA 2.4.7
FSA Allergens		1.2.5.7.14	1.2.7	2.4.14	1.2	2.4.7.14
Green	Before	What kind of fish only swims at night? A starfish	Cheese And Chive Pinwheel FSA 2.4	Apricots are a part of the Rosaceae family, which also includes peaches, plums and cherries	A turkey is not just for Christmas	The first pineapple was brought back to Europe by Christopher Columbus in 1493
	Main	Quorn Served in A Sweet Potato Florentine Sauce Served With Baby Potatoes, Broccoli and Sweetcorn	Butter Bean, Leek, Spring Onion and Sweetcorn Summer Stew Served With Rice, Carrots and Peas	Braised Apricot Mixed Bean tagine Served With Zingy Lemon Cous Cous, Broccoli, Baby Corn, Green Beans and Carrots	Roast Vegetable Fillets with Sweet Potato Gravy Served With Roast Potatoes, Seasonal Vegetables	Homemade Lentil Lasagne Served With Focaccia Bread, Peas and Corn
	After	Peach melba yoghurt FSA 7	Sweetcorn is pollinated by wind, which is why plants are usually grown close together	Banoffee cake FSA 2.4	Mango and beetroot yogurt Sugar free FSA 7	Lime and coconut cookie FSA 2.4.7
FSA Allergens		1.2.5.7.14	1.2.7	2.4.14	1.2	2.4.7.14

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