



Locking Preschool

Claire Watters – Room Leader

Lockingpreschool1@gmail.com

Lockingpreschoolcommittee@outlook.com www.lockingpreschool.com



We are looking forward to welcoming old and new friends in September

Our Term 1 starts on Wednesday 6th September and ends Friday 20th October 2023.

Sessions times are:

Breakfast Club 8am-9am (Advance booking only)

Morning 9am-12pm

Lunch Club 12pm-1230pm

Afternoon 1230pm-330pm.

The team are very excited to see everyone!

Meet the team:



Claire



Sarah



Nicky



Amelia



Wendy



Jules

We will be welcoming a 2nd Room Leader to the team in September along with another Keyperson.

The importance of healthy eating for young children

Eating habits are developed early in life.



A healthy, balanced diet and regular exercise are essential for young children's health and wellbeing.



What is a healthy balanced diet?

Young children need a healthy, balanced diet based on the four food groups, which provide the nutrients to help them grow and develop.

The four food groups:

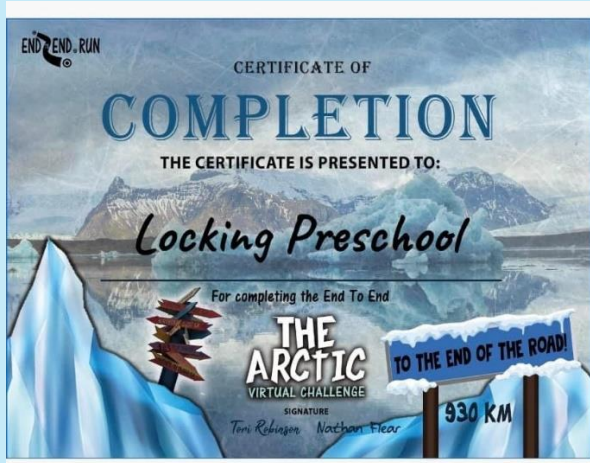
1. Potatoes, bread, rice, cereals and other starchy carbohydrates
2. Fruit and vegetables
3. Beans, pulses, fish, eggs, meat and other proteins
4. Dairy and alternatives

Almost one in four children are overweight or obese before they start school. Obese children are more likely to become obese adults, who are more likely to develop a range of health issues.

Example menus for early years settings in England can be found www.gov.uk

HM Government

If your child is staying for Lunch Club please provide them with a healthy packed lunch. As a setting we promote healthy eating and ask that you provide a selection of fruit and/or vegetables. Please be aware we are a NUT FREE SETTING



Congratulations to all staff and children who took part in our Arctic Challenge. We walked and ran 577 miles collectively. We are very lucky to have access to large areas of outside space which makes challenges like this possible. We promote healthy exercise within our setting.



Our Little Library was a huge hit with our children and parents/carers last year. We will be bringing the Little Library back in September even BIGGER and BETTER than before with a new home! Please speak to a member of the team in September for more information.

The more that you read,
The more things you will know.

The more that you learn,
The more places you'll go

- Dr Seuss



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:

6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert

Konstantina Moustaka is a professional development and EYFSP coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 15 years.



NOS National Online Safety
#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/children/children-media-use-017-2018/children-media-use-017-2018-report-2022.pdf>