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| **Contact details.**  Tel. 01275 390947 Mobile: 07467 513997  Manager Brampton & Hilltop: Sarah Bailey  [manager@portisheadpreschool.co.uk](mailto:manager@portisheadpreschool.co.uk)  Business administrator: Christine Hunter  [administrator@portisheadpreschool.co.uk](mailto:administrator@portisheadpreschool.co.uk)  Deputy/Safeguarding officer/pre-school assistant: Claire Godby  Health & Safety/pre-school assistant:  Joanna Gill  Pre-school assistants: Christine Hunter, Zoe Clarke  Kirsty-Ann Sweeney (Maternity leave) | We are already through our first week of term 5,  and what a busy week it has been so far!  The children were very excited to tell the team about their Easter holidays and see the butterflies emerge from their cocoons at Hilltop earlier in the week.  We have transplanted our vegetable seedlings, planted some herbs, and begun discussing healthy eating and the importance of looking after our teeth. Please see the planning following on from this newsletter with further information.  Polite request: When collecting your child at the end of the day, can you please arrive for 3:00pm or 3:30pm to enable groups of children to be brought down to the gate. Many thanks for your support with this 😊 | **Consumable donation**  We ask for a consumable donation of **£9.00** each term, to enable us to purchase food for daily snacktime, ingredients for baking and craft resources. This charge is not currently mandatory; however, we are a registered charity and without receiving this donation, we would be unable to offer this service to the children and provide such a high range of activities.  This can be paid directly into the pre-school account using the reference ‘**Snack**’ or by cash directly to the setting. Thank you.  **Account name: Portishead Pre-school**  **Sort code: 08-92-99**  **Account number:67202728** |
| **Toy donations**  We fundraise through-out the year to purchase resources for the children and we also accept donations.  If you have any toys or games in as new/ good condition that you would like to donate to the  pre-school, please email Sarah:  [manager@portisheadpre-school.co.uk](mailto:manager@portisheadpre-school.co.uk)  **School places**  Can you please inform the team which school your child has been allocated for September.  **Pre-school places**  If you have not booked your session from September at pre-school, or knows someone who needs a place can you please email Sarah:  manager@portisheadpreschool.co.uk  as soon as possible or pass on the details of the setting. | **Concept Photography**  Will be at Pre-school on Friday 5th May (Morning)  If your child attends pre-school on this session, they will have their photograph taken although there is no obligation to buy.  If your child does not attend pre-school on a Friday morning and you would like to book a time to have photos taken, please email Sarah:  [manager@portisheadpreschool.co.uk](mailto:manager@portisheadpreschool.co.uk)  **Annual sponsor**  Between 9th-12th May is our annual sponsor week.  All the children will have the opportunity to participate in an obstacle course based on Julia Donaldson books.  Look out for sponsor form that will be sent home soon. | **Reminder**  We do not open on bank holidays and just wanted to remind you due to the King’s coronation, pre-school will be closed on Monday 8th May.  King Charles Iii Coronation Stock Illustrations – 106 King Charles Iii ...  **Easter raffle winner**  Congratulations to winning ticket 0005 who won the raffle and congratulations to Sophie for being chosen  For her Easter egg colouring picture used for the Easter trail.  I hope you enjoy your chocolate egg from the  pre-school committee. |

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| **PERSONAL, SOCIAL & EMOTIONAL**  **DEVELOPMENT** | **COMMUNICATION & LANGUAGE** | **PHYSICAL DEVEOPMENT** | **LITERACY** |
| Be increasingly independent in meeting their own care needs, e.g., brushing teeth, using the toilet, washing, and drying their hands thoroughly.  Make healthy choices about food, drink, and toothbrushing.  Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. | Be able to express a point of view and to debate when they disagree with an adult or a friend, using words as well as actions. Start a conversation with an adult or a friend and continue it for many turns. Use talk to organise themselves and their play: “Let’s go on a bus... you sit there...  I’ll be the driver.”  Know many rhymes, be able to talk about familiar books, and be able to tell a long story. Sing a large repertoire of songs.  Sing National anthem.  God save our gracious King,  Long live our noble King,  God save the King,  Send him victorious,  Happy and glorious,  Long to reign over us,  God save the King | Continue to develop their movement, balancing, riding (scooters, trikes, and bikes) and ball skills.  Go up steps and stairs, or climb up apparatus, using alternate feet.  Use large-muscle movements to wave flags and streamers, paint and make marks.  Show a preference for a dominant hand.  Annual physical sponsor 9th- 12th May (fundraiser)Based on Julia Donaldson books.  Start taking part in some group activities which they make up for themselves, or in teams.  Use one-handed tools and equipment, for example, making snips in paper with scissors.  Use a comfortable grip with good control when holding pens and pencils. | Develop their phonological awareness, so that they can spot and suggest rhymes, count, or clap syllables in a word, recognise words with the same initial sound, such as money and mother. Write some or all their name. Show children how sentences start with capital letters and end with full stops. Explain the idea of a ‘word’ to children, pointing out how some words are longer than others and how there is always a space before and after a word.  **Stories**  The selfish crocodile/Topsy and Tim go to the dentist/The tooth brushing badge/Olivers vegetables/The Enormous Turnip/Recycling fun.  **Previous poetry**  Chop, Chop/Breezy weather/Pointy Hat  I can build a snowman/Mrs Bluebird  Hungry Birdies/A little Seed |
| Tuesday 2nd - Friday 5th May  Discuss with Kings Coronation and what will happen.  Make flags, crowns, bunting,  Build castles-Junk modelling.  Have tea party snack with the children.  Write a letter to the King.  Friday 5th -CONCEPT PHOTOGRAPHY (AM) |
| **MATHEMATICS** | **UNDERSTANDING THE WORLD** | **EXPRESSIVE ARTS AND DESIGN** | **POETRY BASKET POEMS FOR TERM** |
| Link numerals and amounts: for example, showing the right number of objects to match the numeral, up to 5.  Provocation table- embed Boxes 1-5 change items to keep focused interest.  Know that the last number reached when counting a small set of objects tells you how many there are in total (‘cardinal principle’)  Compare quantities using language: ‘more than’, ‘fewer than’.  Extend and create ABAB patterns – stick, leaf, stick, leaf.  Talk about and identify the patterns around them. For example: stripes on clothes, designs on rugs and wallpaper. Use informal language like ‘pointy,’ ‘spotty,’ ‘blobs’, etc. | Begin to understand the need to respect and care for the natural environment and all living things.  Recycle packaging.  Plant vegetables and care for growing plants  In garden and greenhouse.  Begin to understand healthy eating choices.  (Teeth friendly)  Health eating plate  [The Eatwell Guide - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)  [Healthier Families - Home - NHS (www.nhs.uk)](https://www.nhs.uk/healthier-families/)  Begin to understand that exercise can help to keep our bodies healthy.  Wednesday 26th April  Beep, Beep day – road safety for children  <https://youtu.be/0cV6V7SNgVw>  Create road safety practice in playground. | Wall display- Teeth healthy food choices  Brushing teeth song- (Baby shark tune)  Small soft brush, do do do do do do  Pea sized blob do do do do do do  Scrub the right do do do do do do  Scrub the left…… do do do do do do  Scrub the front…. do do do do do do  Smile and spit…….. do do do do do do.  Spotty socks song- patterns  Create closed shapes with continuous lines and begin to use these shapes to represent objects. Draw with increasing complexity and detail, such as representing a face with a circle and including details.  Begin to develop complex stories using small world equipment like animal sets, dolls, and dolls houses, etc | **5 Little Peas**  Five little peas in a pea pod pressed.  One grew. Two grew.  So did all the rest.  They grew, and they grew,  And they did not stop,  Until one day the pod went POP!  **I Have a Little Frog**  I have a little frog,  His name is Tiny Tim,  I put him in the bathtub.  To see if he could swim.  He drank up all the water,  And gobbled all the soap.  And when he tried to talk,  There were bubbles in his throat.  Portishead in bloom incredible edible garden painting competition. Closing date 26.05.23 |

Dental Health A picture containing vector graphics

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This term we are looking at how to keep our bodies healthy. An important part of this is dental health. Practitioners from Hilltop and Brampton recently attended a course promoting oral health in children. Below are some interesting facts and information the team wanted to share with you.

**Brushing**

* Fluoride toothpaste should be used when teeth first appear.
* You should arrange a first visit to the dentist at this point.
* Teeth should be brushed twice a day, morning, and last thing at night, with a smear of toothpaste. The blue bristles within the centre of the brush head can be used as a guide.
* Brushing should be supervised until the age of 7 years.
* Always wait for 30minutes after eating or drinking, before brushing your teeth, as even with toothpaste, you could be spreading harmful acid from the food around.
* Spit do not rinse. This ensures the toothpaste remains on the teeth for optimum protection.
* You must use fluoride toothpaste, 1000ppm for under 3’s and 1350-1500ppm for over 3’s. This information can be found on the back of the toothpaste tube or box.
* For adults, do not use mouthwash at the same time as brushing.
* There are many ‘apps’ available to aid in the brushing of teeth, one is ‘Brush DJ,’ 2 minutes of music and fun encouragement during brushing.

**What is the best way to brush my child’s teeth?**

* Stand or sit behind and above your child, so that you can see where you are brushing and so you can support your child’s head.
* Your dentist, hygienist or therapist should be able to recommend positions and strategies.

**Sugar**

* Intake of sugar should be restricted to 3 times a day.
* Ways to reduce sugar intake include not adding sugar to breakfast cereals and avoiding cereals ladened with sugar. Fruit juices, although thought to be healthy, can contain substantial amounts of sugar. One surprising food to avoid and considered healthy is raisins! Raisins can cause more damage than chocolate, as they stick to the teeth and attack the enamel.
* Prescribed and patent medicines can contain hidden sugar, try, and opt for sugar free versions. Even when being prescribed medication, there is usually a sugar-free alternative, if you ask your GP.

**Finding help**

* If you are registered with a dentist, then they should see a child in pain, within 48 hours.
* If you are not registered or it is out of hours, your best option is to call the NHS on 111. They will best advise you on a course of action.
* Bristol Dental Hospital does not take ‘walk-ins’. They are appointment only, usually via NHS 111. You can call Bristol Dental Hospital on 0117 342 9525 (8.30am – 10.30am, Monday to Friday). Outside of this time, call 111.
* Severe pain, heavy bleeding and injuries to the face, mouth and teeth, swelling is considered an emergency.
* Finding a dentist if you are not registered is difficult at the moment and there are plans to introduce catch up clinics, however you can check if there are any dentists taking new patients here : <https://www.nhs.uk/service-search/find-a-dentist>. Unlike a doctor, you can register outside your area.
* If a child has tooth pain, it will usually subside after 2 weeks, however this must still be checked, as an infection could have entered the body.
* Some useful information about taking your child to the dentist, from BBC’s Dr Ranj can be viewed here [British Society of Paediatric Dentistry (BSPD) > Kidsvids](https://www.bspd.co.uk/Kidsvids).

**Dummies**

* Dummies can cause problems with the positioning of teeth and as we have been learning on another course, speech & language. Dummy use should be limited, and bottle use is not recommended after the age of one.
* Tips for saying goodbye to dummies include Santa, Easter Bunny, bribery(!), gift, giving to the recycling crew, or having it sewn inside a well-known brand of teddy bear, which you construct!

**SEND Help**

* Special 3-sided toothbrushes are available, for those who struggle with toothbrushing, called Dr. Barmans, they can aid brushing for not only children, but the elderly or those suffering with dementia. Another brand is Collis Curve.
* SEN children who find visiting a dentist difficult, can be referred to a specialist dentist to meet their needs, by a GP, health visitor or dentist.

We hope your children will enjoy the activities we have planned around dental health, learning how to care for their teeth and how to make healthy choices.

Thanks for reading.

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