

# Helmingham Primary School and Nursery



## Hedgehogs Preschool Class



## Information

### **Welcome to Hedgehogs!**

We look forward to getting to know you and your family. It is our goal to prepare your child to enter 'big school' and be successful! In preschool we follow the Early Years Foundation Stage curriculum and document your child's progress against this curriculum using an app which you can access and follow their time with us. Each term we upload observations, photos, and artwork for you to see. We will meet together twice a year for a parent/teacher conference to discuss goals and any questions that you may have about the classroom and your child. We are always available to meet at any other time upon request.

### **Introduction**

Here are a few guidelines to support your child's learning at our school. Please take some time to read them through with your child.

### **Our staff**

Our team are all highly qualified and experienced Early Years trained staff. We are;

### **Mrs Cross**

### **Early Years Class Teacher**



**Mrs Runarces**

**Early Years Teaching Assistant**



### **Attendance and Punctuality**

If your child is absent due to illness you need to inform the school office (on 01473 890267) as soon as possible. If your child has a necessary medical appointment during school hours, please take the appointment letter to the school office before the day of the appointment. Please note the school times for Nursery are 8.30 a.m. – 3.15 p.m. Sessions within that time are available, please contact Mrs Miller in the office to confirm these. A member of staff will be waiting to greet your child at the main school gate from 8.20am.

### **School lunches**

A healthy lunch is necessary for your child to maintain their energy and concentration levels throughout the afternoon classes. Please ensure that your child can confidently feed themselves and has breakfast each day before school. School Dinners are available and can be paid for via the Arbor App. There is a vegetarian option for your child to choose from and other dietary requirements can be catered for. Please inform staff of any additional dietary requirements such as allergies.

### **School Uniform**

In Nursery, school uniform is not compulsory but you are welcome to send your child into preschool in uniform. Uniform can be order from [www.myclothing.com](http://www.myclothing.com)

School uniform includes:

- White shirt/polo t shirt.
- Red school jumper.
- Navy trousers/skirt/tights.

Nursery additional items:

- Change of clothes
- Nappies/ wipes/ cream if applicable
- Trainers or suitable shoes for 'mile a day' and PE activities
- Weather appropriate outer wear (coat, hats, gloves)
  - A named water bottle
  - Wellies

Please ensure that all clothes are clearly named and are kept in a named bag. NOTE: We encourage independence. Please try where possible to send your child in clothes he/she can try to put on themselves. For example, zips not buttons, Velcro straps not laces.

### **Book bags**

- Children are encouraged to have a book bag for letters and work.
- Please check your child's book bag or bag every day for important notes and letters from school.
- Please help your child to take care of their book bag/ bag and empty excessive items weekly.

### **Our school routine**

In nursery our routine is flexible to the needs of your child we spend time indoors and outdoors and most often these environments are freely open to your child to explore throughout the day, however we do have set times of the day where all the children are encouraged to sit and join in with an activity as a group.

We do not expect the preschool children to sit for these groups times straight away after they have started. This takes time, encouragement and communication with your child. We hope that after they have seen how much fun group times are that they will want to join us! We usually find this does not take long. 'Pat the Cat' is definitely far too exciting to miss!!

Our routine goes a little something like this;

8.20am – 8.30am Arrive at School.

9:10am Circle time

9:30 Child initiated play (the children can access the resources both inside and outside)

10:15 Snack time

10:30 Break time

11:30 Story time

11:50 Lunch and play time in the main school

1pm Back to nursery

1-1:15pm Circle time

1:15- 2:30pm Afternoon activities (usually topic based within child- initiated play)

2:30 Snack time

3pm Story time

3:15pm Home time

In the spring term the nursery children are encouraged to take part in 'sound/ number of the week' activities for 10-15 minutes in the morning and afternoon before going off to play. This includes activities like singing, music and movement and number recognition.

We also take part in Woodland Walks on Fridays.

### **School Readiness**

#### **How to get your child ready for starting preschool;**

- Promote social skills through spending time with others.
- Build on your child's independence skills. These are just as important as academic skills! Teach them to put on their coat/ shoes/ clothes independently. Go to the toilet by themselves and if possible to clean themselves afterwards.
- Help them to recognise their own name. Knowing what their name looks like will help your child find their own peg, their bags, name label etc.
- Get a good diet and sleep routine. Ensure your child eats healthy meals at home and gets plenty of sleep.

#### **Top tips for starting preschool (for parents!)**

- Check their bag daily. Letters home often get put in children's book bags rather than straight into their hands, so have a quick check every evening to keep abreast of all the information you need about school life.
- Don't stress out about development levels. All children learn in their own time, at their own pace, and there's no place for competition over their learning and development.
- Don't throw lots of questions at your child after preschool. You are bound to want to know what your child had for lunch, who they played with and what they've been learning, but little good comes from ambushing them with 20 questions when they come out of preschool. Don't expect them to remember everything they've done; just relax and snippets will come out later.
- Put your phone away. Your child needs you to be attentive to them when you pick them up, so put your phone away and enjoy the stories they tell you, boosting their confidence by showing a real interest in their drawings, creations and conversations.
- Dress them for success. Tights and fiddly buttons can be frustrating for your child and their teacher!

- Be prepared for ups and downs. Sometimes, your child might bounce out of preschool, full of enthusiasm and energy. At others, they may seem tired, withdrawn, crotchety or sad. Try not to panic if your child seems to be struggling; getting used to preschool is a steep learning curve. Talk to us if you are concerned, but keep in mind that teething problems are completely normal.
- Bring a snack to school pick-up. Children are often starving when they come out of school. Being able to produce an energy-boosting snack can prevent many a meltdown.

**Excellent books to share with your child include;**

We're Going On A Bear Hunt, The Very Hungry Caterpillar, Peace at last, Handa's Surprise, The Gruffalo, Rosie's Walk, The Tiger Who Came To Tea, No Matter What, The Owl Who Was afraid of The Dark, Not Now Bernard, Owl Babies, Winnie The Witch, Angry Arthur, Doing The Animal Bop and All Join in.



*Dear Parent,  
 I understand that you are scared  
 to wave your child goodbye  
 and leave them in a teacher's hands  
 don't worry if you cry!  
 I'm used to weeping parents  
 It's hard to leave I know.  
 But it's time to share them (just a bit)  
 To help them learn and grow.  
 Let me reassure you  
 That I'll give your child my best  
 I'll wipe their tears, soothe their fears  
 And change their dirty vest!  
 If your darling child is full of cold  
 I'll blow their nose all day  
 Just like you, I'll care for them  
 In a special way.  
 I'll treat them like I would my own  
 I'll catch them from a fall and  
 If there is ANY problem  
 I'll be sure to tell you all.  
 It's true they'll grow to love us  
 They'll talk of school a lot  
 It doesn't mean they hate you  
 And that you should lose the plot!  
 I'll tell you a secret..  
 That when your child is here*



*They talk to me as much of you  
Of this please have no fear.  
You'll always be their parent  
Whilst teachers come and go  
To them you are their number one  
This I truly know.  
Soon you'll see some changes  
In your little girl or boy  
They'll become more independent  
And to see this, it's a joy!  
I'll teach them all I have to give  
To share, climb and to write  
But to you they safely will return  
To tuck them in at night.  
With love from,  
The Hedgehogs Team.*

Thank you for your support and I hope you and your child will enjoy their time at preschool with us.