

Worstead Pre-school & Parent, Toddler & Baby Group

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Charity Number: 1041749



October 2025 Newsletter

Message from Clare:

October already, soon be Christmas 😊

We are going to be holding our cake and craft morning to celebrate Halloween and we hope you can all make it. It's a great chance to meet other parents and for the children to show you, their preschool. There will be some committee members present, so if you wish to speak with anyone please do so. We love to hear your ideas and questions.

Friday 24th October 9am – 10am – Halloween Cake & Craft Morning. All parent/carers welcome 😊 Please note: if it is not your child's session, you will need to stay with your child. We would then like to invite all parents/carers into the village hall next door for a coffee. Again, this will be a great time to meet other parents/carers and committee members. We will also be holding a cake stall and tombola. We are looking for tombola prizes and would be very great for any donation.

Healthy habits

We are working towards our healthy teeth accreditation and the new nutrition guidance so, we would like to inform you of some of the things we can no longer have in children's lunch boxes,

Sweets – no to be in children's lunch box

No more than one sweet treat

There are lots of alternatives and we are sure you will agree it's important to install healthy habits early in life. If you wish to speak with a member of staff, please let us know. We have lots of healthy ideas. I think we all know that treats are nice to have sometimes but for obvious health reasons, not on a regular basis.

It is recommended squash and fruit drinks are kept to a minimum to help stop tooth decay, please make sure you provide water or very weak squash in children's drinks bottles. We provide children with milk and water at snack times and will only re-fill drinks bottles with water.

Choking hazards that will be removed from lunch boxes are marshmallows and popcorn as these can be difficult for children to swallow.

Fruits like grapes, blueberries and cherry tomatoes must be cut into quarters to prevent choking.

We agree its lots to remember but we work hard to help keep the children safe and these small steps play a big part.

Don't forget we are a **nut free setting** and some chocolate wraps contain nut traces. We ask you are vigilant when packing your child's lunch, as this could have a detrimental effect on someone with an allergy. Please read the ingredients information, as the allergens are usually listed in bold.

It takes 15 or more times for a person to develop a liking for a new food and often more for children so, please don't give up offering new tastes and textures to your children. People often see it as a waste of food but it doesn't have to be a big portion just a small amount, especially fruits and vegetables.

We hope you are all enjoying being back to preschool. I know we all have as it's lovely to see new friendships happening and hearing those giggles and play.

Many thanks

Clare, Bethany, Sally, Emma, Brooke, Bonnie, Karis, Lois and Anya

Message from the Committee:

Our AGM is at 6pm on Tuesday 4th November 2025. Everyone is welcome and we would love to see new faces. We are looking for new committee members to help with all the fun. If you are interested, please let us know. This is also a way of getting to know other parents/carers.

We are looking for volunteers to come and paint our doors and woodwork within the preschool. This can only be carried out whilst the preschool is closed which is weekends and after 4pm in the evenings. So, if any of our families have a handy person or painter & decorator, please contact our administrator if this is something you can help with as we would be very grateful. Please email Karen on admin@worsteadpreschool.co.uk and let her know.

DATES OF PRESCHOOL CLOSURE

22nd – 26th December 2025 - Christmas
3rd-6th April 2026 – Easter Bank Holidays
25th May 2026 – May Bank Holiday
31st August 2026 – Bank Holiday

1st January 2026 – New Years Day
4th May 2026 – May Bank Holiday
21st – 27th July 2026 – Worstead Festival

Committee

Message from Karen:

Please remember that we are open all year round so, if you wish for your child to attend, as you can use your funding for this, if you have hours left, then please email me. Please remember that if you are going to increase your child's sessions to inform me asap as our spaces are filling up and you may not be able to get the sessions you want until September 2026.

Please remember that we are unable to swap sessions. If you need additional sessions, please email me. We do have some additional sessions available.

If you have any queries, please do not hesitate to contact us.

Karen

Preschool Administrator

admin@worsteadpreschool.co.uk

Useful Links

[Is my child too ill for school? - NHS](#)

