

Newsletter May 2026

Outdoor activities

We do spend a lot of time outside with more space and larger resources the children can really enjoy being active. This can result in accidents particularly scraped knees as children wear shorts etc., as the weather improves. We feel that the benefits of this physical activity outweigh the disadvantage of potential accident, but rest assured we do monitor the equipment and children's behaviours on the large toys and in all activities. Good solid shoes/sandals are best for such energetic play outside as they allow the children to run, climb or ride bikes with better stability.

Sun protection

Please ensure your child has a sun hat for use at preschool (clearly named please) and has had sun lotion applied before coming to preschool, we will endeavour to help your child reapply sun lotion as needed during the day.

Healthy lunches

The appetites of young children vary dramatically, some will eat all the food in their lunch box, and others have little interest. This can make it hard for parents to provide healthy food for them though often smaller portions of food can be easier for them to manage, and we really encourage the children to make healthy choices at snack time and lunch time. Sometimes too much choice is difficult, and the child will just open packets but eat little of any of the contents. An idea may be to empty a packet of crisps into two tubs, so the portion is more manageable, and a packet lasts over two days. Alternatives to sandwiches such as crackers, pasta, wraps or breadsticks with cheese or meat, vegetable crudities with a dip can be fun for the children. We are encouraging the children to recycle and would like to ask parents to reduce the plastic wrappings that are used in the lunch boxes, instead using tubs or greaseproof paper. A named drink bottle is also required each day. Thank you all!

Visits to reception class and preparing for transition to school.

The visits to reception class will start after the half term break, on Thursday 4th June. We will take the group of children due to start school in September to spend time in the classroom, meeting the different adults in school and help them feel more confident and familiar with this environment ready for their start at school. We will also take the children on a Thursday into the school hall to have their lunch so that they also become familiar with this environment and see all the other school children and school lunch supervisors.

Screen time guidance for the under 5's

Digital screens are a part of modern life, but finding the right balance between screen time and other activities for young children can be tricky. That's why the department for health have created this evidence-informed guidance to support parents and carers in shaping healthy screen time habits for little brains.

Limit total screen time for young children, wherever possible.

- **Under 2 years:** Avoid screen time other than for shared activities with family that encourage bonding, interaction and conversation.
- **2-5 years:** Try to keep it to 1 hour a day. Less if possible.

What content is better content?

Young children's brains are stimulated much more easily than adults', so they need content specifically made for them.

- **Slow-paced content:** Slow-paced, predictable content is better for young brains. Fast-paced, over-stimulating social media-style videos may affect how young children learn to concentrate, so it's best to avoid them.
- **Choose safe content:** Use [parental controls](#) to block inappropriate, harmful content.
- **Avoid social media:** Social media isn't made for young brains, so it should be avoided.
- **Avoid AI:** Don't let young children use AI toys, tools or chatbots until there's more evidence on how they affect your child. This includes devices or apps such as interactive robots, smart speakers or AI chat apps.

How does my own screen use affect my child?

- **Lead by example:** Children's brains are like sponges - they'll copy your screen use habits. Be mindful of how often you use your phone around your child.
- **Being present with your child:** Spending long periods on your phone can make it harder to notice what your child is doing or feeling. Young children need attention, interaction and shared moments with their parents and carers to feel secure and supported.

When and where is okay for my child to use screens?

Set clear boundaries for when and where little brains use screens to ensure time for other activities that support their development.

- **Avoid young children using screens alone** as it reduces opportunities for social time and active play. Try watching and discussing content together with your child as it supports their development and helps you protect them from harmful content.
- **Screen-free zones:** Keep bedrooms and mealtimes free from screens. This can protect valuable family time and interaction.

Background watching: Try not to have screens on in the background particularly during family time, meals or playtime. Screens can distract from beneficial activities for your child such as social interaction and active play.

Safe Screen Swaps

- **Mealtimes:** Try swapping screens for background music, simple conversation, table games, colouring or even 'I Spy' with colours or letters.
- **Bedtimes:** Swap screens for reading bedtime stories together. Try to avoid screens for the hour before bed, as this could affect sleep.

Activities at preschool

As well as being able to view the children's activities on Tapestry, here is the link to the school website and our preschool updates page.

<https://www.kingsburyepiscopiprimary.co.uk/pre-school-updates/>

Diary dates

Last day of term - Friday 22nd May.

Return to pre-school - Tuesday 2nd June.

Visits to reception class for school starting group commence - Thursday 4th June.

Sports day - provisional date Thursday 9th July

Break up for summer holidays - Wednesday 22th July.