

Newsletter February 2026

Severe weather conditions and impact on preschool sessions.

If the school and preschool close due to severe weather this information will be posted on the school website which is updated regularly, so if you are concerned about the weather or in adverse weather conditions, please check this website (you may need to click the 'refresh' icon to get the latest news). The primary school website address is:

<https://www.kingsburyepiscopiprimary.co.uk/> or please email us on preschool@keps.school

Thank you for your patience last week when the school and preschool were closed due to flooding and unsafe travel conditions.

Settling in at preschool

Some children find separation from their parent at drop off time tricky, so we hope that by getting to know your child's interests, favourite stories, or activities we can smoothly engage them in as they transition into preschool.

We do recognise how hard it is for parents to leave their children when they are upset, so if you wish to discuss the separation anxieties faced by your child please do ask. Some children do take a long time to come to terms with separation, but tears are often short lived as they engage in play activities.

Keeping parents up to date

Not only do we share photos of activities on 'Tapestry', but we also complete a document that is a celebration of their development in a simple form looking at two areas they have achieved this term and an area for development. There is a section on the form for you to put forward your observations of your child and we really value this input from you all. You all know your children so well, and this helps us identify how we can support you and your child with the stages of development and strategies to facilitate learning. There is also a weekly update on the primary school website, <https://www.kingsburyepiscopiprimary.co.uk/pre-school-updates/>

Also follow us on Facebook <https://www.facebook.com/kingsburyepiscopipreschool>

Behaviour

Behaviour is a form of communication. Stress, sensory needs and a need for connection can shape behaviour. Simple, effective strategies that can be used every day and can help in understanding the intrinsic motivation and self-regulation for early years children.

Hitting is normal at this age. You aren't doing anything wrong, your toddler isn't bad or mean or feral, they're a toddler!

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Toddlers don't have the language, impulse control, or self-regulation tools they need just yet. When they can't say it, they show it. It is still overwhelming and frustrating it is still embarrassing. It is not something we should ignore or allow but is it developmentally appropriate.

In the moment:

- Don't have a big reaction. This can reinforce the hitting by giving our attention to what is happening, which is such a powerful reinforcer.
- Stay calm (they borrow our calm), take a deep breath, repeat a mantra, or tap your chest.
- Say what you see "You hit, hitting hurts"
- Hold the boundary "I won't let you hit" this could mean removing them from a situation or being a barrier in between siblings.

So, what should we do?

Teach self-regulation strategies when calm (*not in the heat of the moment*), keep this playful, fun and developmentally appropriate.

- Deep breathing exercises
- Reading books on emotions
- Role playing
- Model emotions, labelling emotions "I'm mad, I feel frustrated"
- Identifying triggers - what is happening before or after the hitting?
- Teach frustration phrases, "stop!" "Help me"

Get curious

- Ask yourself, "I wonder why?"
- Are they hungry, tired, sick, in sensory overload?
- Are they confused, frustrated or scared?
- Are they lacking a skill to complete a task/activity?
- Are they searching for power and control?
- Are they trying escape a task or demand?

The 'why' won't excuse the behaviour, but it will give you information on how to support them, so it stops happening.

Tell them what they CAN do: "I can't let you hit. You CAN ..."

- Say I'm mad
- Clench your fists and stomp your feet
- Clap
- Move away for a while
- Go to the cozy corner
- Punch a cushion/pillow
- Scribble really hard
- Squeeze playdough

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Practice all of these through play when everyone is calm and happy!

Offer appropriate choices throughout the day to give them a sense of power and control.

'Do you want the red cup or the blue cup?'

'Do you want to brush your teeth first or after your bath?'

'Do you want to play with the bears or read a book?'

Choices won't magically stop hitting but it does offer them safe ways to feel independent and strong and that alone, helps to reduce frustration through the day.

Your toddler is tiny, yet their emotions are bigger than their skills right now. They need teaching, modelling, and practice, not punishment. When we give toddler's strategies, we are giving them the skills they need to stop hitting. Showing empathy and staying calm is the best gift we can give them. It's meeting them where they are, supporting their needs and teaching them replacement behaviours.

External gate

Just a polite reminder to ensure that you close this gate each time you go through, thank you.

Reminders

Snack time fruit

Please provide fruit for snack that can be shared with the rest of the group, chopped up and counted, making snack time a learning opportunity as well as a social experience.

Chopping food

Some foods can be a choking hazard for young children, so we recommend chopping grapes, sausages lengthways.

Outdoor clothing and footwear

Please ensure your child has appropriate clothing, coats, hats and or gloves for outdoor activities.

Collection time

If someone different from the person who dropped off at the start of the session will be collecting your child, please let us know.

Diary dates

Last day of term - Friday 13th February

Return to preschool - Monday 23rd February