

Newsletter December 2025

Christmas craft morning

Thank you so much for coming along to this craft activity session last Friday, it was lovely to chat together and share a cuppa and a mince pie!

The children seemed to really enjoy sharing the time with their family making things together.

For further updates on the activities at preschool please follow this link to the primary school website.

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

Healthy lunch boxes

According to NHS Choices a balanced lunch box should contain vegetables or salad and a portion of fruit; a dairy item, like cheese or yoghurt; protein foods, like meat, fish, eggs or beans; and starchy foods, like bread, rice, potatoes or pasta. For further ideas about foods to put into lunch boxes visit <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> and <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

there are some tasty ideas for any family lunch box! Some children have small appetites so small portions are best. We chop up grapes, mini sausages and cherry tomatoes to reduce the risk of these foods being a choking hazard.

Children's appetites vary, a large portion of food can be off putting to a child with a small appetite, and often children get distracted and lose interest in their meal. Offering healthy foods, smaller portions and we encourage these food items first and sit together at lunch time to make the meal a social occasion.

Remember preschool is a nut free zone.

Emergency contacts

In the case of severe weather, it is imperative that we have up to date information on how to contact you all, please ensure that we have your details correctly.

It is essential that we have three contacts for each child in case of illness, school closure or accident, so if in doubt please ask to check your child's registration details.

If your child is unwell, please do let us know the reason for their absence, this is an important part of our safeguarding duty of care for all the children who attend preschool.

Old Christmas cards

These are perfect for your child to practise cutting out and using scissors, even if they are holding the scissors in two hands and making simple snips around the edges, it is a great exercise to strengthen the fine motor muscles in their hands and coordination of movement. We teach the children how to hold the scissors carefully when walking and they sit at the table when cutting out. As their coordination develops they can use the scissors in one hand, and then the motto is 'thumb up' to improve the cutting accuracy and skills.

Starting school - September 2026.

<https://beta.somerset.gov.uk/education-and-families/applying-for-a-school/apply-to-start-school-for-the-first-time/>

If your child will be aged 4 by September 2026 and is due to start school, you should apply online via the link above. If you have any queries or require a paper form, please call Somerset Direct on 0300 123 2224. Applications need to be submitted by 15th January 2026; confirmation of places will be given in spring 2026. If you would like to discuss starting school at Kingsbury Episcopi Primary school please call the office on telephone 01460 240507, or email the school office@kingsburyepiscopiprimary.co.uk

Diary dates	
19.12.26	Last day of term
6.1.26	Return to preschool (Tuesday)