

# Newsletter November 2025

## Preschool updates

Each week we post preschool updates on the primary school website,

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

There is also plenty of other information about the school on the website,

<https://www.kingsburyepiscopiprimary.co.uk/>

## Starting school - September 2026.

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

### Online applications for primary school are open.

If your child will be aged 4 by September 2026 and is due to start school, you should apply online via the link above. Applications need to be submitted by 15<sup>th</sup> January 2026. If you wish to discuss school places at Kingsbury Episcopi Primary school, please call the office on 01460 240507.

## Flu vaccine

A reminder that a nasal spray flu vaccine is free on the NHS for children aged 2 or 3 years.

Further information can be found on this NHS website

<https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/>

## Tips for healthy teeth.

- Brush twice a day with a small smear of fluoride toothpaste on the brush - including once just before bed after all food and drink is finished.
- Brush your child's teeth or supervise them brushing until they are at least 7 years old.
- Spit don't rinse after toothbrushing - rinsing washes away the fluoride that protects your children's teeth.
- Use songs, games and lots of praise to make toothbrushing fun.
- Avoid sugary drinks and snacks, especially between meals. Fruit juice and dried fruit are also best at mealtimes rather than on their own.
- Milk or water are the best drinks for young children - if you are bottle feeding, start using a free-flow beaker instead of a bottle from 6 months.
- Register your child with a dentist when their first tooth comes through and take them for regular checks.

With these points in mind, we are encouraging the children to drink only milk or water at snack times. They can of course have their personal drinks bottles at lunch time.

## **Playing is learning, fun, important, valuable and it promotes communication.**

Play is an essential part of a child's overall development. Play is as important as good nutrition, warmth and protection. Young children learn language through interactions with their parents, other family members and other children.

**Play supports behaviour:** parent-child play shows your child that you are interested in them and gives them positive attention which helps to build their self-esteem. Parent-child play allows a child to receive positive attention for things you want to encourage e.g. 'good sharing' rather than learning that if you misbehave you get attention.

**Play supports thinking skills:** playing helps a child to solve problems, test out ideas and explore their imagination, whilst exploring you can talk about what might happen next; what would happen if...; or how will that work? Open ended questions that allow the child to think and experiment without having to provide a 'correct' answer or make a response.

**Play supports language development:** play is an ideal moment for a child to hear the words that match what they are doing and the toys they are using e.g. 'you're building a tower' and talking about what is happening and what could happen next, all good for thinking and developing problem solving skills.

## **Balance bike skills**

We are supporting the children to develop the skills of balance and coordination required to be able to ride, steer and balance on these bikes along the playground at school. The physical coordination and attitude of persistence the children learn riding these bikes form great foundations for future learning of physical skills and new skills.

We do lots of activities at preschool that promote physical development and coordination, from PE with Joe Wicks, to running around the school field, dancing, climbing, walking and using playdough, simple tools such as the small hammers in the tap-a-shape, knives to chop fruit and scissors and pens for craft activities.

## **Nursery rhymes**

Using nursery rhymes and songs are great for developing speech and language skills in young children. With repetition, rhyming words, rhythm and counting these simple rhymes offer plenty of opportunity to support early literacy. How about 'getting it wrong' and let them tell you the correct line or word; 'Humpty Dumpty sat on a cushion...' Songs with actions are also great for coordination and to help your child to remember the song - such as 'The Wheels on the Bus'.

## **Christmas activities**

This year we would like to invite parents to join us in a Christmas craft activity morning with coffee/tea and mince pie, on Friday 12<sup>th</sup> December from 9am until about 10.30am. Please let us know if you would like to come along or if you have any questions.

Christmas Sparkle Day! Wear a sparkly outfit on Wednesday 17<sup>th</sup> December, we'll have dancing and Christmas games and activities on this day.

## Kingsbury Episcopi Pre-school

| Diary dates |                         |
|-------------|-------------------------|
| 12.12.25    | Christmas craft morning |
| 17.12.25    | Sparkle Day             |
| 19.12.25    | Last day of term        |
| 6.1.26      | Return to preschool     |