

Little Hearts News Round



During the month of April the children have been focusing on our topic "Kindness". We have been discussing what makes a good friend and what we can do to stay kind. The children came up with some kindness rules that they can implement in the setting.

They have also been busy exploring the outside area new seasons findings, such as bugs, different flowers and going on walks around the fields and observing how the environment has changed.

The children have been exploring the Worry Monster and have listened to the Worry Monster story. They then discussed what worries them and what they can do to help when something is bothering them.

The children have also been introduced to a fox that I "rescued" in Greece. The children decided to call her Foxy Lilly. The children will take it in turns to take her home for a few days to look after her. They've been given instructions on how to take of her and do's and don'ts. Don't worry the rules have been written in her personal diary that you will write her adventures in and add photos if possible.

How can you help at home?

Label feelings being expressed.

Label your own feelings.

Talk about their day.

Point out changes in the environment near where you live.

Hola! We have been learning our numbers; 1 Uno, 2 Dos, 3 Tres, 4 Cuatro, 5 Cinco ;and simple greetings;

Holá- Hello/ Comó Estás How are you?/
Goodbye- Adios

We have been listening to the song "Un Elefante"



"Tuna Risotto" recipe

RECIPE

- 2 tablespoons olive oil
- 1 brown onion
- 1 red pepper
- 1 clove of garlic
- 1 red onion
- 600ml chicken stock
- 300g arborio rice
- 400g tin chopped tomatoes
- Approx. 200g drained tinned tuna (2 tins)
- Salt and black pepper to taste

• **STEP 1**

Add olive oil, chopped onions, red pepper and garlic to an oven-proof pan and fry gently for 5 minutes to soften, stirring often.

• **STEP 2**

Add the rice and fry gently for 1 minute, then stir in the stock and tinned tomatoes.

• **STEP 3**

Stir in the tuna and season with salt and black pepper. Cover the pan.

• **STEP 4**

Put in a preheated oven at 200 degrees C, 180 degrees fan, gas mark 6, for 20 minutes. Stir and add a little more liquid if necessary and cook for a further 10 minutes.

Coming Up Next Month.

- Story Sacks, using props to support recall and sequencing of stories
- Sports day practise
- Writing names
- Numbers 1-10
- Developing understanding of patterns

Boredom Busters

- Make playdough together
- Junk Modelling
- Make a fort and hide out in it with a torch and your favourite toys.
- Make lemonade together, this is also great for fine motor skills

Things on in the community

CORONATION STREET PARTY SUNDAY 7TH MAY 11AM-5PM

Rhyme Time- Cranleigh Library- Every Friday 10:30-11:00

Soft Play – Cranleigh Leisure Centre

Messy Church- 2nd Sunday of the month
4pm-6pm

Toddler Praise- 10-10:40 Cranleigh
Methodist Church

Time Out Together- 10-12pm Every
Tuesday- Cranleigh Methodist Church

Dates for your Diary

- **May 2nd- 2nd Hand Uniform Sale at pick up times, uniform from £3 upwards. (CASH ONLY)**
- **May 5th- A Royal Dress Up, dress up as Royalty or in Blue, Red and White**
- **May 24th – Photographer. Children who do not attend on Wednesdays need to be for photos by 9am and collected at 11:30am. All Children who are graduating this July need to be in by 9am and collected at 11:30 if this is not their usual session.**
- **June 2nd- Italy Day- Dress up in green, white and red**
- **June 9th – Portugal Day- Dress in green, red and yellow**
- **June 16th – Fathers Day Picnic (12:00-13:30), if Dad's can not be present, someone on their behalf can attend.**

Reminders/Notices

- **NO SQUASH in water bottles, squash or juice will be emptied and replaced with water.**
- Please make sure you collect by your allocated pick up time.
- Can we ask you discourage role play at home that involves fighting, weapons and aggressiveness.
- Please make sure that if you are claiming 30 hours funding that you reconfirm your code as guided by the emails you are sent by gov.uk or you may not be able to claim for funding after your individual deadline.
- Please can we have borrowed clothes returned ASAP
- Make sure your child's bag is always stocked with spare clothes and CLEARLY LABELLED.

Food as a reward or punishment?

It is very tempting to use food as a bribe when dealing with young children. But this has many disadvantages and does not promote a **long-term healthy** relationship with food.

For example, using phrases such as “if you eat all your broccoli, you can have ice cream” sends the message that ice cream is the superior food. It develops the feeling that eating broccoli is a chore, when in fact, we need to remind ourselves that food is there for nutrition, not a treat. Food is there to keep us at an optimal health level. We need food as nourishment, it is the body’s medicine.

When providing meals, all aspects should be done so nutritionally, so if a child does not eat all their broccoli for example, the pudding should be as equally nutritional.

Food for comfort.

How many of us reach for the cookie jar, or a chocolate (or in my case doughnuts!) when we are feeling low or had a bad day? Where did this pattern stem from?

Offering treats when a child is upset or having a tantrum only develops a reliance on unhealthy foods in an emotional turmoil rather than developing the ability to self-regulate. Again, promoting a long-term unhealthy relationship with food.

The last thing a child needs is a sugar rush and crash while trying to learn to understand and regulate new and complex emotions.

We need to be giving and teaching them the skills to deal with these big feelings rather than, essentially, eating them.

Realist expectations.

Understand children’s food portions. All too often we hear “you have to finish all your food, before you can have pudding” “oh you have space for pudding, but not your dinner”

If you are offering a pudding after dinner, why would it make sense for the child to have to finish everything on their plate? This would mean that their tummies are full and then they are eating a pudding after that,

meaning they are now learning to OVER eat. We have to remember that a child's stomach is the size of their fist. Make sure you are serving up a child's size portion on their plate, this includes their pudding.

Conclusion

If a child has done something good, then reward them with something good. We are constantly teaching our children things that are good and healthy for them, so why not reward them with something healthy? If they do something good, maybe get them a new book, take them to the park, or on a special trip.

You know your child the best and so you can reward them with something that you know that they will love. Instead of giving them something to make them feel better, maybe try just spending quality time with them. Children view quality time with parents above anything else. Don't bribe them with food or material objects. Teach them that they don't need *things* or treats to help solve their pain or to calm down.

Don't use sweet treats or unhealthy foods as a bribe to eat the healthy stuff, if they are not wanting to eat what has been offered to them, research different ways to cook these foods to make it more appealing, sometimes the change to a foods texture is all it takes. Offer the foods that your child is averse to in a relaxed and experimentative way.

Useful links

<https://www.nhs.uk/healthier-families/>

<https://www.family-action.org.uk/what-we-do/children-families/change4lifeservice/>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://trainingexpress.org.uk/eatwell-plate-for-kids/>

I hope you have enjoyed reading this month's newsletter. If there is anything in particular you would like to see in it, please email your suggestions to littleheartspreschool@yahoo.com

