



November Newsletter

School applications

A reminder to apply for your child's primary school place on the gov.uk website. Applications close on the **15th January 2024** for September 2024 start. We recommend not leaving it until the last day in case of any technical problems. If you need any help with your application please just ask.

Christmas show

Our nativity show will take place at Clipston Village Hall at 10.30am on **Wednesday 20th December**. All children are invited to take part in the show, rehearsals have begun! Children who do not usually attend Stepping Stones on a Wednesday should be brought directly to the village hall for a 10.30am start. The event will last for 30 minutes approximately. After the show the committee will be organising some party games and dancing and children should bring a party packed lunch. Each child should have an adult (parent / carer) stay with them and supervise them as the staff team will not be at the party. Teas and cakes will be on sale for adults. Children should be taken home by their appropriate adult after the party. If your child usually attends Stepping Stones on a Wednesday afternoon and this is a problem please speak to Sam asap. You will receive an individual letter about your child's part and appropriate outfit next week.

Christmas cards

You should by now have the Christmas cards designed by your children. All the information from Dandy - the printing company is enclosed, orders must be made by **14th November**. The printing company will donate 10% of all purchases to Stepping Stones so not only will you get some super products you will also be supporting our fundraising efforts.

Children in Need

On the **17th November** we will be joining in with Children in Need and welcome children who attend on a Friday to come to Stepping Stones in their pyjama's on that day if they want to (do not worry if they don't want to, anything goes), a donation of £1 is recommended.

Fundraising event

Save the date! On Thursday **14th December** 2023 at 3.15 – 5.15pm we will be hosting a Christmas window event, it will be a walk around the village searching for Christmas windows then back to Stepping Stones for tea and cake and a surprise guest! More details will follow.

Outdoors

We will continue to make full use of our outdoor space daily so please send your child with appropriate shoes and coat for all weathers. As the weather gets colder, please also send your child with a hat and gloves which have their name in, we recommend cheap supermarket gloves which are thin so your child can still play in them and if they get mucky or lost it's not a disaster.

Mobile phone

Stepping Stones Pre-school has a new mobile phone number: **07716 851108**. Please save this number as we may use it to contact you in the future. You can use this to text us, for example for absences and we will be taking it to Forest school if you need to contact us whilst we are there.

Toothbrushing

With reports of tooth decay in children being at an all-time high please remember a regular teeth-cleaning routine is essential for good dental health. Follow these tips from the NHS and you can help keep your kids' teeth decay-free.

Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.



Smear of toothpaste

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Pea-sized blob of toothpaste

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.
- Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

Taking your child to the dentist

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.
- Take your child for regular [dental check-ups](#) as advised by the dentist.

Change 4 Life has changed to Healthier Families

Take a look at this website, lots of family friendly advice for healthier eating

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

Christmas post

We now have a Christmas post box, if your children want to bring in cards for their friends they are welcome to bring them and put them in the box and will distribute them. I am sure we will be making for them for each other over the coming weeks so no pressure if you don't want to.

Term dates

Autumn term second half	Tuesday 31 st October – Wednesday 20 th December 2023
Christmas break	Thursday 21 st December 2023 – Tuesday 2 nd January 2024
Spring term first half	Wednesday 3 rd January – Friday 16 th February 2024
Spring half term	Monday 19 th February – Monday 26 th February 2024
Spring term second half	Tuesday 27 th February – Thursday 28 th March 2024
Easter break	Tuesday 2 nd April – Friday 12 th April 2024
Summer term first half	Monday 15 th April – Thursday 23 rd May 2024
Summer half term	Friday 24 th May – Friday 31 st May 2024
Summer term second half	Monday 3 rd June – Friday 19 th July 2024

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