



February – 2019

www.heathcotpreschool.co.uk



Heathcot Pre-School Ltd

78 Windsor Road OL8 1RP | info@heathcotpreschool.co.uk | 0161-770-5284

Updating Contact Details & Health Information

Please find attached a form to update your contact details and any allergies or medical conditions your child may have. We will be giving out hard copies in preschool so don't worry if you can't do it on the computer. If there are no changes, you do not need to fill a form.

Make sure you provide accurate and up to date details of your child, so we are aware of it and can keep in touch immediately.

Holidays

We will next be breaking up for the half term holidays on **Friday 15th February 2019** and reopen on **Monday 25th February 2019**.

We will break up for Easter on Thursday 4th April and reopen on Wednesday 23rd April.

CHICKS FOR SPRING!!!

This spring, we are planning to give our children **A UNIQUE 10-DAY CHICK HATCHING EXPERIENCE!**

The cost of the programme is £290. If parents could kindly donate £3 each, it would be highly appreciated as it will help the children to learn in new, fun and imaginative ways.

**Deadline to pay:
Friday 15th February 2019**



Healthy Eating and Oral Health



At Heathcot we encourage children to follow our guidelines to eating healthy. Please do not pack sweets, chocolate bars, etc. in their lunchboxes and try not to put too much in their lunchbox, a small sandwich (even half), water / milk and a pudding is plenty!

'The Children's Oral Health Improvement Board' have launched their new oral health video '**Growing up with healthy teeth**'. If parents could take some time to watch the video on the link below, it will help to deal with your children's diet and toothbrushing.

<https://www.henry.org.uk/videos/healthyteeth>

Also, Liverpool Council produce some very good interactive resources on sugar content in foods and drinks and you might find useful on this link.

<http://www.savekidsfromsugar.co.uk/>



Toothbrushing programme

We will soon be holding a workshop to introduce you to the supervised toothbrushing scheme that we will be starting in preschool.

The key person will supervise children using their very own tooth brush and a fluoride toothpaste. We will also be giving out dental packs and information for you to carry this out at home to reinforce your child's toothbrushing routine and help reduce tooth decay.

