



# Pre-School Post

## Hello

The children have been busy planting bulbs and seeds and learning all about the environment needed to promote growth. The garden centre has been a lot of messy fun and learning, the mud kitchen doesn't have anything on the green

fingering children of Stockbridge pre-school. A **big** thank you to those families who donated items, enabling this learning to happen.

The welcome break in weather has also enabled us to encourage our physical skills, as we climb and balance on the trim trail encouraging core strength and upper arm/shoulder muscles ready for smaller movements. In the meadow garden bug hunts and insect finds have caused lots of intrigue and fascination, so many ladybirds we couldn't count, but watching their wings spread and take off as delicately as can be gave delight. Digging in the sand children have rescued worms and ants too.

As we move into the summer term after the holidays, please remember to apply sun protection before arriving.



*Kerry Evans*

Pre-school Manager



## Emotional Regulation

It is normal for children to express their independence and choices as they learn they too have a voice. These can be much bigger emotions if lacking sleep (see below), experiencing a challenging time (frustrations with learning, speech or being heard) as well as emotional upset from situations.

Part of their regulation is looking for your stability and reaction during times of need. "Can I get away with a bit of pester power?" "If I get my own way this time, it will work next time?" "I want..." "No!" are all common.

So what can I do.....

- 1) Remain calm – validate their feelings I can see you are cross.
- 2) Keep language to a minimum. Too much language can cause anger and frustration too.
- 3) Offer two choices, both which you are happy with. The choices are..... or .....
- 4) I can't let you do that as it is not safe.
- 5) Be consistent and don't give in.

Stay nearby and ensure you are on hand ready to share a cuddle after the episode.

## Reception year notifications

Without wishing the rest of the year away, September is creeping closer and for our oldest children, an important milestone happens on 16<sup>th</sup> April when parents receive the notifications of the school their child have been allocated for Year R. We will be watching this date carefully as schools do not get advance notification either.

Regardless of which school you are allocated, pre-school will remain your child's constant for a good few months yet and staff are here to support both you and them in the transition into their new setting. Most schools, ours included, visit the pre-schools children are coming to them from and catch up with their key workers and play with the children in a setting they are familiar with. If they don't, we will touch base with them to ensure a smooth handover.

For those joining our school, you will receive not only your confirmation email from HCC but within a few days, a letter from us with all the information and key dates for the forthcoming months. At this early stage, please celebrate yourselves but keep language about 'big school' really low key (if at all) for your little one and just start to prepare yourselves, not them – they'll only worry in advance because it's so unknown for them and we can start positively with home visits and pre-school play dates in the coming months.

My email should you need to contact [K.evans@stockbridge.hants.sch.uk](mailto:K.evans@stockbridge.hants.sch.uk)

# Sleep

Sleep is fundamental for life, growth and repair, emotional regularity, learning and memory and is essential for healthy immunity.





There have been growing concerns that lack of quality sleep is impacting children and their ability to learn as well as remain in good health.

Parents report sleep challenges and notice changes in behaviour with reports of “fizzy”, “Hyper” “wired” or more emotional outbursts and distress. The change to British summer time happens this weekend and this always has an impact too. **Children aged 3-5yrs need 10-13hrs in a 24hr period.** A little context to help understand may help when as parents we are tired too and know the impact lack of sleep can have on all the family.

## 4 stages of sleep (each night this cycle should happen 4-5 times)

Awake	Light sleep	Deep sleep	REM (rapid eye movement sleep)
Active children busy learning	Daytime naps Often can be seen with movement, muscles jerks Easily woken	This is as it says a deep sleep, children can be moved during this sleep as they are totally relaxed, blood pressure drops and children begin to heal and fight infection	Sleep moves to final stage, beginning to process learning that has happened, important for memory and health immunity.

## Good sleep schedules Top tips

<p>Eat meals an hour before as can affect the body processing</p>	<p>Spend time talking and preparing clothes for the next day. Chatting about the things your child has enjoyed from their day, what if any worries they might like to share to help their brain begins to relax and activate sleep mode</p> 	<p>Light exposure – No screen time 1 hr before bed, light increase Cortisol which is needed for alertness and prepares the body for waking. This is also why children wake more during the clocks change. TV and IPADs stimulate the brain and restrict the neurons from winding down.</p>  
<p>Form a good routine- consistent daily routines promote body patterns and ensure the body gets ready for sleep.</p> <p>Brush teeth bath/shower</p> <p>Stories, games or drawing quiet activities upstairs</p> 	<p>Last drink of water 1 hr before, avoids frequent toilet trips or bed wetting, also no sugar highs before</p>	

## When the clocks change.....

(An extra hour in bed said no parent.... ever!)

It's still so light outside and children struggle to sleep, if all the above are part of your daily consistent sleep patterns, you will find this will be easier to manage.

The reason for this is light (in the same way screen time effects our brains) disrupts sleep hormone melatonin making it harder to sleep. Light promotes our bodies to prepare for waking. Daily sleep/wake patterns are controlled by the internal clocks that align with day and night.

Good sleep patterns need time to embed and work best when maintained even during holiday times (otherwise allow plenty of time to adjust back to good sleep) Blackout blinds and curtains help to darken a room and compliment sleep routines.

