

AUTUMN TERM

Holding Hands Preschool Fortnightly Newsletter

Week Commencing Monday 22nd September 2025

A look at the past couple of weeks!

From settling to making pizza!

Take a look below to find out what we have been up to...

Sensory Room

- Sensory Play
 - *Playdough – making our own playdough, rolling, shaping, squeezing, printing and using cutters!
 - *‘Gloop’ (cornflour and water) – looking at how this amazing mixture changes from liquid to solid.
 - *‘Cloud dough’ (cornflour and conditioner) – exploring and discussing texture, stretching, snapping, rubbing and squeezing.
- Art
 - *Drawing – using crayons, pencils, chalks to make marks on paper and talking about what we have drawn together.
 - *Painting – early mark-making with various colours, watching what happens when our brush touches the paper, mixing colours.

Outside

- Garden
 - *Action Games – using hoops, balls, beanbags and collaborative games such as ‘What’s the Time Mr. Wolf?’
 - *Water play – puddle splashing, washing the toys, car wash
- Bank
 - *Climbing on the logs and practising our jumping.
 - *Exploring and investigating our ever-changing area – following the pathways, noticing small autumnal changes, finding minibeasts.
 - *Allotments – looking at what has been growing and harvesting some of our vegetables.
 - *Caring for and feeding the chickens, collecting the eggs.

Story Corner

- Our favourite action songs – ‘Open, shut them’, ‘Roly-Poly’ and ‘Five Little Monkeys’.
- Our favourite books – ‘I’m Starting Nursery’ and ‘Goat Goes to Playgroup’.

Gym

- Free-play and construction – wooden blocks, Mega Blocks, threading, magnetic shapes, farm set, train set and My Little Ponies.
- Indoor apparatus – Balance beam, climbing frames, soft play.
- Interactive Board – ‘Danny Go!’.

What’s happening over the following weeks?

- The children will continue to settle into preschool, following their recent return or their new introduction. Key people will be assigned for those who have not yet received notification of this, and we will continue to support and build bonds with all of the children.
- We will look at ideas/ topics such as ‘All About Me’ and ‘Autumn’ allowing the children to explore what these ideas mean and providing supporting activities to increase awareness of self and season.

Dates For Your Diary...

Friday 24th October 2025 –
Half Term Preschool will close for the autumn break, at the end of the afterschool session, on this date.

Friday 24th October 2025 –
Halloween Trail from 3.30-4.15pm

A small family-friendly event held towards the end of afternoon session on our last day before half-term. More details to follow.

Monday 3rd November 2025 –
Parent Feedback

Parent feedback sessions will be offered via your child’s key person. Please liaise to arrange directly. These can be held via video call, or face-to-face within the setting at a mutually convenient time.

Tuesday 4th November 2025
– Beginning of Autumn Term (2nd half)

Pre-school will re-open on this date for the second half of the autumn term, with normal operational hours.

*Please always check subsequent newsletters for updates to our key dates!

**Keep reading
on the next
page...**



Parent Pop-In Sessions

We truly love working closely with all of our families and one thing that sets us apart from other settings is our relationships with you!

That's why, if you are interested in coming along to read, cook, play or carry out another activity, we would love you to get in touch!



Family Photos Needed

Most of our families will already have a photo up on our community display, but for those of you who haven't yet handed one in, please try to before the half term break.

The photos are displayed where the children can access them, and they really mean the world!

Please provide a family photo with main family members, including your child, ideally up-to-date and not one you need returned in perfect condition.

Thank you, in advance.



Food and Nutrition

From September 2025, government legislation has placed a mandatory integration of new Nutrition Guidance into the Early Years Foundation Stage (EYFS) statutory framework.

Following this, we will be sharing what food we provide in the setting, and we will continue to promote healthy eating as always.

We would also like to share with you some guidance that we believe may support our families at home, when thinking about your child/ children's nutrition, what to look for on packaging and what to pack in your child/children's lunch boxes.

There are some key takeaways from the guidance, which we have included here. →

Please find all other information in the attachments on the main email. These will also be displayed within the cloakroom for everyone to see.



Holding Hands Community Garden Project

As many of you will be aware, we have always intended for our outdoor area to be a communal space for our families to attend alongside us, in the future!

We hope to grow our gardens with you, and we are reaching out to find out what interest there is amongst our families in coming together and joining us in our outdoor areas, as we develop, plant, harvest, and more.

*If this sounds like something you would be interested in or would like to find out more about, please do get in touch via email, drop us a WhatsApp or feel free to speak with us on the door.

Socials

- Website

Please find the link to our Holding Hands Preschool website below. This will now be updated regularly and will be a great source of information and updates, such as newsletters and term dates. Make sure to take a look and tell us what you think.

[Home - Holding Hands Pre-School Ltd \(holdinghandspreschool.co.uk\)](http://holdinghandspreschool.co.uk)

- Facebook

Please find the link to our Holding Hands Preschool Facebook page below. This will now be updated regularly and will be a great source of information and updates. Make sure to review, like, follow and share!

<https://www.facebook.com/profile.php?id=100091883683367>

- WhatsApp

Additionally, we have included the link to our parents WhatsApp group below. Created to share important information and updates, connect and give our families a community of like-minded friends!

<https://chat.whatsapp.com/BGN06p04FD07a0Gd88PcnZ>

Guidance for children aged 1 to 5 years - key takeaways:

Guidance for children aged 1 to 5 years - key takeaways:

- make sure children eat a balanced diet covering the 4 main food groups
- avoid foods and drinks high in salt, sugar and saturated fat
- milk and water are the only drinks you should offer
- children should eat a variety of fruit and vegetables to access different vitamins and nutrients.