



## WHAT'S IN THIS ISSUE

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## Welcome

Welcome to our monthly Lavenham Pre-school newsletter. Here you will find all of the latest information and updates from our Pre-school, as well as taking a peek at some of the fantastic learning and play that has been taking place behind our Pre-school doors. Now also available online through our social media platforms and soon to be available on our website, you can always be sure to keep up-to-date with the latest developments at Lavenham Pre-School.

# Lavenham Pre-school Team



**Elzbieta Zlotek**

Manager  
Qualified Teacher Status  
Forest School Leader,  
Designated Safeguarding Lead



**Emma Appleby**

Deputy Manager,  
Level 3, SENCo,  
Forest School Leader, Sustainability  
Champion, Deputy Designated  
Safeguarding Lead



**Hannah Double**

Deputy Manager,  
Level 3,  
Deputy Designated Safeguarding Lead



**Ashlee Weaver**

Senior Practitioner,  
Level 3



**Ella Knights**

Senior Practitioner,  
Level 3



**Alice Nicholson**

Senior Practitioner,  
Qualified Teacher Status



**Claire Knights**

Senior Administrator



**Jaycee Wharfe**

Admin Assistant



**Amanda Charnley**

Bank Practitioner



**Mary Ryan**

Bank Practitioner

ONLY  
£40  
\*PER DAY



LAVENHAM PRE-SCHOOL & FOREST SCHOOL

# SUMMER HOLIDAY CLUB 2026

AGES  
3-10

## ACTIVITIES

FUN SPORT,  
ADVENTURES,  
OUTDOOR GAMES,  
FOREST SCHOOL,  
INSIDE ACTIVITIES IN  
AN AIR CONDITIONED  
BUILDING,  
LOCAL TRIPS

20TH -24TH JULY 2026

27TH-31ST JULY 2026

17TH-21ST AUGUST 2026

FROM 9 A.M. TILL 5 P.M.

SNACKS AND  
REFRESHMENTS  
INCLUDED

FOR MORE INFORMATION PLEASE CONTACT US ON:  
LAVENHAM.PRESCHOOL@GMAIL.COM OR 01787 249 738

**OUR EXPERIENCED AND QUALIFIED STAFF MEMBERS ARE DEDICATED TO PROVIDING  
A SAFE AND SUPPORTIVE ENVIRONMENT FOR CHILDREN TO LEARN, GROW, AND  
MAKE NEW FRIENDS.**



# Preparing for school

Starting school is an exciting milestone – for your child and for you. Find out how everyday moments at home can help your child feel confident and prepared, whatever stage they're at.

## What does preparing for school mean?

Preparing for school – sometimes called school readiness – isn't about knowing the alphabet or being able to count to ten. It's about your child building the confidence, skills and habits that will help them to feel like they belong, make friends and get the most out of their learning opportunities.

The Starting Reception website (<https://startingreception.co.uk/>) has a wealth of information and advice to support parents to help their children prepare for school. This includes hints and tips that will help with:

- Communication – skills that will help them communicate their needs and experiences, in whatever way works for them, and being able to listen and follow simple instructions.
- Independence – skills to help children take care of themselves, like using the toilet, with a little help where needed.
- Social and emotional skills – beginning to understand their own feelings and those of others, and to play and share with other children.
- Physical development – developing strength and skills through activity such as running, climbing, jumping, crawling or moving parts of their body. This could be with support for children with limited mobility.
- Healthy routines – Building healthy routines that will help children stay healthy, such as limiting screen time to an hour a day or less for 2 to 5 year olds, brushing teeth twice a day and going to bed around the same time each night.



All parents of the children who are due to start Reception in September 2026 have been sent a separate email with some simple tips of what they can do at home to better prepare their child for the transition and make their start in Reception successful.

We have also shared with you the 'School Readiness' leaflets, which were created after a consultation with the local primary school Reception teacher.

Please let us know if you haven't received one and we will arrange to send one to you.

For more information please visit:  
<https://beststartinlife.gov.uk/preparing-for-school/>

# Screen time guidance for under 5s

Juggling family life and raising children in a digital world can be challenging. Find out more about how to support healthy screen habits for children under 5.

Digital screens are a part of modern life, but finding the right balance between screen time and other activities for young children can be tricky. That's why we've created this evidence-informed guidance to support parents and carers in shaping healthy screen time habits for little brains.

## How much screen time should my child have?

Limit total screen time for young children, wherever possible.

- Under 2 years: Avoid screen time other than for shared activities with family that encourage bonding, interaction and conversation.
- 2-5 years: Try to keep it to 1 hour a day. Less if possible.

## What content is better content?

Young children's brains are stimulated much more easily than adults', so they need content specifically made for them.

- Slow-paced content: Slow-paced, predictable content is better for young brains. Fast-paced, over-stimulating social media-style videos may affect how young children learn to concentrate, so it's best to avoid them.
- Choose safe content: Use parental controls to block inappropriate, harmful content.
- Avoid social media: Social media isn't made for young brains, so it should be avoided.
- Avoid AI: Don't let young children use AI toys, tools or chatbots until there's more evidence on how they affect your child. This includes devices or apps such as interactive robots, smart speakers or AI chat apps.



## How does my own screen use affect my child?

- Lead by example: Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use your phone around your child.
- Being present with your child: Spending long periods on your phone can make it harder to notice what your child is doing or feeling. Young children need attention, interaction and shared moments with their parents and carers to feel secure and supported.

## How does screen time affect my child's development?

- 90% of brain growth happens before age 5. Young children learn best through warm, responsive interactions with parents and carers.
- A large amount of screen time is linked with negative effects on children's health and development. It can affect social, emotional, language and brain development, sleep, eyesight and healthy weight.
- Reading together, simple games, play and back-and-forth conversations all help them develop language, problem-solving skills, self-control and social understanding. These early interactions, even before children can talk, create the foundations for every area of their lives.
- Ensure screen time of any kind doesn't replace sleep, physical activity, active play or direct parent-child interaction.
  - Read more about how much sleep your child needs.
  - Find out about physical activity in the first year and from age 1 onwards.
  - Make healthier food choices for your child.



UK Government

For more information please visit:

<https://beststartinlife.gov.uk/screen-time-under-5s/>

Thank  
you!

## Bake sale results

We would like to thank all parents and volunteers who baked and donated cakes and helped out with the sale on the day.



We raised £1,180! This money will be put towards a new sandpit in our garden.

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**2026**

You Are Invited To

*Graduation Party*



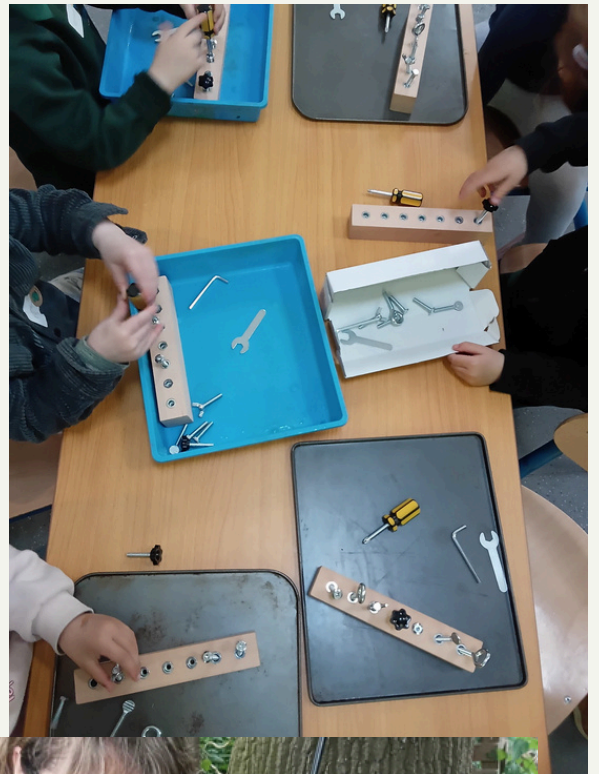
**SATURDAY**  
**11th July, 2026**  
**10.30-12.30**  
**Lavenham Pre-school**

Please RSVP by 30<sup>th</sup> June and advise us how many people should we expect.

# April and May memories

The highlight of the last few months was definitely watching different animal life cycles evolving. Frog spawn, caterpillars and eggs safely transformed into frogs, butterflies and chicks! The children loved watching these amazing transformations!







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# Regular Notices

## Parent Trustees

If you would like to play a more regular and active role in the management of the Pre-School, or in its fund-raising activities, please do let Ela, Emma or Hannah know as we are always interested in welcoming new Parent Trustees.

## Term Dates 2025 - 2026:

### Summer Term 2026

Term Starts - Monday 13th April 2026  
Half Term - Week Commencing 25th May 2026  
Term Ends - Friday 17th July 2026  
PD Day - Monday 20th July 2026

## Term Dates 2026 - 2027:

### Autumn Term 2026

PD Day Tuesday 1st September 2026  
PD Day Wednesday 2nd September 2026  
Term Starts Thursday 3rd September 2026  
PD Day Friday 23rd October 2026  
Half Term - Week Commencing 26th October 2026  
Term Ends Friday 18th December 2026

### Spring Term 2027

PD Day Monday 4th January 2027  
Term Starts Tuesday 5th January 2027  
Half Term - Week Commencing Monday 15th February 2027  
Term Ends Friday 26th March 2027

### Summer Term 2027

PD Day Monday 12th April 2027  
Term Starts Tuesday 13th April 2027  
Half Term - Week Commencing Monday 31st May 2027  
Term Ends Wednesday 21st July

## Uniform

Uniform is optional but can be purchased online from

<https://www.schooltrends.co.uk/> or via telephone order on 0114 251 2501.

We also have good condition second-hand uniform available which we exchange for a small donation.

## Facebook

We update our Facebook page on a weekly basis with the activities we have planned for the children. Please follow and like our page Lavenham Preschool & Forest School.

## Items to bring into Pre-school

Please limit the items which are brought into Pre-school. Regrettably no unnecessary items, including toys, can be brought into the setting as they may get lost. Children can bring a named water bottle and lunch box. Please ensure clothing is **named** and cleaned daily. Bottles must contain WATER ONLY. A water bottle is not essential as children are provided with filtered water at all time (they can help themselves). We follow a Healthy Eating policy; children will be required to eat sandwiches, fruit & yoghurt before eating any treats.

**We do not allow sweets at all.**

**We have a NO NUT policy (this includes chocolate spreads) as we have children in the Pre-school with severe nut allergies.**

