



What have we been up to ... ?

We have been looking at the topic 'Healthy Me' and have been talking about healthy habits, food choices and self care.

Jackrabbits had a visit from the Oral Health Team ... Current guidelines are as follows ...



- ◆ Children should be supervised and assisted.
- ◆ A smear of toothpaste is used for children under three (Figure 1), and a pea-sized amount for children aged three to six years (Figure 2).
- ◆ A small headed toothbrush with medium texture bristles is recommended.
- ◆ Children should be discouraged from swallowing the toothpaste during or after brushing and encouraged to spit. Toothpaste should not be reapplied if swallowed.
- ◆ Toothbrushes should be replaced as soon as the bristles become splayed.
- ◆ Brushing should be done in a circular motion
- ◆ Brush for 2 minutes (use a timer if possible)
- ◆ Encourage to Spit out froth but **Do Not Rinse**

DON'T FORGET – It's MOTHER'S DAY on the 10th March

[Great Ideas For Things To Do On Mother's Day](#)

What's up next ... ?

We are continuing with 'Healthy Me' ... looking at Pickling Vegetables and EATING A RAINBOW, which fits nicely with the days of awareness this month. We are encouraging spending time outside in nature and to look at how we can eat more fruit and vegetables.

A fun family activity would be to look at how you might [grow your own](#) fruits and vegetables at home. [Think outside the box](#) - you don't need a vegetable plot or even a garden.

We will also be doing lots of fun Spring and Easter crafts and activities!!

Please see our Health and Wellness declaration [here](#).

We are thrilled to be able to continue to provide the children with activities from external sources; [Music Bus](#), [Kicks](#) and [Happily Ever After](#). The children always find these sessions exciting and stimulating and we are happy to be able to support other organisations.

Helpful links

[HEALTHY FOOD SWAP IDEAS](#)

[Horsham Wellbeing
Hub.](#)

<https://www.mind.org.uk>

DATES FOR YOUR DIARY

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3rd March - World Wildlife Day

6th March - National Dentists Day

7th March - World Book Day

7th March - World Plant Power Day

20th March - Oral Health Day

21st March - International Day of Forests

23rd March - Earth Hour Day

[Break up for the Easter
Holidays on the 28th
March](#)

[Back to school on the 15th
April](#)

Next Stay and Play

16th March

Support us this month by ...

Donations ... we have two raffles to be won!

A staff 'Lent Hamper' - filled with all the goodies the staff have given up for Lent ... squares on a 100 square will be available to buy on the playground.

An Easter raffle full of lots of Easter goodies will have tickets sent home available to buy.

Please remember - Indoor shoes should be brought to every session!

WATER ONLY in the children's drink bottles please.

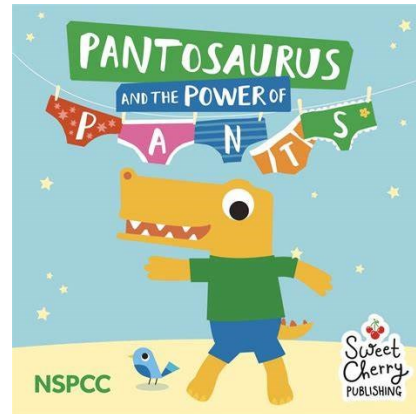
Please remember - *We go out in all weather!*

'There's no such thing as bad weather, just bad clothing choices!'
Please ensure your children come with relevant attire.

Jack & Jill Childcare



Age Appropriate Self-Care



In sessions we are looking at the book **Pantosaurus** and talking about ...

PANTS - the underwear rule.

Encouraging conversation at home ...

Things to think about in Jackrabbit Troop -

"For me, the pleasure of writing comes from inventing stories" - Roald Dahl

Make up your own bedtime story with your little Jackrabbit. Take turns in asking and telling each other what happens next and remember ...

"A little nonsense, now and then, is relished by the wisest of men" - Roald Dahl

Discuss with your little Jackrabbit ...

How do plants drink water?

Things to think about in Jackal Club -

"Somewhere inside all of us is the power to change the world" - Roald Dahl

In relation to the themes of awareness this month (trees, nature, eating a rainbow and growing fruit and vegetables at home), what do you think this quote means?

Discuss with your Jackal ...

How does growing your own fruits and vegetables help the environment?

From the whole team at Jack & Jill Childcare, we wish each of our families a wonderful month ahead.