



Helpful links

HEALTHY FOOD SWAP IDEAS

[FIVE Things To Remember This January.](#)

[Self-Care Tips to ease you into the New Year.](#)

[Horsham Wellbeing Hub.](#)

DATES FOR YOUR DIARY

...

18th Jan -

Winnie The Pooh Day

21st Jan -

National Hug Day

27th Jan -

Parental Mental Health Day

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

28th Jan - National Lego Day

We'd love to see the children's creations, snap us a pic and upload it to the children's accounts.

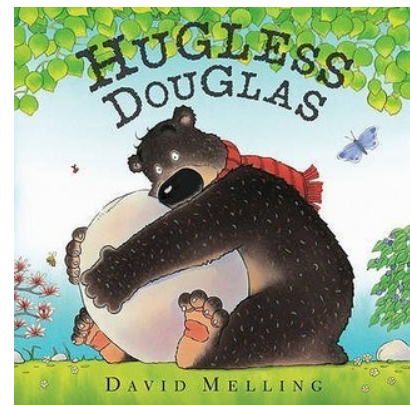
Half term dates are...

12th-16th February

What have we been up to ... ?

Welcome back and Happy New Year!! We hope you have had a lovely Christmas and the children haven't driven you too crazy.

At Pre-school the children and staff had a wonderfully festive end to the year and have come back this week ready and full of energy for the year ahead (well they're working on it).



DON'T FORGET – the school application deadline is January 15th ... use the link to apply through the dedicated app: <https://academy.eschools.co.uk/lite-app/>

What's up next ... ?

This half term the children will be working with the story 'Hugless Douglas' by David Melling to co-inside with National Hug Day on the 21st Jan.

They will be exploring new foods and being encouraged to discover different flavours and textures.

Learning opportunities will include working with the numbers 1-10 for recognition and counting.

We will be exploring the weather and looking at how to keep warm in Winter with activity and appropriate clothing and footwear and going on lots of 'Winter Walks' to explore the things we can see, hear and even smell.

Support us this month by ...

Jack & Jill Childcare



Donations ... sweet wrappers and Christmas cards would be gratefully appreciated for our craft area.

Donations ... if you have any gifts you received duplicates of or you would like to re-home, please consider donating them to us for our future fundraising events.

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.

January is 'Walk your Dog Month', which fits perfectly with our Winter Walks in the setting.

Get your kids out and involved when you walk your dog, maybe find a new route to take in the area, or plan a walk a little further afield. Perhaps you don't have a dog but love the idea of a companion to wander in nature with ... rescue yourself a friend or have a look at the 'walk my dog' schemes.

Encouraging conversation at home ...

Things to think about in Jackrabbit Troop -

"I knew when I met you an adventure was going to happen." - A.A. Milne

Discuss with your little Jackrabbit ...

What adventures can you have together?

Looking at Straight and Bendy ... explore together things you find that are straight or bendy ... or both.

Things to think about in Jackal Club -

"You're braver than you believe, stronger than you seem, and smarter than you think." – AA Milne, [Winnie-the-Pooh](#)

Discuss with your Jackal ...

"Rivers know this: there is no hurry. We shall get there some day." - A.A. Milne, [Winnie-the-Pooh](#)

Chat about goals and aspirations and the journey to achieve them ...

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