

Stars Pre-School Parnwell

Telephone no: 01733 348598

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Newsletter

15th April 2015

Dear Parents,

I would like to reply to some queries that were raised today by parents regarding the snack time at Pre-School.

The snack time starts at 9.15am and 12.15pm daily and runs for approximately 1 ½ hours.

The beginning of snack time is announced by staff, as is a warning that the snack will soon be ending. Any children who have not had snack within the allotted time are reminded individually by staff that snack time will be ending shortly, so that they do not miss their opportunity to join in with snack time.

However, snack time is an opportunity for the children to make a decision about their wants and needs and if they choose not to have snack, staff will encourage but not insist that your child joins the snack table.

At snack time we do not have a limit as to how much the children are able to eat, however, as it takes 20 minutes for your stomach to tell your brain that it is full and to stop eating, if we feel your child has eaten enough, we will ask them to finish and return to the snack table in a little while if they remain hungry. Inevitably they don't come back as the messages from the tummy have been accepted by the brain. When we talk about enough food, we mean for example 5 crackers, some cheese and several pieces of fruit.

<http://www.livestrong.com> "Your brain and stomach register feelings of fullness after about 20 minutes, mentions Cara Stewart, dietician and nutritionist, in a "Penn Metabolic & Bariatric News" article. During this time, receptors inform the brain that your body is receiving nutrients by sending hormone signals. If you eat too fast, these hormones may not have enough time to properly communicate.

The snack time is an opportunity for your child to build their confidence and independence as well as make good choices about themselves.

We really appreciate your support !



Stars Pre-School Parnwell
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Information update

★ Childs name.....

★ Home address.....

..... post code

★ Work phone number.....

★ Home phone number.....

★ Mobile phone number.....

★ Emergency contact name

★ Emergency contact number.....

★ Contacts relationship to the child.....

★ Emergency contact name

★ Emergency contact number.....

★ Contacts relationship to the child.....

★ Password

★ Please return to the pre-school by the end of the week 17th April 2105