



Autumn 2/2023

# Trinket Box Newsletter

## HIGH FIVE FOR OUR HARP HARVEST COLLECTION

As a registered charity ourselves, we appreciate the struggle with fundraising. We always like to lend a helping hand to other worthy causes and this term we collected food for Harp charity to help those people who have been faced with homelessness.



Did we stop there? Of course not as this is a massive learning opportunity for the children. Two lovely

representatives from the charity came to talk to the children about the work that they do and what they can provide to help people without a home.

We spoke about our own homes and looked at homes around the world; some of which look very different to ours! This brings us to an exciting opportunity that we hope will come into fruition in the new year....it's under wraps for now until finalised but all will be revealed soon!



### Dates for the Diary

- W/c 13th November—  
World Nursery Rhyme  
Week
- Tue 21st November—  
Parents Evening
- Friday 15th December—  
Children's Christmas Party  
with entertainer (email to  
follow)
- Wed 20th December—last  
day of term
- Thursday 4th January—  
Back to preschool



## BAG2SCHOOL

Thank you to all those who  
whittled down their wardrobes!  
We had some heavy bags! This  
time we raised a whopping £85.00!



Our next collection will be 3rd May 2024 so  
please bear this in mind if you can store any  
cast offs until then.

This is a regular little fundraiser and every  
little helps!

## Christmas Presents, Santa and Some Elf Action!

As the 'sleeps' get less we are busy behind the scenes preparing for the run up to Christmas.

What happens at Trinket Box I hear you ask.....WELL.....

At the beginning of December we normally have a special delivery in the form of our 'Elf on the Shelf'. Yes, Elvis will be in the building folks! ("Uh huh huh" )



Daily the children will be able to find our mischievous friend and see what he has been up to. He plays all sorts of tricks so be warned!

On Friday 15th December we will be having the children's Christmas party. If they are very good, the man in the red suit will make an appearance. Whilst the children are waiting, they will join in the fun with Cheeky Charley as she entertains them. An email will be sent shortly and if your child doesn't attend on a Friday morning, they will of course be able to join us for the FUN!

**At Trinket Box we like the children to be able to join in with the whole experience of 'giving' at Christmas. How lovely to have your child choose a gift for you and to be able to wrap it and bring it home. We run a very low cost idea called 'Presents under the Tree' and this is how it works:**

1. Parents donate any unwanted gifts (for adults) and we put them under the tree (unwrapped please)
2. Children bring in £1.50 per gift required (max 2 gifts per child due to restricted supply)
3. Child chooses gift (completely on own so be warned! DO NOT from now on say I really need..... as you will get your child's perception of this!)
4. Child wraps gift with key person and brings gift home.

**If you have any unwanted gifts please send them in now. WE NEED these for this to work!**

Typical items would be socks, books, photo frames, pens, toiletries, jewellery, scarves. We endeavour NOT to send home the unwanted gift you have donated but sometimes the child's choice is so funny so be prepared!

**If you would like your child to participate, please start bringing in the money for your child to buy from 1st December.**

### Quote Corner—Individuals

**In the social jungle of human existence, there is no feeling of being alive without a sense of identity.**

**-Erik Erikson**

Erikson was a developmental psychologist who believed that in the nature vs nurture debate, nurture and experience shapes a human being as opposed to innate factors.

Thinking about our practice today, we encourage all our children to be individuals. There is not one uniform approach that fits all when teaching. We adjust our practice to encourage the children to have the best experience and outcome at Trinket Box.

Some children are confident, others are shy and reserved. No child is the same, they all have their own identity!

# Caution with the Portions....Children's Portion Control

We understand that parents want to ensure that their child doesn't go hungry and we appreciate that some children are very fussy eaters. However, we wanted to raise awareness of the recommended portion size for a pre school child from the British Nutrition Foundation (see below or link <https://www.nutrition.org.uk/life-stages/toddlers-and-pre-school/5532-portion-sizes/> Some amounts are very surprising!

In addition to lunch, the children have access to both morning and afternoon snacks which consist of fruit/vegetables. They can have milk (if allowed) and they also have access to water throughout the pre school day. Water is better for teeth than squash. Squash contains sugar that clings to teeth causing decay. If

you choose to give your child squash, it is far better to be consumed with a meal.



## 5532-a-day

Perfect portions for little tums (1-4 years)

### 5 -a-day Starchy Foods

- 1/2-1 slice bread
- 1-2 oat cakes
- 3-6 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-5 tbsp cooked pasta/rice

### 5 -a-day Fruit & Vegetables

- 2-6 carrot sticks
- 1/2-1 banana
- 3-10 grapes (halved lengthways or ideally quartered)
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

### 3 -a-day Dairy Foods

- 1 beaker of milk (100-120ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

### 2 -a-day Protein Foods

- 2-4 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat
- 1/2-1 small fillet of fish

See overleaf for more examples...



Dried fruit can be high in sugar and bad for the teeth

Try to keep fruit juice & smoothies to mealtimes to reduce the impact on teeth

Children aged 1-3 years should have less than 2mg of salt per day

It is recommended that children under the age of 5 years should take a daily supplement of vitamins A, C and D

## 5532-a-day

**Your child needs a variety of foods from the 4 main food groups.**

Each day offer about:

- 5 portions of starchy foods
- 5 (or more) portions of fruit & vegetables
- 3 portions of dairy foods
- 2 portions of protein foods (or 3 if vegetarian)

These foods can be offered as meals and snacks. This handy chart gives examples of portion sizes as a guide, but these will vary for children of different ages and appetites. Children's food preferences and appetites vary from day to day so let your child decide how much to eat and keep offering new foods alongside familiar favourites. Fats and oils contain essential nutrients and small amounts can be included in children's diets - use spreads sparingly and small amounts of oil in cooking. Children under 5 should have a daily supplement of vitamins A, C and D - ask your GP, health visitor or pharmacist for more information. Foods like chocolate, biscuits and cakes and higher salt snack foods like crisps or corn snacks are not needed in the diet and so shouldn't be a regular part of children's everyday foods. Small portions can be offered occasionally.

Offer 6-8 drinks per day. Water is a good choice

5 -a-day Starchy Foods (Potatoes, bread, rice, pasta and other starchy carbohydrates) Examples of portion sizes:	5 -a-day Fruit & Vegetables Examples of portion sizes:	3 -a-day Dairy Foods (Milk, cheese, yogurt and non dairy alternatives) Examples of portion sizes:	2 -a-day Protein Foods (*3 portions if child is vegetarian) (Beans, pulses, fish, eggs, meat and other proteins) Examples of portion sizes:
<ul style="list-style-type: none"> <li>1/2-1 pitta bread</li> <li>1-3 plain breadsticks</li> <li>1-2 oat cakes</li> <li>2-4 potato wedges</li> <li>3-6 tbsp breakfast cereal</li> <li>2-5 tbsp cooked rice</li> <li>1/2-1 chapati</li> <li>2-4 tbsp canned spaghetti sauce</li> <li>2-4 tbsp cooked couscous</li> <li>1/2-1 medium boiled or baked potato</li> <li>1/2-1 scotch pancake</li> <li>1/2-1 scones</li> </ul>	<ul style="list-style-type: none"> <li>1/2-1 medium apple</li> <li>1/2-1 peach</li> <li>1/2-1 medium orange</li> <li>1/2-2 tsp cooked vegetables</li> <li>1/2-2 tsp cooked spinach</li> <li>2-6 vegetable sticks</li> <li>2-4 tbsp canned fruit in juice</li> <li>1/2-2 tsp roasted vegetables</li> <li>3-10 strawberries</li> <li>1-4 cherry tomatoes</li> <li>1-4 cherry tomatoes</li> <li>2-6 vegetable sticks</li> <li>1-4 button mushrooms</li> <li>1/2-2 tsp sweetcorn</li> </ul>	<ul style="list-style-type: none"> <li>2-4 tbsp grated cheese</li> <li>1-3 tbsp yogurt dip e.g. salsa</li> <li>1/2-1 tsp cottage cheese</li> <li>3 tablespoons of plain yogurt</li> <li>2 small pots (60ml each) fromage frais</li> <li>1 pot (120g) soya-based dessert (with calcium)</li> <li>2-5 tbsp rice pudding</li> <li>1-3 tbsp cheese sauce</li> <li>5-7 tsp dairy dessert e.g. custard</li> <li>1-3 slices Mozzarella cheese</li> <li>1 cheese triangle</li> <li>100-120ml cow's milk or breastmilk as a drink</li> </ul>	<ul style="list-style-type: none"> <li>1/2-1 slice of beef or lamb</li> <li>1/2-2 tbsp shells</li> <li>1/2-2 small slices of chicken, turkey or pork</li> <li>1/2-1 poached, boiled, or fried egg</li> <li>1/2-1 burger</li> <li>peanut butter on bread/toast</li> <li>1/2-1 small fillet of fish</li> <li>1-2 tsp chopped or ground nuts</li> <li>1-2 fish fingers</li> <li>1-2 tsp houmous</li> <li>2-3 tbsp baked beans</li> </ul>

Developed by the British Nutrition Foundation. Originally funded by Danone Nutricia Early Years Nutrition and updated using an educational grant from the Early Years Nutrition Partnership. Food images in bubble portion sizes provided by the Infant and Toddler Forum. Please refer to leaflet for more food examples and further advice.

## DITCH THE DUMMY WITH DAISY AND DASH!



At Trinket Box we have two resident Dummy Fairies, Daisy and Dash.

What's their mission.....to rid children of their dummies which can affect speech and how the teeth are formed.

This is how our 'giving up the dummy' scheme works:

- 1) Tell us you are trying to ditch the dummy and want to try the scheme.
- 2) We will talk to your child about our fairies and the fact that they can take the dummies to new babies that need them.
- 3) You bring in all of the dummies. We talk to your child and explain what the fairy does with all the dummies. We give you one dummy back secretly (purely as a back up in case emotions are running too high). DO NOT let your child know you have it, it is for emergency only!
- 4) Your child receives a special letter from one of the fairies, sprinkled with fairy dust obviously!
- 5) Parents to report back the next session if successful and we give your child a special certificate to celebrate their achievement.

We have a huge success rate with this scheme so why not give it a try!



## COMMITTEE FOCUS.....Can Your Employer Help Us?



Amongst parents, we know that we have a very large skill set and that some of you may be employed by large companies. Do any of your employers offer any schemes such as match funding for local charities?

As a charity ourselves, we are open to a helping hand in whatever form that may present itself. It may be that large companies offload something that we can recycle. We've had striped printer paper in the past for example. They may match fund or offer a 'manpower' day.

Whatever it is, we're the charity to receive it! Please let us know if you feel you can help.

Thank you

Trinket Box Committee



## STAFF MEMBER OF THE MONTH

If you feel that a member of staff has gone over and above the norm, please nominate them for 'Staff Member of the Month'.

The Committee takes into consideration all the nominations and then awards staff members with the title. Staff at Trinket Box take pride in their work and endeavour to work with you for the benefit of your child. They do have a job role but we feel that often they go over and above that.

Your input DOES count. ALL nominations are read and shared. Nominations can be made using the nomination slips in the foyer, or by email to [annabel@thetrinket.org.uk](mailto:annabel@thetrinket.org.uk) or [natalie@thetrinket.org.uk](mailto:natalie@thetrinket.org.uk)

Thank you

