

TRINKET BOX NEWSLETTER

SPRING 2025 / 2

RUN, GEORGIA, RUN!

On 27th April 2025 at 9.30am, Flossie's Mum Georgia will be at the start of the London Marathon course. She has elected to run for Trinket Box in recognition of the service and support that we provide for all the children. What a fabulous commitment. Here's her story so PLEASE dig deep and see if you can show your support:

This year I have chosen to run the London Marathon for Flossie's pre school, Trinket Box. Trinket Box is a charity that relies heavily on fundraising in order to remain sustainable. With the funding deficit and the forthcoming changes to national insurance and minimum wage, their mission will be even more of a struggle. The staff strive to provide a safe, exciting and stimulating haven for the children where they can be nurtured to build on their knowledge and prepare for school life. I'd love to help them to carry on achieving this! Any amount you can give can really help them give back to the local children that attend there.

Flossie absolutely loves it and skips into school every day, we'd be lost without the wonderful staff that make it what it is. Flossie is helping me with my training by putting to use what she's learnt as her morning Yoga sessions at home - although she can't believe I can't touch my nose to my knees!

So far Georgia's total is at £355 so can we push it a little higher towards her £500 target?

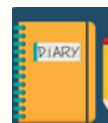
Here's the link:

<https://2025tcslondonmarathon.enthuse.com/pf/georgia-couzens>



BREAKFAST & AFTER SCHOOL CLUB

We offer breakfast club from 7.45am, early start from 8.30am and after school club until 4pm every day! Got an early start? Never fear as we can take ad hoc bookings too! Natalie runs these so please email us for more information. Yoga, arts and crafts, games, stories, nature walks and lots more are on offer!



UPCOMING EVENTS

WEEK OF 31st MARCH

Luck Dip Fundraiser- see separate email

7th APRIL-21ST APRIL - EASTER HOLIDAYS(CLOSED)

25th April -Sports session -email to follow

28TH APRIL, 22ND MAY, 23RD JUNE - JKG KARATE VISIT

John will deliver a talk and various exercise activities

14th May - GEMMAS FARM VISIT

More details to follow via email

ENGAGED IN LEARNING, MAKING FRIENDSHIPS and TEAMWORK!

Here's a little peek at some of the activities that the children have enjoyed over the last term.....



Junior Jurassics visit



World Book Week....a story focus and dress up!



A tiger that came to tea at TB!



Talking about emotions and using the emotion bears



Number work on the interactive screen



The Three Amigos!



Choo Choo!



Using technology...making the Beebot move



Superheroes and sandcastles!



Teamwork!



Puzzles and alphabet



Learning about teeth

Better Health - Start for Life

Start for Life is a National programme offering NHS advice and guidance from pregnancy to when your child is a toddler. It covers many topics like a week by week pregnancy guide, labour, exercise in pregnancy, caring for your baby, weaning, what vitamins to give, bonding with your child and vaccinations. These are but a few of the topics; it really is packed full of trusted information delivered by the NHS. Here's the [link](#) to explore this further.

The website also has a healthy recipe and meals section if you need some ideas and inspiration. If you need any advice at Trinket Box, look no further than our own 'Healthy Eating Champion'. Ross is your man and he is very passionate about healthy eating, exercise and a healthy lifestyle. He can offer advice regarding a healthy diet, portion size, avoiding high sugar dense items and much more. If you have any questions please ask to speak to Ross. Recently, he has been attending some further training by Southend City Council and they have signposted the following websites to help support families regarding healthy lifestyles:

- Healthier Families see <https://www.nhs.uk/healthier-families/> This website gives information about food facts, recipes, activities and a guide to what your child's weight should be. On this site it tells you about the Food Scanner app. With this app you can scan your families favourite foods and find a healthier swap.
- TastEd <https://www.tasteeducation.com/activities/> is a site based on food discovery and trying new foods.
- <https://simplyveg.org.uk/> is a site based at encouraging your child to eat vegetables.
- Five a Day portion sizes can be looked at here: <https://www.nhs.uk/live-well/eat-well/5-a-day/portion-sizes/>

We hope that this will give you some food for thought (excuse the pun!) and other ideas to maintain a healthy lifestyle. Please don't get fooled by slogans like low sugar, contains fruit etc as looking at the ingredients will probably highlight that it's full of free sugars.

Here's a link to read about what our sugar intake should look like:

<https://www.nhs.uk/live-well/eat-well/food-types/how-does-sugar-in-our-diet-affect-our-health/#:~:text=Free%20sugars%20are%20found%20in,how%20to%20tell%20the%20difference.>



Committee Focus- HELP

We have two new committee members who have recently joined us and they have hit the ground running with some great fundraising ideas! Welcome to Hannah and Claire, whose lovely photos are on the committee notice board.

Hannah will be running our Easter Lucky Dip Fundraiser which is running on the 31st March and 1st April. Children not in attendance on those days can pre order 'a dip'. We are also running the pre-filled eggs fundraiser in the hope that it helps busy families and raises some pennies for us too.

Claire brought a wealth of ideas to our last committee meeting so we have lots to look into.....watch this space!

We will be doing Trinket Box tea towels next term. These are printed with all the children's handprints on and they are a lovely item to use or keep for a memory box. We will also be selling Trinket Box leavers t-shirts again, which are always popular and can be printed with your child's name. More details will follow regarding these items.

As a committee we would like to thank Georgia for running for Trinket Box in the London Marathon. That's no mean feat and we hope the training is going well! Please help us to support her by donating a few pennies. It all mounts up!

Occasionally we'll ask for help with a project like 'man with a van' a few months ago. This is SUCH a help if Trinket Box staff are struggling and it's really appreciated. There may be a few requests coming up so please watch your inbox.

Thank you
Trinket Box Committee



Can You Help?

We are often requesting many weird and wonderful things that we can use here at Trinket Box. Here's the list so please let us know if you can help:

- Cupcake cases
- Cookie cutters
- Rolling pins
- Any collage materials like different papers, wallpaper, sequins, buttons etc
- Real flowers that you may be discarding - the children love these in the mud kitchen!
- Astro turf
- Adult garden spade
- Good quality items that we can sell in our Vinted page-this can be books, clothes (adult and child)



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 by email to annabel@thetrinket.org.uk or natalie@thetrinket.org.uk

Thank you

