



## November Newsletter 2020

Welcome to the November edition of the nursery newsletter. As always, we would like to thank you for continued support during the current pandemic. Your children are some of the most resilient people we have ever met, they make our days full of fun and happiness. We are doing everything we can to keep your children, families, and our team safe at this time and we would not be able to do this without your constant support and communication. We understand times are tough and if any of our parents or carers need someone to talk to we are always on the other end of the phone. Although we can not meet in person right now, we are still always here to offer any support we can. Take care of yourselves and each other.

### Parent Messages

-Christmas - As many of you will already know we have taken the decision to close the nursery for the Christmas period this year. The term will finish for term time only funded children on 18/12/2020. On Wednesday 23<sup>rd</sup> December at 6pm the nursery will close for all remaining children and will re-open for everyone on Monday 4<sup>th</sup> January.

- You may have seen the new fencing that has been put up around the grass by Our house community centre. This is to deter irresponsible dog owners and anti-social behaviour from the area. In the future they are hopeful that this will become a community allotment to support provisions for the pantry. They are now trying

to raise money for gates to be fitted to the building to allow people who use the building to do so safely. I know this is an issue many of you have raised in the past therefore I have attached the just giving link in case any of our families would like to donate to the cause. The nursery will be donating £200 towards the cost.

[https://www.justgiving.com/crowdfunding/john-collins-739?utm\\_id=107&utm\\_term=4PXZQQzve&fbclid=IwAR0nTCyFNUg\\_9sV1tzE4H1HfaTUX-jnpWFx4rNxnKZ-McRcjxrUrvbYjZ7s](https://www.justgiving.com/crowdfunding/john-collins-739?utm_id=107&utm_term=4PXZQQzve&fbclid=IwAR0nTCyFNUg_9sV1tzE4H1HfaTUX-jnpWFx4rNxnKZ-McRcjxrUrvbYjZ7s)

### **Blossoms**

The children in our baby room have been joining in with the sensory experience of exploring pumpkins. Some of the benefits of sensory play for babies are:

- It helps to build nerve connections in the brain
- It encourages the development of motor skills
- It supports language development
- It encourages 'scientific thinking' and problem solving

### **Sunflowers**

We have been keeping up our yoga practice in the sunflower room during the pandemic. We have been doing weekly yoga sessions with the children to support them in managing their anxieties, supporting emotional regulation alongside all the physical benefits if yoga.

### **Bluebells**

In Bluebells the children have shown an interest in shapes. They have been practising a new shape song, which you may have heard them singing at home. They have been looking around their room for

different shapes and practicing drawing their own shapes. They have also been using shapes to construct different models and patterns.

## **Birthdays**

**Happy Birthday!**

**Little Blossoms**

**Isla M - 2**

**Sunflowers**

**Isabelle H-Q - 3**

**Logan - 3**

**Gianna - 3**

**Bluebells**

**Isabelle R - 4**

**Jacob - 4**

**Jessica -4**

**Amelia -4**

## **Recipe of the month**

This month the favourite tea in nursery has been Hummus and breadsticks the children love to dip their breadsticks and we always have clear plates all round. This month I have included a recipe to

make your own hummus at home. If there are meals on the nursery menu you would like the recipe for let me know and I can include them in next months edition of the newsletter.

1 x 400g tin of chick peas

1 x small clove of garlic

1 x tablespoon of tahini

1 x lemon

Extra virgin olive oil

1. Drain and tip the chickpeas into a food processor.
2. Peel and add the garlic, then add the tahini, a good squeeze of lemon juice and 1 tablespoon of oil.
3. Season with a pinch of sea salt, then pop the lid on and blitz.
4. Use a spatula to scrape the hummus down the sides of the bowl, then blitz again until smooth.
5. Have a taste and add more lemon juice or a splash of water to loosen, if needed, then transfer to a serving bowl.
6. Serve with sliced crunchy veg, such as carrots, cucumbers, radishes or peppers, and some warm flatbreads.

### Ideas for at home.

This month's ideas for at home are all around fussy eating and some strategies to help over come it.

Fussy eating can be a big problem for parents and often leaves you feeling frustrated. According to the eating disorders team at great Ormond street Childrens hospital eating a restricted range of foods is a common feature in young children.

### Repeated exposure

Do not avoid giving your child certain foods. Research shows that it takes 15-20 exposures of a small amount of the same food before it will be accepted. Eating is a learning process, so give children the chance to learn to like a new taste. Be creative if steamed carrots don't work try them as raw sticks with a dip instead. Be artistic with how food is plated up faces and shapes etc all help.

### Educate

Teach children the importance of different food groups and the importance of a balanced diet. Introduce children to food away from mealtimes and in the form of play such as making a pasta necklace or doing potato printing to help break down any fear surrounding certain foods. You could even grow your own vegetables!

### Role - modelling

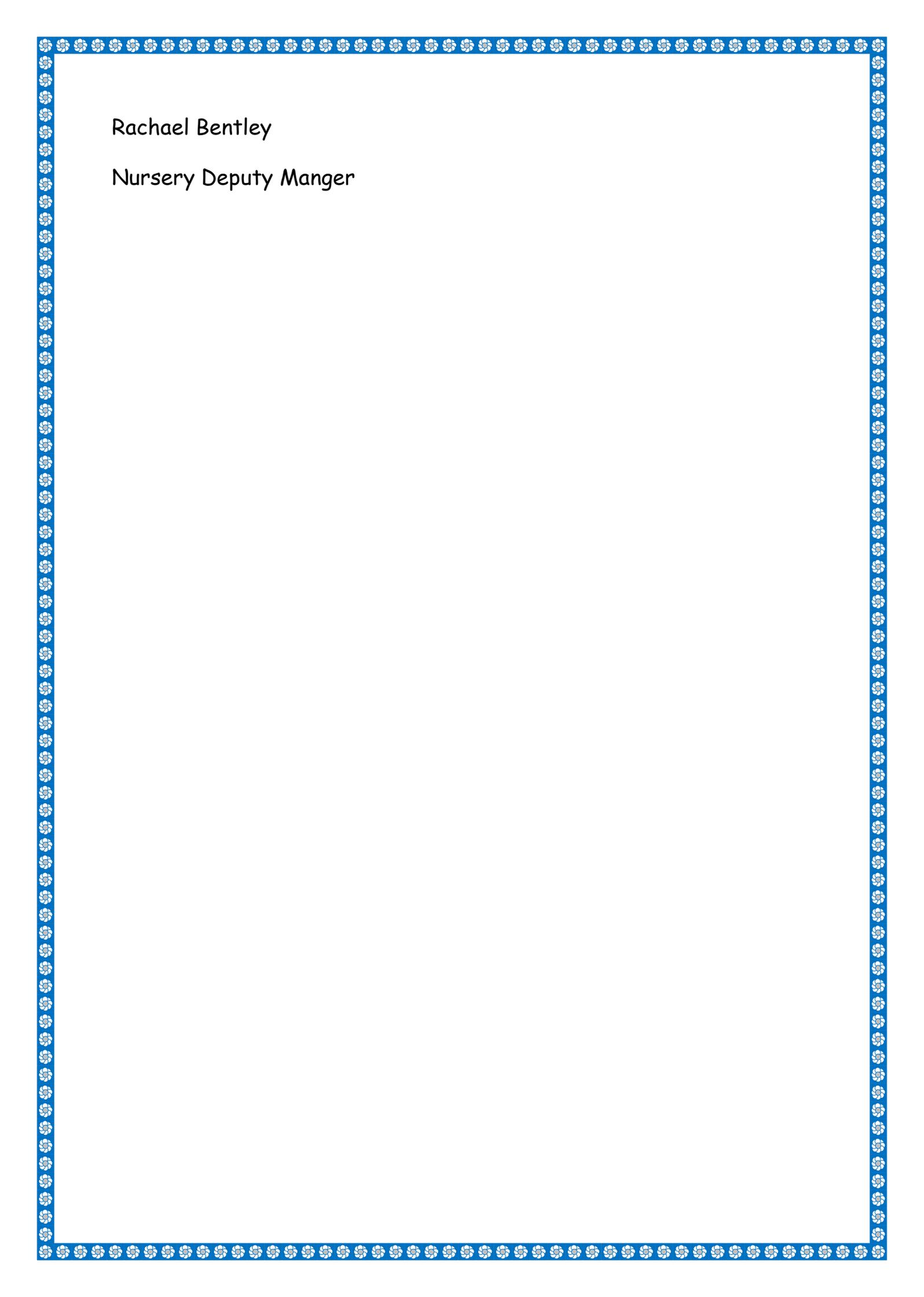
Make sure you are not seen or heard being fussy about food. Talk about food in a positive way and allow children to see you enjoying healthy food. Don't have chocolates, crisps and fizzy drinks around. If these foods are not visible children are less likely to ask for them.

### Things to avoid

Avoid unhelpful pressure at mealtimes. This is linked to reduced willingness to try new foods. Large portion sizes can encourage over eating which will numb a child's natural ability to sense when they are full.

Thank you for taking the time to read our monthly newsletter

Kind Regards



Rachael Bentley

Nursery Deputy Manger