

SQUIRRELS NURSERY NEWSLETTER

Autumn - October 2024



Dear Parents and Carers,

Welcome to our Autumn newsletter! We hope you all had a wonderful summer. It is lovely to see the children coming into the settings and settling so well, both the children who have returned and those who have just started with us. It's certainly starting to feel colder and wetter, so we'd like to kindly remind you to ensure that children are dressed in weather-appropriate clothing and footwear, and don't forget to pack spare clothing in case of splashes and spills. Let's be prepared so we can keep the fun going!



DATES FOR YOUR DIARY

Christmas Closures

Waterlooville Nursery & Preschool

- 19th December – last day of term for term time children
- 20th December – last day for all year round children
- All children returning on 6th January

St Marys

- Last day for all children - 20th December
- All year round children returning on 6th January
- Term time children returning on 7th January

Haselworth

- Last day of term for all children – 20th December
- All children returning on 6th January

Other

Waterlooville Nursery

- Parents Day Tuesday 22nd October 10am-2pm (please book in with setting)
- Halloween Party Week – w/c 21st October
- Diwali – 1st November
- Remembrance Day – 11th November
- Children in Need PJ Day – 15th November
- Christmas Party Week/ Christmas Jumper Week 9th-13th December

Waterlooville Preschool

- Grandparents Stay and Play 8th October - 10-11am
- Parents Day - Thursday 17th & Friday 18th October 4-6pm (please book in with setting)
- Halloween activity week 21st – 25th October
- Halloween Party – (dress up and food donations – further info will be sent on Family) 25th October
- Diwali – 1st November
- Remembrance Day – 11th November
- Children in Need PJ Day – 15th November
- Christmas Party Week/ Christmas Jumper Week 9th-13th December

UPDATES

WATERLOOVILLE NURSERY

Over the next couple of months, Nursery will be exploring topic tuff trays for Autumn, Winter and Halloween – our children love to learn through play with messy hands-on experiences!

We will be going on Autumn walks to collect natural resources for our little Squirrels to explore.

WATERLOOVILLE PRESCHOOL

At Preschool this term we will be learning “All About Me” and Autumn as our topics. We will ignite our senses through play and explore our curious minds, visit the church ad library, as well as Autumn walks. We can’t wait for spooky Halloween and don’t forget our harvest food collection!

HASELWORTH

This term we have been on a few trips into the wider community, which has been very successful, and we will continue to do trips where we can! The children have enjoyed lots of small group activities, including cooking, crafts and lots of communication and language opportunities. We have also made a great link with the Discovery center library who are putting on short story sessions when we visit! A massive thank you to all the parents who attended the parent and key worker conversations. These were really positive, and we have had great feedback.

ST MARYS

This term we have been learning all about me and are starting our autumn topic. We have been cutting veg/fruit to create lots of soups and pies in the mud kitchen.

We had a really kind donation from a local church who kindly donated us lots of fresh fruit and veg for the children to enjoy. This was part of their harvest festival.

Don’t forget to check your FAMLY account for regular updates and notifications

DATES FOR YOUR DIARY CONTINUED

Haselworth

- Grandparents Stay and Play Morning 7th October 10-11am
- Halloween Party – 31st October 11am-1pm
- Christmas Craft Morning 10th December 10-11am

St Marys

- Half Term 28th October - 1st November, returning on 4th November
- Christmas Party (with a special guest!) 11th December 12-3pm

AUTUMN REMINDERS

Could we please ask you to provide the following for your child:

- WATER BOTTLE
- HAT, SCARF AND GLOVES
- CHANGE OF CLOTHES
- WELLIES/OLD SHOES
- WARM COAT/WATERPROOF JACKET

Please ensure everything is named!



NEW MEMBERS OF STAFF

Rosie – (Waterlooville Nursery) Early Years Level 3 Practitioner

Steph – (Waterlooville Nursery) Apprentice

Shannon – (St Marys) Early Years Level 2 Practitioner

Charlotte (St Marys) Playworker

Alisha (St Marys) Apprentice

Becky (Office) Administration and Invoices – please contact on office email if you have any queries

HEALTHY EATING

A good balanced lunch is important for children to ensure that they are getting the right nutrients and energy for their bodies to grow and work properly. Lack of key nutrients can affect a child's development.



LUNCHBOX TIPS

- Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.
- Tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.
- Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.
- Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit.
- Get your little ones involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.
- Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.
- The children should also be drinking plenty of water throughout the day, so a named water bottle is essential!



HOME RECIPE IDEA

Creamy Tomato Chicken and Broccoli Penne



Serves 6 – Takes 25 minutes

Method:

1. Boil the penne pasta in a large pan of salted water for around 7 mins, then add the broccoli for the final 3-4 minutes until both the broccoli and pasta are cooked through. Drain and set to one side, reserving about 100ml of the pasta water.
2. Meanwhile, add the olive oil to a frying pan and place on the hob over a medium-high heat. Add the onion and fry it along with the garlic, stirring continuously for around 5 mins, until the onion turns soft. Add the diced chicken breast to the pan, season with salt and pepper and stir regularly until the chicken starts to brown (about 7 mins).
3. Add the tin of cherry tomatoes to the pan, along with the oregano and the chicken stock pot, and stir until the chicken stock pot has dissolved. Add the reserved pasta water and simmer for another 10 mins.
4. Add the cream cheese, pasta and broccoli to the pan and mix well until the pasta is coated in the sauce.
5. Serve with parmesan cheese and enjoy!

Ingredients:

- 300g penne pasta
- 375g broccoli, cut into small florets
- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 cloves of garlic, finely chopped
- 650g chicken breast, diced
- 400g tin of cherry tomatoes
- 1 tsp oregano
- 1 chicken stock pot
- 2 tbsp cream cheese
- Parmesan cheese (optional) for serving

UNIFORM

Please see below list of uniform that can be purchased and the price of each item. Please do let us know if there is anything you would like to purchase for your child, and we can add it to our next uniform order.

Polos - £8

Round Neck T-Shirt - £7

Fleece - £13

Hoodie - £15

Wooly Hat - £8

EMPLOYEE OF THE TERM



Each term Directors & Managers select one member of staff from each setting who has gone above and beyond in their work role.

Well done to our Autumn Term Awardees!

Waterlooville – Faith

Haselworth – Meg

St Marys - Alisha

