

## Welcome

Thank you for taking the time to read our October newsletter.

The children have had a wonderful start to the autumn season. We are lucky to have some big conker trees by the entrance which is great for the children to have a look at and find.

## What have we been up to...

September is always a month of room transition as children move into their new rooms. They have all done so well adapting to their new key workers.

There have been some lovely autumnal activities in the nursery using different natural resources such as leaves, sticks and conkers.

## This month

**Hedgehogs** have been welcoming and settling lots of new families to the room and will continue throughout October. Settling in sessions are key moments when the children start making bonds with the staff team and feel safe in the environment. This can be through cuddles, singing, story time and any favorite toys they may like to play with.

**Butterflies** have been enjoying different forms of mark making. This is outside and inside. They have been using paint brushes in the sand, crayons, chunky chalks and paint dobbbers. Outside they have been using cars to move around in the corn flour play. They have had so much fun being creative.

**Ladybirds** have been busy with their autumn activities. They enjoyed seeing what they could find in the garden and then adding to to make some play dough. They poked sticks into it so what patterns and shapes they could make. The team added some different scents as well so see if the children could identify the smells. They also did leaf printing which was exciting to what patterns were made on the playdough as well.

**Little Toads** have been enjoying their weekly dance class with cate. They talk about why exercise is important and how it keeps you healthy as well as listening to music and dancing. They have different materials to dance along with for example scarfs and ribbons. They look forward to this every week!

**Owls** had a great time at the library looking at some autumnal books and learning about what a library offers and getting a library card!



# Parent Notices

## Vaccinations

Just a reminder that children can not return to nursery the same day after they have had any form of vaccination.

## Review us!

Please take the time to give us a review on Google as well as Facebook and Day Nurseries.

Please like our Facebook page to see the lovely activities the rooms are doing - [www.facebook.co.uk/gossomsend](http://www.facebook.co.uk/gossomsend)

## Door Safety

Just a polite reminder please don't let other parents into the setting. Everyone needs to buzz the door please to come in.

## Cold weather

Now the weather is getting colder, please provide suitable and named clothing for your children so they can still enjoy being outside.

# Dates for your diary

| Date                            | Event                                                |
|---------------------------------|------------------------------------------------------|
| 27 <sup>th</sup> October        | Term time/funded children half term                  |
| 31 <sup>st</sup> October 3.30-5 | Halloween party - for all children                   |
| 30 <sup>th</sup> October        | Pumpkin competition on site 29 <sup>th</sup> October |
| 10 <sup>th</sup> October        | Wear yellow - Mental Health Awareness Day            |



## Join us for our Autumn Bake off!

Calling all budding bakers - we're inviting you to take part in our Autumn Bake Off by whipping up your best autumn-themed bakes. Please see the poster in nursery for more details.

## Recipe of the Month - Homemade Quorn sweet 'n sour with couscous



(Serves 5)

### Ingredients

Onions - 1 diced  
Green beans - 100 g  
Garlic (minced) - 2 cloves  
Pineapple (fresh) ¼ whole  
Malt Vinegar - 80 ml.  
Soft brown sugar - 45 g  
Soy Sauce - 1 tbsp.  
Tomato purée - 70 g  
Ground ginger - ½ tsp.  
Cornflour - 1 tbsp.  
Quorn (diced) - 1 kg  
(use vegetables for under 1)  
Broccoli - 300 g  
Couscous - 180 g

### Method

1. In a pan lightly fry onions and garlic.
2. Add ground ginger, vinegar and sugar.
3. Add tomato purée and soy sauce.
4. Add approximately 100 ml of water and bring to a simmer.
5. Combine cornflour with a small amount of water and mix into the pan until it thickens.
6. Cook out cornflour and add pineapple chunks.
7. Floret the broccoli and top and tail the green beans.
8. In a small pan boil the broccoli and green beans until al dente.
9. Fry Quorn to caramelise.
10. Add Quorn and vegetables to sauce.
11. Serve with cooked couscous.

Kind Regards

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