

Welcome

"If it never rains, then we'll never grow"

What have we been up to...

This month we have been welcoming our new families into the nursery. We have been focusing on building bonds with our key children to support the children settling in.

Hedgehogs

There have been lots of cuddles and lots of singing as we support our youngest children to settle into their new room. The babies have been exploring new textures with some messy trays such as gloop play, painting with their hands and feeling crunchy leaf textures.

Butterflies

Butterflies have been exploring Autumn-themed activities such as painting, exploring natural resources and exploring the weather outdoors. They have been taking part in small group activities with their key person and have also enjoyed exploring the new soft play within the room.



Little Toads

The children have really enjoyed exploring the garden in their new room! The house, bikes and pickler triangle have all been a big hit, as the children explore apparatus that offers them challenge. Little Toads have been exploring autumnal resources, such as leaves and pinecones – they painted their own Autumn window picture too!

Owls

It has been wonderful to see the children enjoying the new Preschool rooms and exploring the upstairs space. They have been fully engaged with the new resources and areas and have settled in beautifully. New friendships are blossoming, and the Owls group have also been exploring Autumn-themed activities as we move into the colder months.



Parent Notices

The weather is starting to get wetter, windier and colder. Could you please bring in suitable outdoor clothing for your child so that we can continue to explore the outdoors in all weathers, such as:

- Coats/ waterproof trousers/ waterproof all in one for babies
- Wellies or waterproof feet covers for babies
- Hats and gloves as the weather turns colder



Nursery Events

Date	Event
October	Black History Month
1 st October	World Vegetarian Day
2 nd October	Grandparents Day
8 th October	World Octopus Day
25 th October	National Pumpkin Day
31 st October	Halloween

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.