

Hitchin Newsletter

Welcome

Thank you for taking the time to read our October newsletter. We're now into the 'ber' months, so please remember to pack appropriate clothing for your child, as mornings can be chilly while the afternoons can still bring some lovely sunshine! September was a busy month as all the children transitioned into their new rooms. We're delighted to say that the transitions went smoothly, and it has been lovely to see the children settling into their new environments, routines and friendships.

What's to come...

Thank you for all the harvest donations. We will be making a trip to the local church to donate to the Food Bank.

We have some lovely autumn activities coming up. Alongside some spooky Halloween tuff trays.

We are arranging some Stay and Plays for all our lovely families to come along to; you can join in with some activities with your little ones. Owls have arranged their event for the 27th October 4.30pm-5.30pm, we hope Owls families can come and join us.



What we have been up to...

Hedgehogs have been creating lots of lovely autumn activities, including painting hedgehogs using cotton wool and pegs.

Little Chicks have been making some great pumpkin pictures, choosing browns and oranges.

Butterflies enjoyed a bubble foam sea world tuff tray, with lots of discussions about what creatures live in the sea.

Dragonflies have been making harvest printing by choosing different fruits and paint to print with.

Little Toads have been making an autumn tree to add their autumn creations collection.

Ladybirds have been enjoying a teddy bear tea party and reading the story *We're going on a Bear Hunt*.

Badgers have been reading their Book of The Month *The Hungry Caterpillar* and creating lots of cocoons and caterpillars.

Owls have been learning about Rosh Hashanah by cutting up apples and enjoying them with honey.



Parent Notices

Owls families please remember to have the correct clothing and outdoor wear for our Forest School days as the weather will be getting colder and wetter.



Dates for your diary

Date	Event
1st October	National Poetry Day
4th October	Harvest Festival
4th – 10th October	World Space Week
10th October	World Mental Health Day
31st October	Halloween



Well done Lisa for receiving the 'Cup of Kindness'!

Recipe of the Month

Chicken & Veg Pie

Ingredients

- 250g diced chicken breast or thigh Quorn
- 200g mixed root veg (carrot, parsnip, beetroot & swede)
- 150ml low-sodium chicken stock
- ¼ tsp dried herbs
- 40ml semi-skimmed milk
- 20g unsalted butter
- 20g plain flour
- Ready-made puff pastry
- 1 egg, beaten (for glaze)

Method

1. Preheat oven to 180°C (fan).
2. Boil/Roast diced root veg until just tender & mash.
3. In a large pan, cook chicken/**Quorn** until browned and cooked through.
4. Make a roux with butter and flour, whisk in milk and stock to form sauce.
5. Add veg, chicken and herbs; stir to coat.
6. Pour mixture into deep trays
7. Roll out puff pastry and cut into circles with pastry cutter, cook on a baking sheet separately to the pie mix then serve age-appropriate amounts.
8. Bake 30-35 minutes until golden and piping hot.
9. Cool before serving.

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Kind Regards
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