

Welcome

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

We've had lots of children have their first day at nursery this month and it has been great seeing them settle into our rooms.

This month we will hold our Parent's meetings throughout the month. Rooms already have their time sheets up, so please make sure you book in to see your child's key workers. These will be 10-minute timeslots to discuss your child development and ask any questions you may have. We are starting our parent's evenings at 9:30am and will run through to 7pm.

What have we been up to...

This month we welcomed Mini Mindfulness into our owl's room. Kim will be with us every week to teach the children how to regulate their emotions, breathing techniques and ways to help us feel calm.



This month

Hedgehogs

We have been introducing lots of autumn messy play this month with leaf printing and autumn sensory trays. We have also introduced our black and white sensory area which the children have been keen to explore.

Little Toads

We have been using porridge oats to empty and fill different sized containers. We have been using lots of mathematical language such as *empty* and *full*, *big* and *small* for the children to learn.

Owls

We have been learning new songs to sing with a big parachute in the garden. The children have been so excited to use this, especially while it has been windy and see how strong the wind is pulling the parachute. We have also been picking our tomatoes from our plants and been cutting them up to see what's inside them.



Parent Notices

Cooler Weather

Now the weather is cooling down can we please remind parents to bring in a named coat to wear outside. We will continue to use the outside space.

Review us!

We would really appreciate it if you could leave us a [review](#) and share your experience with other families.

Toys from home

We have noticed children bringing in toys from home. While this is ok, please can you encourage your children to keep them at home as we don't want them getting lost or broken.

Joining a dentist

If you haven't already done so or have recently moved to the area, don't forget to register at your local dentist. Available NHS dentists are available at

<https://www.nhs.uk/service-search/find-a-dentist>

Dates for your diary

Date	Event
9 th October	Parent Forum, 6-7
21 st October	Owls Parents evening, 9:30am- 7 pm
23 rd October	Hedgehogs and Little Toads Parents evening, 9:30am-7pm
27 th October	End of term for time only children
3 rd November	Term time only children return

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PLEASE TAKE A MOMENT TO REVIEW US

Scan the QR code below and enter your review on daynurseries.co.uk for Toad Hall Nursery Wellingborough



Alternatively, visit daynurseries.co.uk/submitreview or pick up a daynurseries.co.uk review card

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.