

## September 2021



Welcome back Little Beans and all our wonderful families! We hope you have all had a wonderful summer. We would especially like to welcome all our new Little Beans who are starting this term! We have an open door ethos and welcome any calls or emails at any time if you wish to speak to any members of the team.

*Welcome Back*



This month our theme is **All About Me!**

Our Little Beans will be talking all about themselves and what makes them individuals! We will be exploring different cultures, discussing our likes and dislikes and what makes each of us so special!

Self confidence and self awareness is a key part of your child's personal, social and emotional development. Daniel Goleman, the guru of emotional intelligence, identified self-awareness as being made up of emotional awareness, accurate self-assessment, and self-confidence. In other words, it is all about knowing your emotions, your personal strengths and weaknesses, and having a strong sense of your own worth.

Here at Little Beans we offer lots of different sessions to suit families! Please speak to the office team should you wish to enquire about additional sessions/ changing sessions. Please note we require one months notice to change current sessions.

**Available to all ages:**

Full day space - 7:30-5:30pm

Midi day space—8-4pm

Morning session—8-1pm (Early riser can be added to start session at 7:30 at an additional cost)

Afternoon session—1-5:30pm

**Available to 2yrs and above:**

Mini day space—9-3pm

**Please ensure you allow plenty of time to collect your child before their session ends, late pick ups can occur a late fee.**



### **Car Park/Parking-**

Please be aware that parking is for drop off and collection only. Please do not leave cars here whilst going on the school run. Please also park considerately within the marked bays. **YOU MUST NOT PARK ON THE PAVEMENT.** If someone has parked on the pavement, they will be politely asked to move their car before they are able to drop off/collect their children.



### Little Beans Celebrations Events & Special Days in September 2021!

- **8th September—International Literacy Day!**

A day to support the promotion of literacy as an integral part of lifelong learning. Here at Little Beans we offer a range of literary resources such as opportunities for mark making and story times!



- **13th Sep 2021 –Roald Dahl Day!** The birthday of author Roald Dahl was chosen as a day to promote reading! Think of your favourite Roald Dahl book and come dressed as a character!



- **19th Sep 2021—Talk Like a Pirate Day!** Shiver me timbers! It's a day full of pirate activities! We will be using this opportunity to promote language and learning all about Pirates and how they sail the seas!



- **20th Sep to 26th Sep 2021—Recycle Week!** A week organised by Recycle Now, devoted to encouraging all of us to increase the amount of waste which we recycle. Please bring us lots of recycling items which we can use for junk modelling! Re-use, re-love, re-cycle!

- **21st September—Autumn officially begins!** We will be discussing seasons and how the environment changes throughout the year!



### Bank Holidays and Dates for your Diary

Monday 27th December 2021 – Friday 31st December 2021 Inclusive—Closed for Christmas Holiday

Monday 3rd January 2022—New Years substitute bank holiday

Friday 15th April 2022—Good Friday

Monday 18th April 2022—Easter Monday

Monday 2nd May 2022—Early May Holiday

Thursday 2nd June 2022—Spring Holiday

Friday 3rd June 2022—Platinum Jubilee Holiday

Monday 29th August 2022—Summer Bank Holiday

Thursday 2nd June 2022—Spring Holiday

Friday 3rd June 2022—Platinum Jubilee Holiday

Monday 29th August 2022—Summer Bank Holiday

### Term Dates

**Summer Holidays**—Monday 26th July 2021 – Friday 3rd September 2021

**Autumn Term 1**—Monday 6th September 2021 – Friday 22nd October 2021

**HALF TERM** – Monday 25th October 2021 – Friday 29th October 2021 (All Year Round children to attend only)

**Autumn Term 2** – Monday 1st November 2021 – Friday 17th December 2021

**Spring Term 1** - Monday 10th January 2022 – Friday 18th February 2022

**HALF TERM** – Monday February 21st – Friday 25th February 2022 (All Year Round children to attend only)

**Spring Term 2** – Monday 28th Feb 2022 – Friday 1st April 2022

**EASTER HOLIDAY** – Monday 11th April 2022 – Friday 22nd April 2022 (All Year Round children to attend only)

**Summer Term 1** – Monday 4th April 2022 – Friday 27th May 2022

**HALF TERM** - Monday 30th May 2022 – Friday 3rd June 2022 (All Year Round children to attend only)

**Summer Term 2**—Monday 6th June 2022 --Friday 22nd July 2022.

**Summer Holidays**— Monday 25th July - Friday 2nd September 2022.

### Did you know?

Between the day your child is born and the day they turn 3-years-old their brain has developed to 95% of its full capacity. That's a hefty amount that can't be ignored, proving the need for enriching childhood experiences that fuel this growth and development. This is why at Little Beans we follow your child's interests to create natural next steps for their development.



### Little Beans Lunches & Teas

Check out the new Summer menu displayed outside of nursery. Our delicious hot lunches are freshly made every day by our own on-site nursery cook Claire. Getting a balanced meal at lunchtime is so important for concentration and means you do not have to worry about what to put in your child's lunchbox!



### Recipe of the Month: **Beef Chilli Con Carne with Rice**

#### Method:

1. Cook the minced beef with 250ml water over a medium heat until browned.
2. Add the green lentils, bring to the boil and simmer for 30 minutes.
3. Add the kidney beans, chopped tomatoes, tomato passata, carrots, pepper and all spices to the beef mixture.
4. Simmer for 15 minutes.
5. In a jug, mix the cornflour and water, then add to the beef mixture. Simmer for 5 minutes, stirring continuously.

Serve with boiled rice.

#### Ingredients:

- 500g minced beef (or vegan alternative)
  - 250ml water
  - 250g green lentils
- 1 to 2 tins kidney beans - drained
  - 1 tin chopped tomatoes
  - 1 tin tomato passata
  - 3 carrots - grated
- 1 pepper - chopped small
  - 1 tsp cumin
  - 1 tsp paprika
- 1 tsp ground coriander
- 2 tsp ground garlic
- 1/4 tsp cinnamon
- 1/4 tsp hot chilli powder
- 1 beef stock cube
- 75ml cold water
- 100g cornflour

#### Top Tip:

To reduce food waste, you could serve any leftover chilli mixture inside a wrap with salad and cheese, or on top of nachos!





We thank you for your continued support in ensuring we are all keeping safe and well in these difficult times!

If your child or member of household has a new continuous cough, a high temperature or a loss of taste/smell please book a PCR test as soon as possible or begin 10 day self-isolation. Your Little Bean can return to nursery if they have not had a high temperature for 48 hours, feel well and have a negative test/completed isolation.

Please ensure that you are following NHS guidelines and keep following coronavirus advice including regular handwashing, social distancing and wearing a face covering where recommended. We are remaining vigilant to ensure we are covid secure to keep all your Little Beans safe and well, so therefore will be asking parents and carers to collect their child if they are displaying any symptoms of coronavirus.



### SOMETHINGNEW



There will be a new magazine every term with something new and interesting! There are lots of vouchers, tips, and interesting articles for parents. Copies are kept in the reception area! Get your free magazine today! Just ask a member of our team!



Please ensure your Little Bean has plenty of spare clothing in their bag! This is because we enjoy water play and may get a little messy from time to time! All spare clothing and belongings in the child's bag must also be labelled please! Our lost property box is looking a little full again— please can you have a look through before the last week of August as we will be taking the remainder to the charity shop!

### LOST AND FOUND



Please make sure you are regularly checking in on Tapestry as we use this to update parents and carers on lots of information! As well as sharing what fantastic days your Little Beans have with us!

We welcome comments, photos and videos about what you have been up to at home as this is a fantastic language tool for your Little Beans!



May we ask parents and carers to keep us up to date with any contact information changing, including addresses, work contact and personal contact numbers.

If you have any questions or concerns, then please speak to a member of the Little Beans Team who will be happy to help.

Many thanks

The Little Beans team

Little Beans Day Care (Garland) Limited, incorporated and registered in England and Wales with company number 9537346. Regulated by OFSTED under registration number – EY492436.

### Facebook and Instagram

Please check out our Facebook and Instagram page, give us a 'like' and 'follow' to keep updated with dates and reminders. We also add photos regularly of what your Little Beans have been up to.

Please also leave reviews! <https://www.facebook.com/littlebeansgarland> search on Instagram; Little Beans.

[www.littlebeansdaycare.com](http://www.littlebeansdaycare.com)