

## January 2022 Newsletter



### HAPPY ★ NEW ★ YEAR

Welcome back to all the Little Beans and their families! We hope you had a fantastic festive break and are looking forward to a wonderful year ahead!

#### **This month the Little beans will be learning about: Weather and Seasons!**

We will be learning all about the different types of weather and how these vary all over the world! We will be exploring the four seasons, and talking about what 'typical' weather we should expect in each of these—but also discussing how unpredictable weather can be!

We will be seeking to answer questions such as why do the leaves fall off the trees? Why do some plants have flowers all year round whilst others only have flowers for a few months? Where do our insects and animals go when it's chilly outside? How do they keep cool in the summer?



#### **Fun fact about your child's brilliant brain!**

By age 1 your child may not be able to say very many words but they can understand an average of 70 words. Around the 18th month mark you will notice your child's working vocabulary suddenly explode. In fact, around this time the average toddler adds one new word to their vocab every two hours they are awake.



### Little Beans Celebrations Events & Special Days in January 2022

- 5th January 2022—The twelfth day after Christmas and the official end of the Christmas season, on this day we will talk about and share our Christmas experiences and memories with each other. Why not put some photos up on Tapestry for the staff to share with the children to encourage conversation during circle times!



- 18th January 2022—Winnie the Pooh Day! A day celebrated on author A. A Milne's birthday, Winnie the Pooh day celebrated the beloved honey-obsessed bear! We will be holding Teddy Bear's picnics, talking about the things we like and dislike and making honey-flavoured treats!

- 21st January 2022—Red Squirrel Appreciation Day! Red squirrels are native to the UK but at risk, on this day we will be exploring these colourful fluffy animals and talking about their habitats as well as ways to protect them!



- 25th January 2022— Burns Night! A Scottish celebration to commemorate Scotland's national poet Robert Burns! At Little Beans we will be talking about traditional dishes eaten on this night such as fish soup, as well as exploring Scottish traditions and customs such as tartan patterning and the sound of bagpipes!



- 26th January 2022—Australia Day! We will be learning all about Australia and the land down under and discussing the different animals, weather patterns and traditions they have!

- 28th January 2022—Lego Day! The date which marks when the first 2x4 Lego brick was patented and to celebrate the fantastic journey of imagination which a simple Lego brick can take us on! We will be building and creating all day using lots of different materials and resources to show the power of the imagination and bricks!

- 31st January 2022—International Zebra Day! On this day we will be celebrating all that is stripey and learning about these fantastic black and white beasts! We will be learning all sorts of fun facts such as how each Zebra's stripes are unique just like our fingerprints are!



#### Term Dates for Term Time Only Children

**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

#### 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

**All Year Round Children return on Tuesday 4th January 2022.**

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



Recipe of the Month:

## **Fish and Tomato Pasta!**

### **Ingredients:**

- 2 tins of tuna or any fish of your preference
- Pasta fusilli or penne– 500g
- Tomato passata – 1 carton
- Mixed herbs – 1 tbsp
- Onion – 1 – finely chopped
- Chopped tomatoes – 1 can
- 1 tin of sweetcorn
- 1 tsp of butter



### **Method:**

1. Cook pasta according to instructions and once cooked drain.
2. Finely chop 1 onion and brown off in a frying pan in 1 tsp of butter.
3. Once the onion is browned, add the tomatoes, passata, herbs and fish into a pan and simmer for 10 minutes.
4. Add the sweetcorn and simmer for a further 2 minutes.
5. Add the drained pasta to the fish and tomato sauce then mix well.
6. Top with grated cheese to serve!



### **Top Tip**

Fish is a one-stop source of so many vital nutrients that it can help to maintain a healthy balance in your body, and help fight all sorts of major diseases. Apart from these benefits, eating fish can also improve your metabolism, sleep quality, skin quality, concentration and alleviate inflammation!



### **Little Beans Lunches & Teas**

Check out the new Spring menu displayed outside of nursery. Our delicious hot lunches are freshly made every day by our own on-site nursery cook. 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!

### 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.



### Website

Our website has lots of useful information that is updated each month. We put all newsletters, menus, and dates for the diary on it. Please regularly check the website to keep updated with what's going on [www.littlebeansdaycare.com](http://www.littlebeansdaycare.com)

### Clothing and Lost Property

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 be 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 January and then we will be taking the remainder to the charity shop!



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.

At Little Beans we are aware of the updates and changes provided by the Government and Public Health in relation to Covid-19.

We would like to thank parents for their continued support in getting children tested when symptomatic, and keeping children at home when they are unwell.

Rest assured, at Little Beans we follow a rigorous cleaning schedule and frequently deep clean the nursery to help reduce any risk of germs.

As part of our system of controls for Covid-19 we are keeping the nursery well ventilated so we are asking all parents and carers to ensure their child has sufficient layers which staff can take on and off during these colder months.

We are all working together to keep everyone safe.



### A Big Thank You

All the team at Little Beans would like to say a very big Thank You for the thoughtful and kind gifts we received for Christmas!



### Uniform

Little Beans have gorgeous, embroidered uniform that is available to purchase. Our uniform has many positive benefits, first and foremost it helps your child feel like they belong – they recognise the logo, and they associate it with a place that they feel safe, happy and secure. Uniform also helps to prepare your child for school and also means that your lovely clothes stay clean! We have a range of uniform items from hats to polo tops to jumpers! Ask a member of the team if you would like to place an order or look at what uniform we have available!

