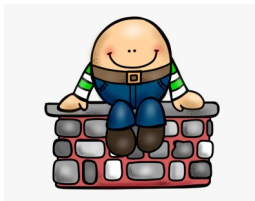


## May 2022 Newsletter



### This month your Little Bean will be learning about: Nursery Rhymes!

This month the Little Beans will be clearing the cobwebs from our singing lungs and exploring our favourite nursery rhymes!



Nursery rhymes provide bite-sized learning opportunities for young children to develop key developmental skills and can often be the trigger for hours of creative and open-ended play. They are a powerful learning source in early literacy and enable children to become interested in the rhythm and patterns of language!



'Why did Jack and Jill go up the hill?'



'How many bags of wool did Baa Baa Black Sheep have?'



'And 'What was Miss Muffet eating?'



At Little Beans we make learning fun by using props, music or musical instruments! Introducing children to a variety of nursery rhymes can help them understand and learn about different sounds. This is an important part of developing those early literacy skills. Listening to different sounds in the environment, as well as in nursery rhymes, provides children with the foundations to help them read and write. We spark their imagination and stimulate curiosity, helping to develop their ability to focus, their concentration, as well as their social and communication skills. Ideas for home: read and sing nursery rhymes with your children with props and pictures, we would love to see photos and videos of families participating at home, which can be uploaded onto Tapestry!



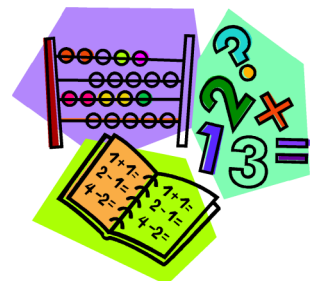
## Special Days and Celebrations in May:

- 2nd—8th of May: Screen Free Week: Annual event to encourage us to unplug from digital entertainment and spend all that free time playing, reading, daydreaming, creating, exploring, and connecting with family and friends ! At Little Beans we will be using books and stories to fund facts, and making up our own roleplays and putting on performances for each other!
- 2nd-3rd of May: Eid al-Fitr: A religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan. At Little Beans we will be exploring the Muslim faith and making decorations linked to the holiday such as moons and stars, and making sweet snacks such as rolled fruit balls!
- 3rd of May: World Laughter Day: The celebration of World Laughter Day is a positive manifestation for World Peace and it builds up a global consciousness of brotherhood and friendship through laughter. We will be doing all that we can to make each other laugh and smile on this day and remember the importance of being kind!

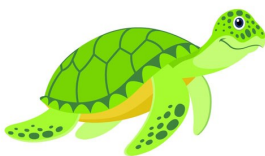


- 4th of May: National Bike to School Day: At Little Beans we will be encouraging all who can safely cycle to school—or scoot, and we will be talking about road safety and how we can help our planet!
- 12th of May: International Nurses Day: Little Beans will be celebrating all that our amazing nurses do by roleplaying, exploring first aid kits and talking about different occupations and roles!

- 15th of May (Celebrated on the 16th due to falling on a weekend) National Children’s Day: National Children’s Day UK is all about the importance of a healthy childhood and protecting the rights and freedoms of children so that they can grow into happy, healthy adults. At Little Beans we will be talking about rights and individual liberty and exploring how we are all unique!
- 16th– 20th of May: Walk to School Week! Little Beans will be encouraging all that can to walk to nursery this week, we will also be talking about other ways we can help our planet!



- 18th of May: National Numeracy Day: At Little Beans we will be discovering how numbers are everywhere and how important they are in our lives!
- 20th of May: World Bee Day: The purpose of World Bee Day is to raise awareness of the importance of pollinators, at Little Beans we will be exploring how we can help our bees!



- 23rd of May: World Turtle Day! The aim of World Turtle Day is to bring attention to, and increase knowledge of and respect for, turtles and tortoises, and encourage human action to help them survive and thrive.
- 25th of May: Africa Day! Little Beans will be exploring the continent of Africa and how it’s land is vast and different to ours! Little Beans will be exploring maps and images to find differences and similarities!

- 28th of May: Elmer Day! A celebration of reading, of elephants and of accepting yourself and others, just like Elmer the Patchwork Elephant, star of the Elmer books by David McKee.





### 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!



Recipe of the Month:

## **Roasted Vegetable and Cous Cous**

### Ingredients

4 large carrots  
4 large parsnips  
1 large sweet potato  
1 red onion  
200g sprouts  
1 aubergine  
1 broccoli  
2 medium courgettes  
½ tbsp grounded garlic  
¼ tbsp thyme  
2 large peppers  
2 veg stock cubes  
1 pint of boiling water  
300g couscous

1. Pre heat the oven to 220 degrees/ gas mark 7
2. Chop the carrots into stick. Chop the parsnips in half then each half needs to be chopped lengthways into 4's and then take the hard core out, place the vegetables into a roasting tray.
3. Dice the aubergine and peppers into small chunks and add them into the roasting tray.
4. Slice the broccoli to desired sizes
5. Peel the onion and cut off the top and bottom before cutting it in half and then then dice it into semi-circles.
6. Mix the water, stock cubes, grounded garlic and thyme into a jug then coat the vegetables that are in the try.
7. Place in the over to cook for 1hr mixing the ingrediencies around every 20 minutes.
8. Just before the vegetables are ready place the couscous into a bowl and cover with boiling water from the kettle for 8 minutes. If the couscous soaks up the water, then add a little more boiling water.

### Top Tip

If you have any leftover carrots, courgettes, or parsnips then you could try grating them and adding them to a cake mix. The children at nursery love the cake with those fillings and it's a brilliant way of getting the children to eat extra vegetables.



### Term Dates for Term Time Only Children

**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 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

### 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)



### Children Feel Emotions Differently!

If you've ever witnessed a temper tantrum, you know how devastated a toddler can seem over the smallest thing. But this isn't just for show—studies tell us that toddlers feel emotion in a more full-body way than adults do.



Children don't always know that emotions are temporary. They may feel trapped in a certain emotion, without the understanding that it can come and go. It might even be hard for them to articulate how they feel about a situation, making it more of a struggle for them to do anything about it.



At nursery, children learn to manage their emotions. Once they're in an environment with other children and a variety of adults, they'll have many more models of how to move and interact in the world.



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.