

February 2023 Newsletter



This month the Little beans will be learning about: Construction and Vehicles!

This month your Little Bean will be exploring the world of construction and vehicles!

We will be looking at stories such as the three little pigs to see what we can learn about how best to build and balance with different materials!



We will be exploring how vehicles can assist in construction such as using cranes to build tall towers, diggers to create foundations and cement trucks to mix up materials!



We will be doing lots of junk modelling and building, so if you have any cereal boxes or kitchen roll tubes then please bring them in!

Laughter really is the best medicine!



Babies and young children can laugh up to 300 times a day! Adults typically laugh at most, about 20 times a day. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain. We don't realise, but babies are taught by

the grown ups around them that laughter is social. They psychologically learn that their laughter gets a positive reaction from adults. Babies know that when they laugh, you will laugh, creating a bond before they can even talk!



Our Monthly Themes:

March— Animals!
April— Stories & Books!
May— Nursery Rhymes!
June— Space & Planets!

July— Ready for School!
August— Dinosaurs!
September— All About Me!
October— People Who Help Us!

November— Countries!
December— Festivals!

• **Little Beans Celebrations Events & Special Days in February 2023**

28th January—5th February: National Story Telling Week! A week for the promotion of the oral tradition of storytelling, the very first way of communicating life experiences and the creative imagination. We will be reading as many stories as we can during this week, discussing our favourite characters, plots and scenes!



6th—12th of February: Children’s Mental Health Week! This week we will be exploring emotions and shine a spotlight on the importance of mental health and asking for help when it’s needed.



7th of February: Safer Internet Day! On this day we will be talking all things technology and learning about how to stay safe online and to always have an adult with us when we are using the internet.

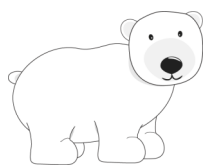
14th February: Valentines Day! The annual celebration of love is the day when we take the opportunity to tell the people we love just how much they mean to us. We will be talking about love and happiness and who/what makes us feel happy or loved!



17th February: Random Acts of Kindness Day! Spend the day doing random acts of kindness. The holiday was started by the Random Acts of Kindness Foundation, which was founded in 1995. At Little Beans we will be exploring what it means to be kind, and what we can do to be kind to others!

21st of February: Shrove Tuesday! Pancake Day or Shrove Tuesday is the day before Lent begins, when people would traditionally use up all their fat and eggs by making pancakes. We will be talking about Lent and what it means.

22nd of February: Ash Wednesday! The beginning of Lent. We will be learning that Lent lasts for forty days because that's how long Jesus wandered in the desert.



27th February: International Polar Bear Day! Every year, this global event draws attention to the challenges polar bears face in a warming Arctic and how each of us can help. We will be exploring the habitats where polar bears live, and talking about how we can help and do our bit for climate change!

Term Dates for Term Time Only Children

Spring Term 1 - Monday 9th January 2023 – Friday 10th February 2023

HALF TERM – Monday 13th February – Friday 17th February 2023 **(All Year Round children to attend only)**

Spring Term 2 – Monday 20th February 2023 – Friday 31st March 2023.

2023 EASTER HOLIDAY – Monday 3rd April 2023 – Friday 14th April 2023 **(All Year Round children to attend only)**

Summer Term 1 – Monday 17th April 2023 – Friday 26th May 2023.

HALF TERM - Monday 29th May 2023 – Friday 2nd June 2023 **(All Year Round children to attend only)**

Summer Term 2—Monday 5th June 2023 --Friday 21st July 2023.

Summer Holidays— Monday 24th July - Friday 1st September 2023. **(All Year Round children to attend only)**

May we ask that all parents update us with any changes of their details, including contact numbers and addresses. May we also ask that parents provide us with additional emergency contact details and to keep us up to date with any changes to these. The emergency contact must be able to collect your child. We will of course always try to contact parents first.



Bank Holidays and Dates for your Diary

Friday 7th April 2023—Good Friday **(Closed)**

Monday 10th April 2023—Easter Monday **(Closed)**

Monday 1st May 2023—Early May Holiday **(Closed)**

Monday 8th May 2023—Additional Bank Holiday
For King’s Coronation. **(Closed)**

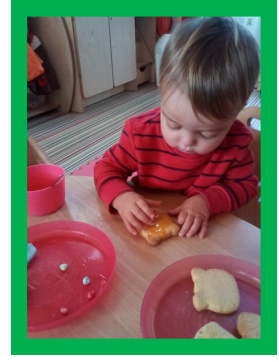
Monday 29th May 2023—Spring Holiday **(Closed)**

Monday 28th August 2023—Summer Bank Holiday
(Closed)



Recipe of the Month:

Leek and Cauliflower Cheese Bake



Ingredients:

- 1 leek
- 250g of peas
- 500g of cauliflower
- 200g of cheese
- 50g of butter
- 150g of plain flour
- 250ml of milk
- 150g of mushrooms
- 2 large carrots, grated
- 500g of potatoes

Method:

1. Preheat the oven to 190
2. Place grated carrot, sliced mushrooms, cauliflower, peas and leeks into a pot and bring to the boil
3. Chop the potatoes into wedges and lightly drizzle with oil before putting into the oven for 30-45 mins
4. In a separate pot, mix the milk and butter together to make a sauce and add flour to reach desired consistency
5. Add half of the cheese to the sauce and mix well
6. Once vegetables are softened, place them into a casserole dish and pour over the sauce
7. Sprinkle the remainder of the cheese on top and bake for 40 minutes until golden brown



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!

Top Tip

Swap the potato wedges for pasta and make a delicious cheesy pasta bake!

yum!

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

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.

Please ensure you are regularly checking Tapestry and engaging with the posts and observations from staff!

There have been a few updates on Tapestry with regards to key workers, please let a member a team know if you are unable to access Tapestry or if you would like if you would like any help using Tapestry.



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!



Collection and Drop Offs

Please ensure you are on time for your child's collection, they must be collected before the session end time to avoid incurring additional costs. Staff are available to open the door up to 30 minutes before the end of a session.

Please be aware of parking safely and considerately of others. Be mindful of other cars on the forecourt, and of pedestrians and please do not park on the pavement across the forecourt. Please use the designated spaces.

