

April 2023 Newsletter

This month your Little Bean will be learning about: Stories and Books!

During the month of April your Little Bean will be exploring all things literature! From our favourite stories, books and fables, the Little Beans will be learning all about books!



Sharing stories, talking and singing every day helps children's development in many ways.

Reading and sharing stories can help children get to know sounds, words and language, and develop early literacy skills! The Little Beans will learn to value books and stories and spark their imagination and stimulate curiosity!

Reading helps to develop our Little Beans' brain, ability to focus, concentration, social skills and communication skills!



The Little Beans will be role playing, acting out stories and using small world resources to develop their storytelling to help learn the difference between 'real' and 'make-believe'.



The Little Beans will be using messy play to distinguish which porridge is too hot, too cold or just right.

Stories help us to understand emotions as well as many other benefits, and the Little Beans will be using books and stories to work out how we might feel in situations. We will also be using stories and characters to perhaps decide how we could make a character feel better about a situation, and explore ways to make ourselves feel happy!

Little Beans Celebrations Events & Special Days in April!

- 1st April—April Fools Day! Celebrated all over the world as a morning of jokes and tricks - but don't play a trick after noon - or you are the fool! The Little Beans will be exploring jokes and humour all day, and trying hard to make each other laugh!
- 2nd April—International Children's Book Day! The Little Beans will be celebrating books and stories all month long in celebration of international children's book day and talking about our favourites!



- 7th April—Good Friday! A Christian holiday where the Little Beans will be learning all about being a kind and forgiving person. The Little Beans will talk about right and wrong, and about how we can all be kinder to each other!
- 9th April—Easter Sunday and 10th April—Easter Monday! The Little Beans will be talking about Easter all week and engaging in activities based around Easter and Spring! We will be searching high and low for Easter Eggs, trying hot cross buns and seeing who can design the best Easter Egg!

- 21st April—22nd April—Eid al-Fitr! A religious holiday celebrated by Muslims worldwide that marks the end of the month-long dawn-to-sunset fasting of Ramadan. It is celebrated with prayer and different festivities and foods in different countries.

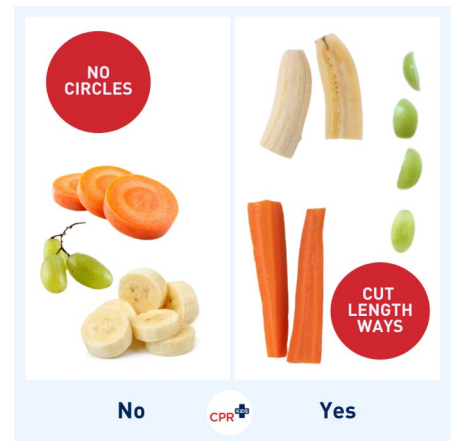


- 22nd April—Earth Day! Worldwide event to raise awareness of the environmental issues which face the whole of planet Earth! The Little Beans will be using this day to engage in lots of recycling and junk modelling activities, as well as talking about our home and how important it is to look after our World.
- 23rd April—St George's Day! The patron saint of England's bravery will be celebrated by talking all about how we are brave! We will also be looking at the England flag and designing our own!
- 25th April—Penguin Day! Awareness day to highlight the dangers that penguin's habitats face, as well as the number of penguin species which are endangered.

Staying Safe with Foods

For babies and young children, food can be a choking hazard, especially when they do not chew their food well. Choking can happen with any foods, but firm foods, bones and small round foods can be more risky.

Round, firm foods such as grapes, sausages and cherries should be cut lengthways in half before being served to your child. Similar to grapes and many other foods, Mini Eggs and other brands of small chocolate eggs and balls are just the right size to block a child's windpipe if eaten whole (and they're pretty hard to bite in half, too).



If an item does become lodged in your child's throat, remain calm and follow this advice:

If your child's coughing loudly, encourage them to carry on coughing to bring up what they're choking on and don't leave them. If your child's coughing isn't effective (it's silent or they can't breathe in properly), shout for help immediately and decide whether they're still conscious.

If your child's still conscious, but they're either not coughing or their coughing isn't effective, use back blows.

Back blows for babies under 1 year

Sit down and lay your baby face down along your thigh or forearm, supporting their back and head with your hand.

Give up to 5 sharp back blows with the heel of 1 hand in the middle of the back between the shoulder blades.

Back blows for children over 1 year

Lay a small child face down on your lap as you would a baby.

If this isn't possible, support your child in a forward-leaning position and give 5 back blows from behind.

If back blows don't relieve the choking and your baby or child is still conscious, give chest thrusts to infants under 1 year or abdominal thrusts to children over 1 year.

This will create an artificial cough, increasing pressure in the chest and helping to dislodge the object.

Chest thrusts for children under 1 year

Lay your baby face up along the length of your thighs.

Find the breastbone and place 2 fingers in the middle.

Give 5 sharp chest thrusts (pushes), compressing the chest by about a third.

Abdominal thrusts for children over 1 year

Stand or kneel behind your child. Place your arms under the child's arms and around their upper abdomen.

Clench your fist and place it between the navel and ribs.

Grasp this hand with your other hand and pull sharply inwards and upwards.

Repeat up to 5 times.

Make sure you don't apply pressure to the lower ribcage, as this may cause damage.

Summer is on it's way!



As the weather starts to (hopefully) improve and the evenings get brighter—we can't wait to see how you all find different ways to get to nursery such as on bikes and scooters!

Please remember to wear helmets and protective gear whilst on bikes and scooters—you can always leave them on your Little Bean's pegs!



Please ensure you have weather appropriate clothing and maybe even some sun cream for the upcoming months!

All of your Little Bean's items should be clearly labelled with their name to help us identify who items belong to!

Thank you!



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:

Spinach and Chicken Pie

Ingredients:

- 1 Packet of ready roll puff pastry
- 3 Medium chicken breasts
- 500g Spinach
- 1 Onion
- 2 Red peppers
- 500g Potatoes
- 100g Carrots
- 150ml Milk/ milk alternative
- 150g Flour
- 1 Egg
- 1Tbsp oregano

Method:

1. Boil the chicken in a pan of water for 20 mins along with the chopped carrots, onions and peppers
2. Once the chicken is boiled drain and chop into small pieces.
3. Add the milk and place back on the hob to boil then slowly add the flour to reach desired consistency.
4. Line a pie tin with the puff pastry and add the mixture into it before placing a puff pastry lid on top.
5. Wash with egg or milk and cook for around 25 mins until golden brown.
6. When the pie is in the oven chop the potatoes and place on the boil for 30 mins before mashing



Top Tip

If you feel artistic try cutting the puff pastry into strips and plaiting or cutting it into pretty shapes



Bank Holidays and Dates for your Diary (Closed)

Friday 7th April 2023—Good Friday

Monday 10th April 2023—Easter Monday

Monday 1st May 2023—Early May Holiday

Monday 8th May 2023—King’s Coronation.

Monday 29th May 2023—Spring Holiday

Monday 28th August 2023—Summer Bank Holiday

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**)



LITTLE BEANS SUMMER PHOTO DAY!

Little Beans will be hosting a Summer Photo Day on
Sunday 21st May 2023

This will be a great opportunity for the Preschool school leavers to have their photos taken in their graduation gown, ahead of our graduation ceremony in July.

We are also inviting all families to book in a slot to have some fabulous professional photos taken.

Slots available from **8:45am**

Please get in touch if you would like to book in a slot!



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



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.