

Little Beans

Garland



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February Fun coming up!

Welcome to the February 2024 edition of our Newsletter. Where did January go! Time is marching on, and we will soon see the last traces of Winter and the start of Spring.

Despite the cold weather, Little Beans is buzzing with warmth and excitement. We have lots of fun activities planned for our Little Beans and we are looking forward to another fantastic month.

Don't forget to book in for our February Half Term Holiday Club – all details are on our website.



Thank you all for being a part of Little Beans.

As ever, if you have any questions at all, please reach out to any one of the Little Beans Team.



This month.....

We 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 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!**





Little Beans Celebrates!

Events in February 2024

27th January - 4th 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 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.

6th 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.

13th 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.



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!

14th 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.

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 celebrate this on Friday 16th February - we will be exploring what it means to be kind, and what we can do to be kind to others!

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!!



Laughter

----- THE BEST MEDICINE!

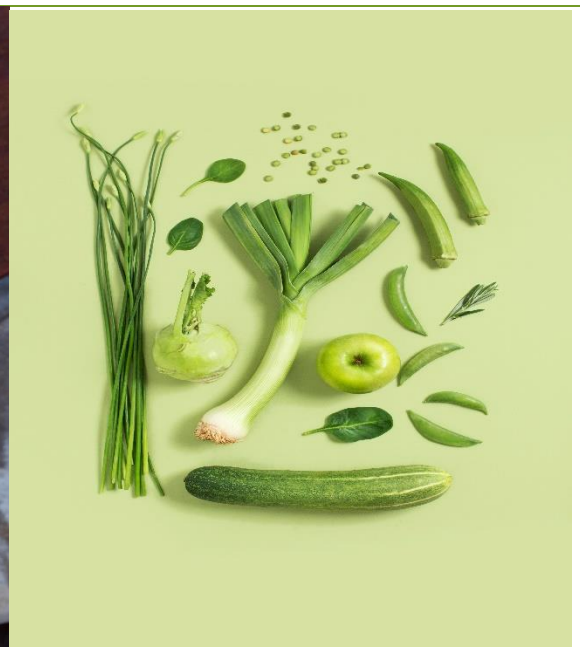
Babies and young children can laugh up to 300 times a day! Adults typically laugh at most, about 20 times a day. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

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!





Little Bean's 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

Top Tip:

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

----- 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.

-----Enjoy!

TERM DATES FOR TERM TIME ONLY (TTO) CHILDREN:

SPRING TERM

Term 1 - Monday 8th January 2024 – Friday 9th February 2024

Half term – Monday 12th February 2024 – Friday 16th February 2024

Term 2 – Monday 19th February 2024 – Friday 29th March 2024

Easter Holidays – Monday 1st April 2024 – Friday 12th April 2024

SUMMER TERM

Term 1 – Monday 15th April 2024 – Friday 24th May 2024

Half term – Monday 27th May 2024 – Friday 31st May 2024

Term 2 – Monday 3rd June 2024 – Friday 19th July 2024

TERM DATES FOR ALL YEAR ROUND (AYR) CHILDREN:

Academic year - Monday 4th September 2023 – Friday 30th August 2024

Autumn term - 4th September 2023 – 23rd December 2023 (16 weeks)

Spring term - 1st January - 29th March 2024

Summer term 1st April - 30th August 2024

Summer Holidays – Monday 22nd July 2024 – Friday 30th August 2024

Bank Holidays (nursery closed)

Monday 1st January 2024

Friday 29th March 2024

Monday 1st April 2024

Monday 6th May 2024

Monday 27th May 2024

Monday 26th August 2024

Wednesday 25th December 2024

Thursday 26th December 2024





Little Beans Garland – January 2024

Notices and housekeeping!

Please may we ask that all parents update us with any changes of their details, including contact numbers and addresses. This also applies to any changes to your emergency contact details – it's really important these are up to date. The emergency contact must be able to collect your child. We will of course always try to contact parents first.

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!

Little Beans Uniform

Little Beans have some really lovely, embroidered uniform available to purchase. There are many positive benefits to having a uniform. First and foremost it helps your child feel like they belong – they recognise the logo, and they associate it with a place where they feel safe, happy and secure. Uniform also helps to prepare your child for school. It also means that your lovely clothes stay clean from messy play!

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.

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. You can also leave reviews!

<https://www.facebook.com/littlebeansgarland/>

Search on Instagram under 'Little Beans Day Care'

Little Beans Website

Our website also has lots of useful information which we up-date each month. We put all newsletters, menus, and dates for the diary on it.

You can check the website to keep updated with what's going on www.littlebeansdaycare.com

