

Little Beans

Garland



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Fabulous February!

Put a spring in your step

Welcome to the February 2025 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.

Please also make sure to regularly check Tapestry and engage with the posts and observations shared by our team!

If you're having trouble accessing Tapestry or need any help using it, please let us know.

We'd be more than happy to guide you through it so you can make the most of this valuable tool.



This month

We will be learning about.....

Construction and vehicles!

This month, your Little Bean will dive into the fascinating world of construction and vehicles!

We'll explore stories like The Three Little Pigs to discover lessons about building and balancing with different materials.

We'll also learn how vehicles play a key role in construction, from cranes building tall towers to diggers creating foundations and cement trucks mixing materials.

Our activities will include plenty of junk modelling and hands-on building fun. If you have any spare cereal boxes or kitchen roll tubes, please bring them in to help us create some amazing projects!





Little Beans Celebrates! Events in February 2025

1st February - 9th February 2025: National Storytelling Week! This week celebrates the rich oral tradition of storytelling—the original way humans shared life experiences and expressed their creative imaginations. Throughout the week, we'll immerse ourselves in as many stories as possible, sharing our thoughts on favourite characters, plots, and memorable scenes!

3rd - 9th February 2025: Children's Mental Health Week! This week is dedicated to raising awareness about the importance of children's mental health. The 2025 theme, "Know Yourself, Grow Yourself," encourages children and young people to embrace self-awareness and explore what it means to them. The week features fun and engaging activities to help children better understand and express their emotions. At Little Beans, we'll focus on activities that promote emotional well-being and self-expression!

14th February 2025: Valentine's Day! The annual celebration of love is a special chance to express how much our loved ones mean to us. On this day, we'll be sharing thoughts about love, happiness, and the people or things that make us feel cherished and joyful!



17th February 2025: Random Acts of Kindness Day! This special day inspires us to make the world a little brighter through simple, thoughtful acts of kindness. Founded in 1995 by the Random Acts of Kindness Foundation, it reminds us of the power of generosity and compassion. At Little Beans, we'll celebrate on Friday, 16th February 2025, by exploring what it means to be kind and discovering ways we can spread kindness to others!

27th February 2025: International Polar Bear Day! This day raises awareness about the challenges polar bears face due to climate change and melting sea ice. It's an opportunity to reflect on the importance of protecting their natural habitats and reducing our carbon footprint. At Little Beans, we'll be exploring ways to help our planet and learning about these incredible Arctic animals!



February's Fun Fact!

----- Laughter

Did you know that babies and young children can laugh up to 300 times a day, while adults typically laugh only about 20 times?

Laughter is not just a joyful expression but also a powerful tool for health and connection. It triggers the release of endorphins, the body's natural feel-good chemicals and promotes an overall sense of well-being and even temporarily relieving pain.

Laughter also boosts your immune system by increasing hormones, immune cells, and infection-fighting antibodies, helping to improve your resistance to illness.

Interestingly, babies learn from the grown-ups around them that laughter is a social activity. They quickly realise that their laughter sparks a positive reaction from adults, building bonds even before they can talk.

When a baby laughs, you laugh too, creating a beautiful connection through shared joy!





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 6th January 2025 – Friday 14th February 2025

Half term – Monday 17th February 2025 – Friday 21st February 2025

Term 2 – Monday 24th February 2025 – Friday 4th April 2025

Summer term

Easter Holidays – Monday 7th April 2025 – Friday 18th April 2025

Term 1 – Monday 21st April 2025 – Friday 23rd May 2025

Half term – Monday 26th May 2025 – Friday 30th May 2025

Term 2 – Monday 2nd June 2025 – Friday 18th July 2025

Summer Holidays – Monday 21st July 2025 – Friday 29th August 2025

TERM DATES FOR ALL YEAR ROUND (AYR) CHILDREN:

Academic year

Monday 2nd September 2024 – Friday 29th August 2025

Spring Term

1st January 2025 – 28th March 2025 (13 weeks)

Summer Term

31st March 2025 – 29th August 2025 (22 weeks)

Closed for Christmas

Wednesday 25th December 2024 – Wednesday 1st January 2025 (Inclusive)

Bank Holidays (nursery closed)

Wednesday 1st January 2025

Friday 18th April 2025

Monday 21st April 2025

Monday 5th May 2025

Monday 26th May 2025

Monday 25th August 2025

Thursday 25th December 2025

Friday 26th December 2025



Housekeeping!

Notices

Can we please ask during drop off and collections that you ensure you wait in line so all important information is passed on for a smooth handover.

Reminders

Please don't forget to label all your children's items that they bring in to Little Beans. Please also remember to provide sufficient nappies, wipes and cream for your child. Also can you include hats, gloves, jumpers etc.

Facebook and Instagram

Stay connected with us by visiting our Facebook and Instagram pages!

Be sure to give us a 'like' and 'follow' to stay updated on important dates, reminders, and to see regular photos of what your Little Beans have been up to. Don't forget, you can also leave us a review!

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

Instagram: Search for 'Little Beans Day Care'

Little Beans Website

For more information, visit our website where we regularly update newsletters, menus, and important dates. Check it out at: www.littlebeansdaycare.com

