

# Little Beans

Garland



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## Fabulous February!

Put a spring in your step .....

Welcome to the February 2026 edition of our newsletter! Where did January go? Time is certainly flying by, and before we know it, winter will be fading and the first signs of spring will begin to appear.

Despite the chilly and wet weather, Little Beans is full of warmth, energy, and excitement. We have lots of fun activities planned for our Little Beans and are looking forward to another wonderful month ahead.

Don't forget to book your place at our February Half Term Holiday Club—all the details can be found 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!

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

We'll dive into stories such as *The Three Little Pigs*, discovering important lessons about building, balance, and using different materials.

The children will also learn how vehicles play an essential role in construction—from cranes building towering structures to diggers creating strong foundations and cement trucks mixing materials.

Our activities will include lots of junk modelling and hands-on building fun. If you have any spare cereal boxes or kitchen roll tubes at home, we'd love for you to bring them in to help us create some amazing projects!







## Little Beans Celebrates!

### Events in February 2026

**1<sup>st</sup> February - 8<sup>th</sup> February 2026: 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!

**9<sup>th</sup> to 15<sup>th</sup> February 2026: Children's Mental Health Week!** This week is dedicated to raising awareness about the importance of children's mental health. The official theme for 2026 is "*This is My Place*". It focuses on helping children and young people feel a sense of belonging — in their friendships, families, schools and communities — and encouraging the adults around them to create supportive, inclusive environments where they feel accepted and valued.

**14<sup>th</sup> February 2026: Valentine's Day!** The annual celebration of love is a special chance to express how much our loved ones mean to us. We will celebrate this on Friday 13<sup>th</sup> February - we'll be sharing thoughts about love, happiness, and the people or things that make us feel cherished and joyful!



**17<sup>th</sup> February 2026: 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 by exploring what it means to be kind and discovering ways we can spread kindness to others!

**27<sup>th</sup> February 2026: International Polar Bear Day!** This day raises awareness about the challenges polar bears face due to climate change and melting sea ice and encouraging actions that help protect their habitat and future. The date was chosen to coincide with the time when polar bear mothers and cubs are in their dens, a particularly vulnerable period in their lifecycle, making conservation efforts even more important. 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 isn't just an expression of joy—it's a powerful tool for health and human connection. It triggers the release of endorphins, the body's natural feel-good chemicals, promoting a sense of well-being and even temporarily easing pain.

It also strengthens the immune system by increasing hormones, immune cells, and infection-fighting antibodies, helping the body better resist illness.

Interestingly, babies learn early on that laughter is a social experience. They quickly discover that their laughter brings positive responses from adults, helping to build strong bonds long before they can speak.

When a baby laughs and you laugh back, a beautiful connection is formed—one built on 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:**

Autumn Term  
Term 1 – Monday 1<sup>st</sup> September 2025 – Friday 24<sup>th</sup> October 2025  
Half term – Monday 27<sup>th</sup> October 2025 – Friday 31<sup>st</sup> October 2025  
Term 2 – Monday 3<sup>rd</sup> November 2025 – Friday 12<sup>th</sup> December 2025

Spring Term  
Term 1 – Monday 5<sup>th</sup> January 2026 – Friday 13<sup>th</sup> February 2026  
Half Term – Monday 16<sup>th</sup> February 2026 – Friday 20<sup>th</sup> February 2026  
Term 2 – Monday 23<sup>rd</sup> February 2026 – Friday 27<sup>th</sup> March 2026  
Easter Holiday – Monday 30<sup>th</sup> March 2026 – Friday 10<sup>th</sup> April 2026

**TERM DATES FOR ALL YEAR ROUND (AYR) CHILDREN:**

Academic year 2025/2026

Monday 1<sup>st</sup> Sept 2025 -Friday 28<sup>th</sup> Aug 2026

Autumn term 1<sup>st</sup> September 2025 – Friday 19<sup>th</sup> December 2025 (16 weeks)

Spring Term 22<sup>nd</sup> December 2025 - 5<sup>th</sup> January 2026 – 28<sup>th</sup> March 2026 (13 weeks)

Summer Term 31<sup>st</sup> March 2026 – 29<sup>th</sup> August 2026 (22 weeks)

**Bank Holidays 2026 (nursery closed)**

Thursday 1<sup>st</sup> January 2026

Friday 3<sup>rd</sup> April 2026

Monday 6<sup>th</sup> April 2026

Monday 4<sup>th</sup> May 2026

Monday 25<sup>th</sup> May 2026

Monday 31<sup>st</sup> August 2026

Friday 25<sup>th</sup> December 2026

Monday 28<sup>th</sup> December 2026





# Housekeeping!

## Team updates

We would like to share with our families that **Roshni** has chosen to take on a new role as the next step in her career journey. She has been a valued member of our team, and we would like to thank her for all her hard work and dedication to Little Beans. We wish her every success in her next adventure.

**Annette** has stepped up from Second Deputy to Deputy Manager. Annette and Tarnya work very collaboratively together, and Annette brings a wealth of experience to the role. We are all really excited about continuing to work alongside each other.

**Layla** will not be returning following her maternity leave. We wish her all the very best as she begins this new chapter in her life.

We are extremely proud to share that **Grace** has passed her Level 2 qualification. Achieving this at just 17 years old is a fantastic accomplishment, and we could not be prouder of her.

**Teigan** has passed her Level 3 qualification and has been promoted to the role of Room Leader in Preschool. She is doing a fantastic job and will continue to work hard to ensure the children have the best possible learning experiences.

**Parents evening** – We will send out dates for the next parent's evening shortly – watch this space!

## Reminders

**Parking** is for pick up and collection of Little Beans children and not for use around the school run!

**Calpol** - please do not send your child in if your child has had Calpol.

**Name all items** including shoes to help us where children have the same style shoes ☺

## 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](http://www.littlebeansdaycare.com)

