

# FAMILY NEWS

Summer 2023



## Dear Parents and Carers

Welcome to our summer newsletter. We thought that now would be a good time to share with you our sun safety procedures as the warm weather is finally here. Experiencing severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life, so it's very important that we protect the children in our nursery from the sun whilst still providing them with the valuable learning opportunities that occur outside.

According to the British Skin Foundation, Clothing should always be the first line of defence against damage from the sun. So please ensure your child is wearing clothing that covers the shoulders (which burn easily) and bring in a sunhat.

A 'legionnaire' style hat with a wide brim is best, as it will shade the head, face, ears and neck. Baseball caps do not shade the ears or neck, and so are not as effective.

Please can we ask that all children attend the nursery wearing sunscreen.

If you do not wish your child to wear sunscreen they should wear light long sleeved shorts and trousers. Sunscreen should be min spf 30 and be applied at home. We will reapply as needed throughout the day.

We have set up water stations indoors and out and encourage children to drink regularly. The children are also only playing in the shaded areas of the garden and at the coolest parts of the day. Room activities are being based around water and ice play in order to keep the children cool and we have set up calm spaces where the children can rest with the blinds down, under a cool fan, listening to some tranquil music or sharing stories with friends.

Tracey

## Dates for your diary

### Holidays and closures:

- 21st July - End of Term
- 4th August - 4pm Nursery Closure

### Family Events:

- 11th August - Pre-School Graduation

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our Social Media:**

 /thenurseryfamily

 @thenurseryfamily



### The Baby Snug

Babies enjoy water play as much as anyone else! And adding some frozen herbs to the paddling pool creates a new sensory experience. Fruit frozen with ice is also a favourite activity to explore and taste!

Our Baby Picasso sessions are often very messy so this hot weather is the perfect time for babies to be stripped down to their nappies and make large floor paintings. Using different parts of their bodies to paint on or with is a great activity to support physical development, spatial awareness, and sensory exploration.

### The Toddler Den

Our toddlers are making the most of the summer weather by spending lots of time exploring water. From water animals to bathing babies and watching ice cubes with objects inside melt. Early mathematical knowledge is being gained through emptying, filling and investigating what happens when we put too much water into a container. New language such as full, empty, more and less is being learned.

### The Pre-School Study

For our three year olds and above the summer provides lots of opportunities to experience planting and growing things. And of course, the all-important watering! This also gives us opportunities to talk about the water shortage and what we can do to look after our planet. The children have been learning about the wider world, and some of us have been lucky enough to borrow a bee hive and a smoker. The children looked at how the honeycomb is made, and bought some honey to try. We discovered what we need to do to look after the bees and create environments in the garden that help the bees.

Our School Leavers are continuing with their School Readiness Programme. Some of the children are keen to try early writing and mark marking which we are encouraging if they want to. School Readiness for us is about self-resilience and independence so we focus a lot on dressing and undressing, being able to put on shoes and being confident to ask for help when needed.

### Continue at home....

Visit a garden centre and look at some of the plants and herbs that can be grown at home and nursery.

Let children make sandwiches and salad using some of the ingredients they will grow at nursery such as cress, cucumbers and tomatoes.

Add ice cubes with frozen fruit and herbs to drinks to encourage children to drink more in this hot weather and also to guess how long it will take for the ice to melt.



# Recipe of the Month

## CHICKEN FAJITAS

### INGREDIENTS:

2 large chicken breasts thinly sliced (or a meat substitute)

1 red onion, thinly sliced

1 red pepper, thinly sliced

1 red chilli, thinly sliced (optional)

Handful grated cheddar cheese

For the marinade:

1 heaped tbsp paprika

1 tbsp ground coriander

Pinch of ground cumin

2 medium garlic cloves, crushed

4 tbsp olive oil

1 lime, juiced

To serve:

6 medium tortillas

For the salsa:

1 cucumber, peeled and diced

½ red onion, diced

250g tomatoes, seeded and diced

1 tspn crushed fresh garlic

1 tbsp lime juice

1 tspn olive oil

½ tspn ground cumin

½ tspn ground black pepper



### Instructions

1. Heat oven to 200C/400F/gas mark 6.
2. Mix paprika, coriander, cumin, crushed garlic, olive oil, and lime juice together in a bowl.
3. Stir the sliced chicken breasts, red onion, red pepper, and optional chilli into the marinade.
4. Heat a griddle pan until smoking hot and add the marinated chicken.
5. Keep everything moving over the high heat until you get a nice charred effect. If your griddle pan is small, you can do this in two batches.
6. To check the chicken is cooked, cut into the thickest part of the chicken. If it is still red inside, then continue cooking.
7. For the salsa, mix the diced tomato, onion, cucumber, then add the lime juice, minced garlic, cumin, and black pepper. Set aside.
8. Put the tortillas in the oven to heat up for a few minutes, and serve with the cooked chicken mixture, salsa, and grated cheese.