

FAMILY NEWS

 **LOWER BEEDING**
DAY NURSERY & PRE-SCHOOL

AUTUMN 2025



Dear Parents and Carers,

What a busy and rewarding term it has been! We've experienced a real mix of emotions as we said a fond farewell to our older children heading off to school. Their journey was celebrated in style with a wonderful sports day on the field opposite nursery, followed by a special graduation – such a proud moment for all.

At the same time, we've had the joy of welcoming new children into our nursery family. It has been lovely to see them settling in so well and beginning to form those all-important bonds with their key people.

Our growing area has also been a real highlight this term, with the children excitedly watching plants flourish and then putting their harvest to good use. Cooking Club with our chefs has been a delight, giving the children the chance to create healthy snacks and tasty treats while learning valuable life skills.

Emma

Dates for your diary

Holidays and Closures:

- Closed for Christmas from Thursday 25th December and return on Friday 2nd January.

Other:

- 29th September, 1st October, 3rd October 2.30–3.30 – Grandparents Stay and Play
- 4th October 10–2 – Open Day
- 12th October – Spain Day
- 5th November – Firework Night
- 11th November – Remembrance Day
- 6th December 10–2 – Christmas Open Day

Don't forget to follow our Social Media:

 [/thenurseryfamily](https://www.facebook.com/thenurseryfamily)

 [@thenurseryfamily](https://www.instagram.com/thenurseryfamily)



The Baby Snug

We were absolutely thrilled to welcome a very special visitor to our baby room recently – a big, friendly tiger who joined us for tea! To celebrate, the children got busy in the kitchen making tiger cupcakes and preparing “tiger cups of tea.”

These activities gave the children plenty of opportunities to practise their motor skills through careful tipping and pouring, while also exploring mathematical language by counting out ingredients. The fun continued as we all snuggled up with our tiger guest to enjoy the traditional story *The Tiger Who Came to Tea*. It truly was a magical, engaging experience that the children will remember for a long time!

The Toddler Den

Our toddlers have been on a magical space adventure, inspired by meteorites and the planets aligning. We explored the wonders of the stars using light projections, experimented with different mark-making techniques, and even tried splash painting to create moving star effects.

These activities gave the children the chance to build their gross motor skills, practise colour recognition, and use their imaginations – including making the sounds they thought stars might make!

The Pre-School Study

Our Pre-school children have been busy exploring healthy eating and cooking, and one of their favourite creations so far has been fruit smoothies! This activity wasn't just delicious – it was packed with learning opportunities too.

The children practised their fine motor skills by carefully chopping fruit with safety knives, worked on their coordination and strength when lifting and placing ingredients into the blender, and developed their communication skills as they listened to Sarah's instructions and talked together about what they were making.

The best part? Enjoying their smoothies for snack time! The children were so proud of what they had made and were already asking when the next Cooking Club session will be.

Continue at home

- Share a simple pretend tea party with cups, spoons, and soft toys. Babies will love the social interaction and the chance to practise grasping and holding objects.
- Encourage early language by modelling words like cup, pour, drink as you play together.

Continue at home

- Try painting or stamping stars at home using sponges, cookie cutters, or even fingertips.
- Use a torch or nightlight in a darkened room to shine “stars” on the wall or ceiling.
- Make silly space noises together – “whoosh,” “bang,” “twinkle” – and clap or stomp along to create starry rhythms.
- Play gentle space-themed music and encourage your toddler to move their body to the sounds.

Continue at home

- Let your child choose fruit and help wash, peel, or chop softer pieces.
- Experiment with different flavours (like adding spinach or oats) and talk about colours, textures, and tastes.
- Involve your child in preparing other simple snacks, such as buttering bread, mixing yoghurt with fruit, or making veggie sticks and dips.

Recipe of the Month

VEGETABLE BIRIYANI

INGREDIENTS:

- 1 tbsp Vegetable oil
- Tin of mixed pulses, with no added salt or sugar – rinsed
- 1 small cauliflower, broken into florets
- 2 large sweet potatoes, peeled and cubed
- 1 large onion, sliced
- 1L salt-free vegetable stock
- 3 tbsp mild curry paste
- 1 red chilli (medium heat), seeded and finely chopped
- Large pinch of saffron strands
- 2 tsp mustard seeds
- 200g basmati rice, rinsed
- 140g trimmed green beans, chopped into bite-sized pieces
- 2 lemons, juiced
- Handful of fresh coriander leaves



Instructions

1. Preheat the oven to 220C/gas 7/fan 200C.
2. Pour the oil into a large roasting tin or oven proof dish and put in the oven for a couple of minutes to heat through.
3. Add all of the vegetables to the tin, except the beans, stirring to coat them in the hot oil. Season with pepper and return to the oven for 15 minutes until beginning to brown.
4. While the vegetables are roasting, heat the stock until hot, then stir together with the curry paste, chilli, saffron and mustard seeds.
5. Mix the rice, pulses and green beans with the vegetables in the tin, then pour over the stock mixture. Lower the oven to 190C/gas 5/fan 190C. Cover the dish tightly with foil and bake for 30 minutes until the rice is tender and the liquid has been absorbed.
6. Stir in the lemon juice, then scatter over the coriander.

Recent Training

Luke has recently been promoted to preschool room lead, which I'm sure you all join us in congratulating him.

Emma, Hannah, Kerry, and Zoe have all recently renewed their Paediatric First Aid.

Hollie, Maisie and Leah are all also completing their level 3 Early Years qualification.

Colleague Spotlight

We would like to give a big shout out to Hannah. Recently, Hannah has been creating lovely stimulating activities for the children. She has also been researching ideas, to make sure the children have new things to engage them.

Hannah is a fantastic part of the team and will always help and support others.

