

FAMILY NEWS



Dear Parents and Carers,

We're now into our autumn term, and what a wonderful summer we've had!

Over the past few months, we said a fond (and rather loud!) farewell to our school leavers with a joyful graduation and party to celebrate their time with us. The children also loved our special summer visits from Sabrina at SingOlingo, with Monday's Rise and Shine sessions and Spanish on Wednesdays always a big hit.

The Shires' children, with Caroline, created their very own ice cream parlour in the garden summer house, which was such a success and brought lots of smiles. Many of our children also had visits to their new rooms, spending time with new friends and settling in with their teams – it's been lovely to see their confidence growing.

Looking ahead, this autumn we'll be visiting our neighbours to deliver Halloween gifts and introducing a new Shires group to our elderly friends. Across the nursery, all groups will continue to focus on their learning and development through their planned activities.

We're also excited to invite you to our Education Open Evening on 12th November, where parents can explore the nursery and have the opportunity to chat with their child's team. After that, it won't be long before we're diving into the Christmas season and all the festive fun it brings!

A huge thank you, as always, to our wonderful parents and carers for your continued support. We can't wait to make more memories with you this term.

Warm wishes,
Amanda

Dates for your diary

Holidays and Closures:

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

Other:

- **27th September 2025** – Educational Open Day, 10am–2pm
- **Week commencing 27th October 2025** – Halloween Week
- **12th November 2025** – Open Evening (Parents' Evening, if they wish to attend)
- **13th & 14th November 2025** – Children in Need (Dress Up Days – theme to be confirmed)
- **Date to be confirmed** – Christmas Nursery Photos
- **6th December 2025** – Christmas Fair
- **15th–19th December 2025** – Christmas Week (including Christmas party and festive fun)

Don't forget to follow our Social Media:



[/www.rockinghorsenurserygodalming](https://www.rockinghorsenurserygodalming.com)



Foals

Over the last term in Foals, we've been really focusing on exploration and sensory play, and what a fun-filled time it's been! The children have loved getting stuck into a variety of messy activities – from squishing foam sprinkled with flowers, to pouring and mixing fruit tea, to splashing away in water play. These experiences have given them plenty of opportunities to explore textures, sounds, and smells, sparking their natural curiosity.

We've also been exploring our brand-new sensory toys, which have been a big hit. The children have been fascinated by the different coloured mirrors and have had lots of fun chasing after the flashing sensory balls. Our noisy nursery rhyme books have quickly become firm favourites too, the children have delighted in pressing the buttons, joining in with the actions, and singing along.

It's been wonderful to see so much joy, engagement, and growing confidence in our Foals as they explore the world around them in so many different ways.

Continue at home

Here's a simple and safe recipe for some sensory fun at home! Cloud dough is easy to make and a brilliant way for children to explore and be creative. Simply mix 8 cups of plain flour with 1 cup of vegetable oil (or baby oil for a softer, smoother texture). Once combined, the dough should hold together when squeezed but crumble apart easily. Children can scoop, pour, mould, and crumble it, helping to develop creativity, fine motor skills, and sensory awareness as they play.



Ponies

Over the past term, we have been making some exciting changes to the Ponies room, creating specific areas to support the children's development. The children have loved taking part in messy activities, with a different theme each week. During bug week, they explored the various textures of wiggly worms hidden in mud made from red spaghetti and cocoa powder. They also practised problem-solving by trying to get the ball pit balls out of the sticky spider's web tray. The cosy area has been a firm favourite too, where children can look through their family books or enjoy a variety of sensory activities on the mat.

In the coming weeks, we will be settling in new children from Foals and welcoming some new friends into the nursery. Our focus will be on encouraging independence, helping the children to use a spoon and fork during mealtimes, and practising taking their shoes and coats off.

We will also continue to support the children in gaining confidence and enhancing their communication and language skills. Their conversations have blossomed over the past few weeks, and we love hearing all their ideas and stories.

Continue at home

Go on a bug hunt in your garden or local park. Encourage your child to look carefully for insects, leaves, or other natural treasures. They can talk about what they find, compare sizes and colours, and maybe even make a tiny bug home from leaves and sticks.



Shetlands

In Shetlands, the children have been having a wonderful time with our regular activities, particularly our cooking sessions. Each week, the children have been exploring different recipes, both sweet and savoury, and have loved tasting their delicious creations. Cooking provides numerous learning opportunities; children develop their listening and understanding skills by following instructions and practising questions about the ingredients and tools they use. Taking turns has been another important focus, and we have enjoyed seeing the children patiently wait for their friends to finish adding ingredients or stirring.

The sessions also help the children to develop fine motor skills as they manipulate dough, stir mixtures, and use tools safely and independently. Handwashing and general self-care routines have been encouraged throughout, and we have been delighted to see the children become more confident in these everyday skills. Beyond the practical side, cooking has sparked lots of curiosity and conversation, with children discussing their favourite ingredients, talking about textures and smells, and sharing their experiences both at nursery and at home.

Seeing the children's pride as they watch their creations being cooked and then tasting the finished product has been an absolute joy. They have learned the importance of listening carefully and working together, as well as the satisfaction of producing something with their own hands. These experiences not only nurture practical skills but also build confidence, social skills, and a love of food and healthy eating.

Continue at home

For a quick and fun baking activity at home, try making simple biscuits with your child. Mix 125g butter and 125g sugar, add 1 egg, then stir in 250g plain flour with a pinch of baking powder to make a dough. Roll out and cut into shapes, bake at 180°C for 10–12 minutes, and once cooled, decorate with icing or sprinkles. It's a lovely way to practise measuring, mixing, and fine motor skills while enjoying a tasty treat!



Shires

Over the past few months in the Shires, we have been enjoying lots of summer arts and crafts for our summer board, including sharks, surfboards, starfish, watermelons, lollies, fish, suns, and jellyfish. We have also explored floating and sinking, making our own clay boats to test in water, creating foil boats, and using straws to blow them across the water. The children have loved welcoming visitors from the Shetlands room, showing them around and helping them throughout the day.

This term, our focus has been on helping new children feel settled and happy. Practitioners offer plenty of support, guiding them through the day, helping them feel included in activities, and talking about school life, including what a school day looks like and any nerves or excitement they may have. We continue to encourage independence wherever possible.

As a result, the younger children feel happy, safe, and cared for in the Shires, and they are building confidence and forming strong friendships while exploring new activities.

Continue at home

Encourage your child to make a simple paper or foil boat at home and test whether it floats or sinks in the sink or a bowl of water. Ask them to describe what happens and why, this helps develop their curiosity and early science skills.

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

Georgia, Emily, Paige, Ruby, Chelsea, Somi and Hermione have all completed their Exemplary Practice with Babies training.

Colleague Spotlight

We would like to recognise Emily and the hard work and support she has given in Ponies during the holidays, when Izzie has been on annual leave. Emily has stepped up and supported the other member of staff in that room. Thank you.



We would also like to recognise the commitment Evie has for coming to work. Evie daily has to get three trains in the morning and three back home again to get where she lives. We just want to praise her for this as getting trains cannot be easy and she turns up everyday without fail. Thank you.

