

SPRING NEWS



Dear Parents and Carers,

We have had a fantastic few months within the nursery.

As Spring approaches, we are excited to welcome warmer weather and spend more time outdoors, hopefully enjoying the sunshine! We have a variety of exciting activities planned, including World Book Day celebrations, a Mother's Day Stay and Play, and our Nursery Open Day. We look forward to providing plenty of Spring provocations indoors and outdoors.

Just a reminder that our Parent Packs are available in the hallway for you to borrow if needed. We have a range of topics available, including potty training, biting, feelings, starting school, new baby, and bereavement. If there is a particular topic you'd like us to add, please inform a staff member, and we'd be happy to do so.

We're excited to share that Lily will be going on maternity leave on March 7th to prepare for the arrival of her second little boy. She will still be around the setting often, dropping off and collecting her eldest son, who attends the 2-3s room. We're pleased to announce that Sam Llewellyn will return to take over Lily's role during her absence.

We also have additional availability in our Studio on Fridays. If you want to add these sessions to your booking pattern, please speak let me know. Don't forget that you can also book additional sessions instantly via Pebble.

We are also asking parents to kindly take some time to leave a review on Day Nurseries. We would love to hear your feedback on whether you have enjoyed our open days or any particular events! Your support means so much to us, and we truly value your thoughts. You can leave your review using the link below:

<https://www.daynurseries.co.uk/review-submit/65432131256/rcsid/1012/>

Thank you for your continued support.
Bronwyn

Dates for your diary

Holidays and Closures:

- **Monday 7th April- Monday 21st April** No Funding is available
- **Friday 18th April - Monday 21st April** Easter Bank Holiday

Other:

- **17th March** - St Patricks Day
- **21st March** - Red Nose Day
- **22nd March** - Spring Spectacular Open Day
- **14th April** - Easter celebrations
- **23rd April** - St Georges Day

Parents Evenings:

- We will soon be sending invites to book parents evening with your child's key worker.

Staff Anniversaries:

- **Molly** 1year
- **Violet** 2 years
- **Lily** 2 years
- **Kim** 12 years
- **Bronwyn** 16 years

Don't forget to follow our Social Media:





The Nest and Nook

In the baby unit, we've had lots of fun exploring different themed sensory trays, engaging the children's senses through touch, sound, and smell. The children have also enjoyed making Valentine's crafts, using their hands to paint and explore the textures of moon sand and play dough. We've celebrated Chinese New Year with fun activities linked to the Year of the Snake.

As spring approaches, we're looking forward to taking our learning outdoors. With the warmer weather, we're excited to explore the garden even more, where the children can engage in nature-based play, observe the changes in the environment, and participate in outdoor sensory activities. The garden will offer many opportunities for gross motor development, imaginative play, and outdoor learning, and we can't wait to see how the children enjoy exploring their surroundings as the season changes.

Continue at home

Create a sensory experience using materials you already have? You could fill a tray with items like fabric, rice, pasta, or leaves, and let your little ones explore the different textures. Encourage them to describe what they feel, hear, or smell as they explore the tray. You can even add small items like toy animals or shapes to spark imaginative play.

The Atelier

In the Atelier room, we've had a wonderful time exploring the theme of Valentine's Day, talking about the people we love, and making special cards for our mums and dads. The children have really enjoyed expressing their feelings and creativity through these activities. We've also been learning about different celebrations, such as Chinese New Year, with themed activities and even tasting some delicious food. Looking ahead, we are excited to explore Mother's Day and learn why we celebrate it, and we will be doing lots of arts and crafts to create lovely gifts for our families.

As we move into Spring, we're eager to dive into learning about flowers, how things grow, and the changes that come with the new season. We're also looking forward to spending plenty of time outdoors, making the most of the warmer weather and engaging in fun, hands-on learning experiences.

Continue at home

Encourage your child to help you plant some seeds or flowers in the garden or even a pot. Watching them grow will reinforce concepts about growth and nature; your child can care for them by watering them.

The Studio

We've had a lovely time discussing the theme of love for Valentine's Day. We spoke about what love means and the people we love, and the children really enjoyed making cards for their families as well as exploring various Valentine's-themed crafts. The celebrations didn't stop there! The children enjoyed participating in our Chinese New Year activities, trying different foods, and learning about the Year of the Snake.

Looking ahead, we are excited to dive into our Spring celebrations. We will explore life cycles and discover how things grow, which will tie in nicely with the changing season. Continuing our discussion of love, we will also explore a range of emotions with the help of the Colour Monster story and other resources. These activities will help the children express and understand their feelings as they navigate different emotional experiences.

Continue at home

Can you create a "feelings jar" with your child? You can use pictures or words representing different emotions and encourage your child to pick one each day, sharing how they feel and why.

Recipe of the Month

VEGGIE PARMIGIANA

INGREDIENTS:

- Aubergines, cut into 1cm thick rings
- 1 tbsp garlic infused olive oil (you can make your own by adding 2 cloves of garlic to olive oil)
- 3 large onions, finely chopped
- 3 large carrots, diced
- 3 peppers (any colour), diced
- 2 large courgettes, sliced
- 2 tspn dried oregano
- 2x 400g tinned chopped tomatoes (no added sugar or salt)
- 50g pasteurised Italian style cheese, finely grated
- 125g mozzarella, thinly sliced



INSTRUCTIONS

1. Set the grill to high, and grill the aubergine slices until browned on each side, and set aside.
2. Preheat the oven to 180C/350F/Gas mark 4.
3. Heat the oil in a pan and add the onions. Stir until softened.
4. Add the carrots, peppers, and courgette, and stir frequently.
5. Mix in the tinned tomatoes and oregano, and simmer for 10 minutes.
6. Layer the sauce and aubergines in an oven proof dish, finishing with the sauce.
7. Top with Italian style cheese and sliced mozzarella.
8. Bake for 35 minutes until golden.

Recent Training

All staff have recently completed their Safeguarding training.

Colleague Spotlight

We want to give a big shout-out to Charlene, who consistently goes above and beyond in our preschool room and her role as our SENDCo. She is an incredible support to staff, children, and their families, and we genuinely appreciate all the dedication and care she brings to her work. Thank you, Charlene!



EXCITING CHARITY PARTNERSHIP ANNOUNCEMENT

At iStep Learning, we believe in nurturing young minds while also fostering kindness, empathy, and a strong sense of community. That's why we're thrilled to introduce iStep into the Community - our new initiative dedicated to giving back to local causes.

Each of our nurseries has chosen a charity close to their hearts. At Plymstock Day Nursery & Preschool, we are committed to fostering a community that values health, support, and well-being. Recognising the importance of accessible breast care services, we have chosen to support The Primrose Foundation, a local charity dedicated to enhancing breast care in our region. Their mission aligns with our values of compassion and community support.

Through two fundraising events - one in June and one in November - children, families, and staff will come together to make a meaningful impact. Keep an eye out for more details soon! Together, we can create a ripple effect of kindness!

We will soon be releasing our full iStep into the Community pack, which will showcase all the charities our nurseries have chosen to support.

You can find out more about the incredible work that The Primrose Foundation do [here](#)

