

# AUTUMN NEWS

AUTUMN 2025



Dear Parents and Carers,  
Welcome to the Autumn term!

A very warm welcome to all our new families joining us. We're so pleased you're here. Autumn is such a lovely season for children to explore, with crisp leaves, muddy puddles, and plenty of fresh air. As the weather turns colder and wetter, please ensure your child comes in with coats, hats, gloves, wellies, and raincoats. Our outdoor spaces are such an essential part of the children's learning and play, and with the proper clothing, they can enjoy exploring them in every season. Please also remember to label everything with your child's name so that items don't get muddled. With your support, we can make sure everyone stays warm, comfortable, and ready for their adventures outdoors.

This term is packed with excellent learning opportunities, and it has been fantastic to see the children already getting stuck in. In the Atelier and Studio, they've been moving and grooving with Tappy Toes, where music and dance encourage creativity, rhythm, and confidence. Over in the Nest, the children are beginning Yoga sessions, which support their physical development as well as their well-being, helping them learn to relax, stretch, and focus. These activities are not only great fun but also give children valuable skills they can carry with them as they grow—whether it's finding joy through movement, expressing themselves through dance, or learning the importance of calm and focus.

We can't wait to see how the children continue to flourish this term—thank you, as always, for your support in making nursery such a happy and inspiring place to be.

Melissa

## Dates for your diary

### Holidays & Closures

- **Christmas Closure** – Tuesday 24th December until Thursday 2nd January (inclusive)

### Other

- **Tuesday 30th September** – Library visit and storytelling session
- **Saturday 4th October** – STEM Open Day
- **Week commencing 13th October** – Careers Week
- **Saturday 6th December** – Christmas Open Day (with a special visit from Santa!)

### Parents' Evenings

- **Week commencing 1st December** – Studio
- **Week commencing 8th December** – Nest
- **Week commencing 15th December** – Atelier

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our Social Media:

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



### The Nest

In the Nest Room, we're looking forward to lots of autumn-themed fun with our tuff trays. These will be filled with colourful leaves, small pumpkins, and pinecones, giving the children the chance to explore the sights and textures of the season. They'll be able to feel the rough bark, smooth acorns, and crunchy leaves, using their imaginations to show what autumn means to them.

We're also continuing our much-loved Sing and Sign sessions each morning. The children really enjoy joining in with the songs and signs, and it's a fantastic way for them to express themselves while learning together. Outdoors, we're making play even more exciting by adding new resources and planning special seasonal activities. In October, we'll be enjoying apple bobbing with scoops, buckets, and cups to extend learning through play. We're also looking forward to some creative vegetable printing for harvest time, encouraging the children to experiment with textures and colours while learning about the different tastes and uses of vegetables.

### Continue at home

You could go on a short autumn walk with your child to collect leaves, conkers, or pinecones, then use them to make a little sorting activity. Singing simple songs with actions is another lovely way to build language and communication—perhaps you could even try teaching the whole family a sign your child has been practising at nursery!

### The Atelier

In the Atelier, we will be making the most of the changing seasons with lots of exciting activities indoors and outdoors. The children love to explore the colourful autumn leaves, enjoying the crunch under their feet and noticing the different shapes and shades in their hands. Collecting leaves has been a favourite, and once inside, we've been putting them to good use—creating beautiful artwork with glue, as well as making leaf rubbings, where the patterns and details of each leaf magically appear on paper. These activities not only spark creativity but also help the children learn more about the natural world around them.

We've also been exploring different scents and spices with playdough. Cinnamon and nutmeg have been a big hit, with the children curious to sniff, compare, and describe each smell. To add to the fun, we've included natural items such as sticks, leaves, and pinecones, which the children can press into the playdough to create their own textured designs and patterns. This mix of sensory play and creativity helps the children build their imagination, fine motor skills, and awareness of the world around them.

### Continue at home

Collect some autumn treasures like leaves or pinecones on your next family walk and use them for simple crafts at home? You could try leaf rubbings, make a collage, or even press them into playdough. Adding a sprinkle of spice, like cinnamon, can make it extra sensory and seasonal, perfect for cosy autumn play.

### The Studio

In the Studio Room, we have lots of exciting activities planned for the children. As the weather changes, we will gather for fika time, where we share what we see and feel in the world around us. This is a lovely opportunity for the children to pause, notice the changes of the season, and express their thoughts with friends.

We are also looking forward to a special visit from the library, where familiar stories will come to life. With role play costumes and props, the children will be able to act out these tales, making story time fun, interactive, and memorable. Alongside this, our BLAST sessions will continue to support children's language development and emotional understanding, giving them time to explore feelings through group play and strengthen their social skills.

The children will also be taking part in The Big Draw, a wonderful celebration of creativity. Using pencils, markers, and paint, they'll have the freedom to bring their imaginations to life. This project is all about self-expression, confidence, and the joy of creating together, and we can't wait to see the Studio filled with laughter and inspiration.

### Continue at home

Set up a cosy drawing corner at home with some paper, pencils, and crayons, and encourage your child to draw something from your day together. Sharing stories is another lovely way to extend learning—perhaps act out a favourite book with simple costumes or toys.

## 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

Faye has recently completed her baby training, which has been a wonderful support to her role in the Nest Room. With her new skills, Faye is able to provide even more care and guidance for our youngest children, helping them to feel safe, loved, and ready to learn. She has truly become a fantastic key person for the babies, and we are so proud of the positive difference she makes every day.

A big well done to Faye for her hard work and commitment, we are lucky to have her as part of our team!

## Colleague Spotlight

We are delighted to welcome Laura back from maternity leave as she steps back into her role as Senior in the Studio Room. Laura has already brought with her a wealth of fresh ideas and creativity, inspiring both her colleagues and the children. Her support for the team is hugely appreciated, and her dedication shines through in everything she does.

We are so pleased to have Laura back with us and look forward to seeing all the wonderful things she will help us achieve together. Thank you, Laura!

