

Tiddly Winks Newsletter

February 2023



Dear Parents and Carers,

Welcome to our February newsletter, and as always, a warm greeting to all the new families who have recently joined us.

It was so lovely to see all the children back after the New Year and hearing about everything that happened over the Christmas break! We kicked off January with our Lunar New Year celebrations, which featured rice play, learning Chinese numbers, baking coconut cake and creating our own lanterns which was followed up with lots of fun activities for Burns Night.

We have a very busy month planned for the children, including some themed days for both Valentine's Day and Pancake Day!

To find out more, please read on...

All the best,
Louise & Georgia

National Story-telling week

The children loved celebrating National Story-telling week at the nursery. Acorns created 'Dear Zoo' themed malleable play and put on a puppet show for the babies.

Little Oaks loved exploring their goldilocks and the three bears malleable plays. Junipers put on a fantastic Tiger who came to tea party and Preschool drew their own stories and made up their own stories to tell their friends!

Holidays

If like us, the cold weather has you daydreaming of a holiday this summer - please let us know when you have booked this so we can mark your child as absent for the dates you will be away. As per our safeguarding procedure, we have a duty to contact you should your child not arrive for their usual nursery session and we would hate to disturb you whilst you are on a sunny beach!

Children's Mental Health Week 2023

We are pleased to be taking part in Children's Mental Health Week 2023 this week and next. This year's theme is 'Let's connect' and we decided to use this as an opportunity to connect with our local community.

The children are going to be creating kindness cards for our neighbours on Emlyn Road, refilling the local book box with some donations from the nursery, growing and gifting sweet peas in flower pots and taking a trip to Holborns to leave a 'pay it forward' donation as a random act of kindness.

Valentine's Day

Love is most definitely in the air at Tiddly Winks, and we have some lovely Valentine's Day activities planned for the children! The children will be encouraged to speak about who they love and why.

The children are also welcome to come to the nursery dressed in red or pink!

Dates for the diary

6th-12th February - Children's mental health week

13th February - Shrove Tuesday Tea

14th February - Valentines tea

1st March - St David's Day

2nd March - World Book Day

Parent messages

Medication - Please be aware it is imperative that you inform us when dropping off your child into our care if they have had any medicine in the last 24 hours. If your child becomes unwell at nursery and we have to seek medical advice from the ambulance service, this is one of the first questions they will ask us.

DSL - Your nursery Designated Safeguarding Lead's are Louise and Georgia. Steph and Petra are your deputy DSL's. We understand that the Covid-19 Risk assessments around the nursery limit contact time with your DSL's so we would like to share with you our confidential email address to forward any safeguarding concerns you may have - dsl@tiddly-winks-nursery.co.uk



Pancake Day

We will be cooking up a feast of delicious pancakes in celebration of Pancake Day this month, which is always a very popular celebration at Tiddly Winks! The children will be able to choose their own healthy toppings and take part in pancake races.

Traditionally, Pancake Day is the time that people use up their leftover sugary foods before starting their fast for Lent. Did you also know that in other countries, this time is referred to as 'Mardi Gras', which translates as 'Fat Tuesday'.

Staff updates

We hope you will all join us in wishing the best of luck to **Georgia Peters** who will be leaving us in March as she has found an exciting position in a nursery closer to her home. Georgia joined us as a student in 2016 and it has been a pleasure to watch her grow both professionally and personally. Georgia is a wonderful Mum to beautiful Isabelle and a confident Room Leader in our nursery who will be greatly missed.

Dish of the month - Carrot & Lentil soup

Ingredients

- 2 tsp of cumin seeds
- A pinch of chilli flakes
- 2 tbsp of olive oil
- 600g of carrots, washed and coarsely grated
- 140g of split red lentils
- 1L of hot vegetable stock
- 125ml of milk
- Plain yogurt and naan bread, to serve



Method

1. Heat a large saucepan and dry-fry the two tsp of cumin seeds and a pinch of chilli flakes for 1 minute, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp of olive oil, 600g of coarsely grated carrots, 140g of split red lentils, 1L of hot vegetable stock and 125ml of milk to the pan and bring to a boil.
3. Simmer for 15 minutes, until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices.

Serve with warmed naan bread.



Policy of the month

Our policy folder is now available in the front entrance for all parents and visitors to look through.

In addition, this month, we will be refreshing ourselves with our '**Site security**' policy which is attached to this newsletter.

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