



# April 2026



Tiddly Winks Nursery



## Here's what has happened in the last month and what's to come!

Welcome to our April newsletter!

We are thrilled to share with you the many learning opportunities that were accessible throughout March for your little ones.

Please read on to find out more.

*All the best,  
Louise, Steph & Charlotte*

### Acorns

The Acorns children have enjoyed tasting a variety of fruits and vegetables within their fruit salad this month as they explore the different textures with their hands and mouths.

They have also been strengthening their fine motor skills through engaging in tuft tray fun with a range of materials.

### Little Oaks

The Little Oaks children adored indulging in their own berry smoothies and practicing their yoga, dancing and exercise moves for workout Wednesday.

### Junipers

Junipers adored Happy Body Healthy Me week where they dressed as superheroes on Workout Wednesday to put their skills to the test.

Dancing and moving to superhero songs were a huge hit as they became real life superheroes with amazing powers.

### Pre-School

Pre-School have honed in on oral health for Toothtastic Tuesday where a range of activities were made accessible for the children to learn the importance of oral health through visuals and conversations.

They also had the opportunity to create their very own smoothies as they carefully chose their concoction of fruits to add after developing their impressive cutting skills with child-friendly utensils.

### World Book Day

World Book Day, at the start of the month was an amazing opportunity to develop emergent literacy skills. The children across the nursery thoroughly enjoyed dressing up as their favourite characters and also adored their practitioners efforts and costumes!

## Dates for the diary:

3rd - 6th -  
**Nursery closed**

5th April-  
**Easter Sunday**

10th April-  
**National Siblings Day**

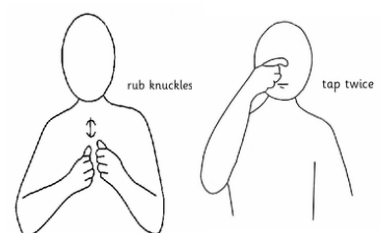
22nd April-  
**Earth Day**

## Policy of the month:

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

This month we will be refreshing ourselves with the **'Physical activity'** policy.

## Makaton sign of the month:



**Brother**

**Sister**

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## Events and Celebrations in April

National siblings day will spark conversations around your little ones' siblings. We would love for photos of your little ones' with their siblings to be uploaded to learning journals for us to print out and use in activities.

We have some activities planned for Earth Day for the children across the setting. What a great way to talk about the important things we need to do to look after our planet.

### Parent messages:

Pre-school parents: April is the month that the majority of families will find out their pre-schooler's school place, what an exciting time! You will notice paperwork outside of the room where we please ask that you note down which school you have been allocated. This is beneficial for preparing the children for their upcoming transition, and grouping them appropriately across the next term.

Did you know that in November 2025 Ofsted changed the way in which they inspect and report on education settings? Settings now receive a report card rather than a one word, overall grade. Ofsted now grade settings across 7 areas, rather than 4, and their expectation is for all settings to meet the "expected" grade, but to strive and work towards the "strong" grade. There is now a fifth grading which is "exceptional", however Ofsted have voiced that it will be rare to achieve this grade.

A gentle reminder: We continue to keep our setting snack-free from personal bags to help manage allergies and promote healthy eating habits for all children. Thank you for your understanding and cooperation.

### Staff Updates

As most of you will now have heard, Nikki is sadly leaving us on Thursday 2nd April 2026, as she embarks on a new adventure closer to home. Please join us in wishing her well for her future successes.

We are delighted to announce that Hannah M will take over as the new Room Manager and Cheila will be supporting her as the new Deputy Room Manager in the Acorns' room.

## Dish of the month Sugar free strawberry jam



### Ingredients:

- 900g strawberries: Use fresh strawberries for the best taste and results. Choose strawberries that are firm with bright green stems.
- ¾ cup chia seeds: You may use white or black chia seeds to achieve the same results.
- Maple syrup: Optional

### Method:

- Quarter the strawberries and add to a large pan. Cook over medium heat for 6-8 minutes, until soft and bubbling.
- Then remove from the heat and use a potato masher to gently mash the strawberries, but still leaving some chunky fruit pieces. Add the chia seeds and maple syrup, if using, and mix well.
- Set aside to let cool slightly, and then divide the jam into clean, air tight jars. Jam will completely set once refrigerated overnight or at least 4 hours. Refrigerate to use within 1 week or freeze for up to 4 months.

Use clean jars to store your strawberry jam.

If the jam appears a little watery once cooked, not to worry. As it cools, the chia seeds will continue to absorb the liquid and leave behind a perfectly textured, thick jelly.



# ORAL Health

Oral health is crucial in early childhood, as it lays the foundation for lifelong dental health and helps prevent issues like tooth decay and cavities.



It is vital to:

- Establish good habits early
- Limit sugary foods and drinks
- Attend the dentist regularly



## Toothbrushing tips

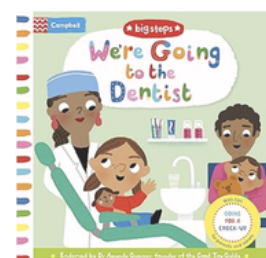
It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

### Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check on the box) unless a dentist advises using a family toothpaste with higher levels of fluoride, such as between 1,350ppm and 1,500ppm of fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.

### Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Encourage your child to brush their own teeth while supervising them.
- Use children's fluoride toothpaste that contains 1,000ppm to 1,500ppm fluoride (check on the box).
- Use only a pea-sized amount of toothpaste.
- Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Your little one should start attending the dentist when they have their first tooth, or when they turn one. Whichever comes first.