

# October 2025 Newsletter



Tiddly Winks Nursery



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

Welcome to our October newsletter!

We are thrilled to share with you the many learning opportunities that were accessible throughout September for your little ones. Please read on to find out more.

### Little Oaks

Little Oaks have been experimenting in the water play as they imitate making their own lemonade, using the available fruits and resources! This enhanced the children's skills and initiated many conversations around healthy eating, textures and tastes.

### Junipers

The Juniper children have adored using their imaginative skills to engage in opportunities to make tea! This has been extended through the month as the practitioners added a variety of different elements, resources and materials to further spark and initiate more in depth conversations!

### Pre-School

Pre-School have enjoyed starting sound of the week this month as they work together to make a list of sounds for letters a, b, c and d!

They have also dived into creating a range of autumnal pictures and threading with conkers to make decorations!

### Acorns

Acorns autumnal tea party was a huge hit! The range of materials that were incorporated allowed the babies to fully delve into using their exploration skills. They have also been enjoying the sand and mud elements of play which have been accompanied by small world resources.

*All the best,  
Louise, Georgia, Steph & Charlotte*

## Dates for the diary:

### Black History Month

5th October -  
**Grandparents Day**

20<sup>th</sup> October -  
**Diwali**

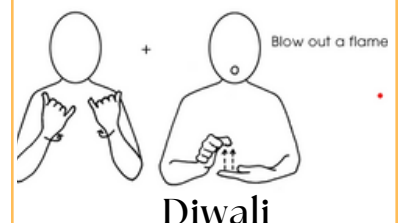
31st October -  
**Halloween**

## Policy of the month:

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

In addition, this month we will be refreshing ourselves with the **'accidents and first aid'** policy.

## Makaton sign of the month:



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## Events & Celebrations in October

As the colder, wetter autumnal months return, there will be many inviting opportunities for your little ones' to engage in with a range of natural materials incorporated, which include but aren't limited to; sticks, pinecones, conkers and pumpkins. Please don't hesitate to send in photos on Learning Journal of your little one out in nature on your autumnal walks. We love seeing the experiences that are had at home and love sharing these to spark conversations.

Please also feel free to send photos in of your little ones' and their grandparents in honour of Grandparents Day, as we love to share these with your child and hear lovely stories and smiley faces when talking about these important people in your child's life.

### Parent messages:

Our annual Photograph Day will be taking place on Friday 17<sup>th</sup> October this year. As always, if your child attends this day already, you will need to complete the online booking form to give consent for the photographer to capture your child's photo.

If your child does not attend a Friday as their usual session, you will need to book an afternoon time slot and complete the consent form.

The online booking form will be emailed to all parents in due course.

#### Pre-School reminder

The Pre-School team would like to remind you to provide your little ones' with suitable clothing and footwear for Rugby Tots on Wednesdays.



### Dish of the month Stuffed pepper casserole



#### Ingredients:

- Non-stick cooking spray
- 1 pound ground beef
- 1/2 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- Salt and freshly ground black pepper to taste
- 1 (15 ounce) can tomato sauce
- 3 tablespoons taco seasoning
- 1 ½ cups uncooked long grain rice
- 1 cup beef broth
- 4 ounces Colby cheese, shredded
- 4 ounces pepper Jack cheese, shredded

#### Method:

1. Gather all ingredients. Preheat the oven to 375 degrees F (190 degrees C). Spray a 13x9-inch baking dish with non-stick cooking spray.
2. Heat a large non-stick skillet over medium-high heat, and cook and stir ground beef, onion, green bell pepper, red bell pepper, and garlic until meat is browned and crumbly, 7 to 10 minutes.
3. Drain excess fat; season with salt and pepper. Stir in tomato sauce, and taco seasoning.
4. Spread rice in the bottom of the baking dish; pour in beef broth. Fold pepper mixture into rice with a spatula, and spread evenly into the dish.
5. Sprinkle with Colby cheese and pepper Jack cheese.
6. Bake in the preheated oven, covered with foil, until rice is tender, about 50 minutes. Remove foil and cook until cheese is golden, about 5 minutes more.