



Dear Parents and Carers,

I am happy to share some wonderful updates and news here at Southwater. At the beginning of summer, we held our Pre-School graduation, where the children enjoyed a fantastic farewell party with our 'Musical Friends' Debbie and Monkey. We celebrated and said goodbye to our school leavers, wishing them all the best as they embark on their new adventures at 'big school.'

Throughout the summer, several of our older toddlers transitioned up to Pre-School. They have been exploring their new space, getting acquainted with the staff, and discovering all the exciting resources and equipment available. They have adapted incredibly well, and we are confident they will thrive in their new environment.

Our Pre-School expansion is now complete! Both rooms are under a transformation and are now prepared to welcome new children. This is a very exciting time for our nursery, and we look forward to seeing the rooms filled with happy Pre-Schoolers, and expanding our team to support them.

We welcome back Debbie and Monkey at Musical Friends from their holiday, to continue their sessions on a Monday afternoon in Toddlers and Pre-School and also introduce Coach Stuart, who will be running football sessions for Toddlers and Pre-School on a Wednesday morning. Exciting stuff!

Finally, we have been focusing on Mental Health & Wellbeing and have introduced a spa-themed activity box for all rooms to share. This allows children to explore various items such as massagers with different textures, electric candles, soothing instrumental music/ambience sounds, a natural essential oil diffuser and seagrass items. It's a fantastic opportunity for Baby Snug team member Chloe to utilise her Baby Massage training. For our youngest children, the multi-sensory heuristic experience and exploration is incredibly beneficial. Our older children will get to learn about the importance of mindfulness and self-care through these shared experiences. We hope this new addition will be enjoyed by all.

Sallyanne

## Dates for your diary

### Holidays and Closures:

- Half Term for Term Time Only - 28th October until 1st November
- End of Term for Term Time Only - 13th December
- 25th December until 1st January - Nursery closed for Christmas

### Other:

- Open Day - 21st September
- Deadline for January 25 funding - end of December 24
- Parent meetings on various dates throughout October - get in touch with your child's key person for more information!

## Don't forget to follow our Social Media:

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

 [@thenurseryfamily](https://www.instagram.com/thenurseryfamily)



### The Baby Snug

Our Baby Snug have recently shown a keen interest in farm animals, and we have thoughtfully incorporated this curiosity into various activities to enhance their sensory experiences and communication and language development. We implemented this through group singing sessions featuring farm animal songs, reading farm-themed books, and engaging in small-world play with the farm animal toys. The babies also showed lots of excitement and interest when presented with a messy tuff tray filled with a 'farm-scape' made from sand, soil, flowers, log slices and animals, allowing the children to investigate. Throughout the activity, the babies displayed increased engagement and curiosity, really enjoying 'hiding' and 'revealing' the different animals under the materials. They also vocalised farm animal sounds and immersed themselves in the multi-sensory experience, supporting their overall development.

### The Toddler Den

The toddlers have been showing a strong preference for outdoor play, so we've been setting many of our focus activities outside. From ice exploration and minibeast hunts to obstacle courses and various experiments, the children have been thoroughly engaged. One highlight was our volcano experiment, which we prepared to spark curiosity and introduce basic scientific concepts in a fun and interactive way. We did this by inviting the children to make small mountains of sand in the tuff tray, creating a well in the centre to hold our bicarbonate of soda and vinegar. When these ingredients were combined, the "volcanoes" erupted, much to the delight of the children. It captivated their attention and enriched their understanding of cause and effect, encouraged teamwork, and the use of fine motor skills. The amazement on their faces was priceless!

### The Pre-School Study

Up at the Pre-School, the children have been going on nature adventures, venturing into the woods to investigate what grows and lives there, to inspire a deeper connection with nature and encourage interest about the natural world. We guided the children through the wooded area behind Pre-School, where they eagerly discovered a variety of leaves, including holly and ivy, and found fruits like apples, raspberries, blackberries and rhubarb. We also spotted pigeons, robins, blackbirds, and a blue tit, along with fascinating bugs like worms, woodlice, ants, spiders, slugs, and even a cricket! This activity and interest has allowed our Pre-School children to develop a greater awareness of their environment, progressed their observational skills, and expanded their knowledge of the diverse plant and animal life in our local area.

## Recipe of the Month

### TURKEY MEATBALLS

#### INGREDIENTS:

- Olive oil
- 600g turkey mince
- 1 egg, beaten
- Handful porridge oats
- 2 garlic cloves, crushed
- 350g tomato passata
- 1 bunch fresh basil, roughly chopped
- 2 red peppers, diced
- 2 medium onions, diced
- 2 large carrots, diced
- 350g wholemeal spaghetti
- For the side salad:
  - Mixed salad leaves
  - 4 large tomatoes, diced
  - ½ cucumber, sliced



#### INSTRUCTIONS

1. Heat a splash of olive oil in a large non-stick frying pan with a lid, then tip in the onion, peppers, carrots, garlic and stir well.
2. Cover the pan and cook over a medium heat for 8 mins, stirring every now and then.
3. Pour in the passata, and cover. Leave to simmer for 20 mins.
4. Tip the mince into a bowl with the porridge oats and egg, and mix well until combined.
5. Shape the turkey mixture into walnut sized meatballs.
6. Heat a non-stick pan with a little olive oil, and gently fry the meatballs on all sides until completely cooked.
7. Give the sauce a stir, and add the meatballs and basil, then simmer lightly for 10 minutes, or until the vegetables in the sauce are tender.
8. Add the spaghetti to a pan of boiling water, and simmer for 10 minutes until cooked.
9. Serve meatballs and sauce with the spaghetti and side salad.

## Recent Training

The whole team has completed a course of Safeguarding to refresh their knowledge.

Sallyanne, Lizzie, Pippa and Kate have done Designated Safeguarding Lead training.

Sallyanne has completed her Level 2 Qualification in First Aid for Mental Health.

Lizzie and Pippa have also received certificates in the completion of their Special Educational Needs Coordinator course.

## Colleague Spotlight

We're excited to put the spotlight on Sacha, a fantastic member of our team in The Toddler Den. After starting with us as bank staff during her university studies, Sacha recently joined us in June as a permanent team member, and we couldn't be happier to have her. She has quickly become an asset to the nursery, bringing boundless enthusiasm and creativity to the activities she plans for the children. Sacha has fully embraced her role, and as a Key Person, she works attentively to maintain strong, nurturing bonds with both the children and their parents. We are incredibly grateful for her dedication and the positive energy she brings to our nursery!

