

# FAMILY NEWS



Dear Parents and Carers,

We've had a wonderful start to the year here at Little Explorers. We've been focusing on oral health recently, and the children have thoroughly enjoyed learning how to take care of their teeth. We were lucky enough to have a visit from a friendly dentist, who showed us how to brush our teeth properly and explained the importance of keeping our smiles healthy. The children engaged with the session, and we encourage you to continue the conversation about dental care at home.

We're also excited to share that we're undergoing renovations at the nursery to give our space a fresh new look. We aim to create a beautiful environment that feels more like an extension of home than a classroom. We want to foster a calm, welcoming atmosphere where the children feel relaxed and comfortable exploring and learning.

Looking back, we were thrilled to host a Stay and Play event at the end of February for our grandparents. It was a wonderful opportunity for families to come together and share in the joy of the children's learning journey.

We're excited about what's to come, and as always, thank you for being such an important part of our Little Explorers family!

Best Wishes,  
Lucy and the Janes Lane team!

## Dates for your diary

### Holidays and Closures:

- **Friday 18th April** – Good Friday (Nursery Closed)
- **Monday 21st April** – Easter Monday (Nursery Closed)
- **Monday 5th May** – Early May Bank Holiday (Nursery Closed)
- **Monday 26th May** – Late May Bank Holiday (Nursery Closed)

### Other:

- **Friday 21st March** – Red Nose Day
- **Saturday 22nd March** – Spring Spectacular Open Day

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

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



### The Toddler Den

The toddlers have been celebrating the Lunar New Year with lots of excitement and learning. They had a wonderful time exploring this memorable holiday's rich traditions through various fun activities.

The children became little chefs as they helped prepare a traditional Chinese feast. They enjoyed getting hands-on with simple cooking tasks, such as stirring and adding ingredients, and learning about food, culture, and teamwork. Tasting the delicious dishes was a highlight for everyone!

To mark the Year of the Snake, the children created their own painted snakes, using bright colours and patterns to express themselves through art while learning about this important animal in the Chinese zodiac. They also made colourful paper lanterns to welcome the new year with positivity. Decorating them with vibrant colours and patterns was a great opportunity to discuss the symbolism of light, hope, and good fortune.

The celebrations continued with stories, songs, and games, helping the children to develop a deeper understanding of Lunar New Year traditions while fostering a sense of curiosity and joy.

We are so proud of how the toddlers embraced this cultural experience and look forward to many more exciting adventures in the months ahead!

### Continue at home

Celebrating different festivals and cultures in a hands-on way helps children develop an appreciation for traditions around the world while having fun. With Holi coming up, a great activity at home is creating a colourful rangoli using chalk on the pavement or coloured rice on paper. Encourage your child to experiment with patterns and shapes, fostering creativity and fine motor skills.



### The Pre-School Study

Recently, in the Preschool Study, we have been learning about our teeth and how to care for them. It was an exciting week of discovery and hands-on learning, and we are delighted to share the fun activities that brought this topic to life!

We were fortunate to have a visit from a local dentist, who taught the children the importance of looking after their teeth. They enjoyed learning how to clean their teeth and what to expect during a dental visit. It was an excellent opportunity for them to ask questions and feel more comfortable visiting the dentist.

To support our dental health learning, our chef introduced the children to foods that help keep teeth strong. We discussed the benefits of eating healthy foods like fruit and vegetables and the importance of enjoying sugary treats in moderation to protect our teeth.

Bringing this learning to life, the children enjoyed making their smoothies! They explored different colours, textures, and fruit flavours, discussing how each ingredient helps keep their teeth and bodies healthy. The smoothies were a huge success and provided a fun way to encourage conversations about healthy eating.

With their new knowledge, the children have become even more enthusiastic about brushing their teeth, making it an essential part of their daily routine. Seeing them excited about practising healthy habits that will benefit them for years has been incredible.

We are so proud of how engaged the children have been in this learning experience and look forward to exploring more exciting topics in the future!

### Continue at home

Create a toothbrushing reward chart with your child using a simple grid with spaces for morning and evening brushing. Each time they brush their teeth, they can place a sticker or draw a smiley face in the box to track their progress.

To make it even more engaging, let your child practise brushing on a toy or stuffed animal while discussing why brushing is essential.

## Recipe of the Month

### VEGGIE PARMIGIANA

#### INGREDIENTS:

- Aubergines, cut into 1cm thick rings
- 1 tbsp garlic infused olive oil (you can make your own by adding 2 cloves of garlic to olive oil)
- 3 large onions, finely chopped
- 3 large carrots, diced
- 3 peppers (any colour), diced
- 2 large courgettes, sliced
- 2 tspn dried oregano
- 2x 400g tinned chopped tomatoes (no added sugar or salt)
- 50g pasteurised Italian style cheese, finely grated
- 125g mozzarella, thinly sliced



#### INSTRUCTIONS

1. Set the grill to high, and grill the aubergine slices until browned on each side, and set aside.
2. Preheat the oven to 180C/350F/Gas mark 4.
3. Heat the oil in a pan and add the onions. Stir until softened.
4. Add the carrots, peppers, and courgette, and stir frequently.
5. Mix in the tinned tomatoes and oregano, and simmer for 10 minutes.
6. Layer the sauce and aubergines in an oven proof dish, finishing with the sauce.
7. Top with Italian style cheese and sliced mozzarella.
8. Bake for 35 minutes until golden.

## Recent Training

Our nursery manager, Lucy, has successfully completed the first unit of her SENDCo training and is on track to complete the course in March.

Our apprentice, Maddy, has recently renewed her first aid training.

Additionally, our entire team has undertaken positive interaction and behaviour management training, further enhancing our skills in creating a supportive and nurturing environment for all children.

## Colleague Spotlight

We want to take this opportunity to recognise the fantastic work of our Chef, Jo. Jo has been planning weekly cooking club activities that reinforce learning in the environment. She has also been encouraging rich conversations at the meal table by bringing the ingredients into the children's lunch. Through this, the children have learned so much about where their food comes from and what it looks like in its original form, and they even had the opportunity to smell the spices. Jo's efforts have enriched the children's understanding of food and cooking.





# EXCITING CHARITY PARTNERSHIP ANNOUNCEMENT

At iStep Learning, we believe in nurturing young minds while also fostering kindness, empathy, and a strong sense of community. That's why we're thrilled to introduce iStep into the Community - our new initiative dedicated to giving back to local causes.

Each of our nurseries has chosen a charity close to their hearts. At Janes Lane Day Nursery & Preschool, we are committed to nurturing not only the development of our children but also the well-being of families within our community. We recognise the challenges faced by families with sick or disabled children and the profound impact that comprehensive support can have during such critical times. This is why we have chosen to support Rocking Horse Children's Charity, an organisation dedicated to improving the lives of sick and disabled children throughout Sussex. Their mission aligns seamlessly with our values of compassion, community, and unwavering support for families in need.

Through two fundraising events - one in June and one in November - children, families, and staff will come together to make a meaningful impact. Keep an eye out for more details soon! Together, we can create a ripple effect of kindness!

We will soon be releasing our full iStep into the Community pack, which will showcase all the charities our nurseries have chosen to support.

You can find out more about the incredible work that Rocking Horse Children's Charity do [here](#)

