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education and care.

Horn End News

Budding Gardeners!

Gardening is a valuable early experience as it encourages children to understand the life cycle of plants. It also encourages children to eat healthily as they enjoy picking the fruits/vegetables they have grown to eat. Children learn about how plants grow, and what they need to grow, inspiring their natural curiosity for the world around them.

The Tommy Thumbs have been working really hard on the outdoor garden which is separate to our large grassed area at the back. They have been planting seeds and taking care of the plants, discussing what plants need to grow

Understanding plants need food and water like themselves broadens the children's understanding of the world.

As the children planted the seeds they have been keen to see how the plants change and have been really excited about eating the fruits of their hard work!

The children will be digging up their pumpkin and having it in their homemade hummus which encourages them to eat as they have been such an important part of the plants growth.

Please don't hesitate to ask for a side garden tour from your key worker to see the planted area and how the plants are flourishing



Newsletter Date
August 2009

Volume 7 Issue 5

Special points of interest

- ✦ Budding Gardeners
- ✦ Menu
- ✦ Door entry system
- ✦ Stay and play

Stay and play is Monday
17th August 8.30—9.30

Please let us know if there is another time which will be more suitable for you. We will be happy to help

Door code Entry System

Thank you for being so patient whilst we have been going through the installation process with the new door entry system. We have been working very closely with the technicians and have been able to adjust the software to suit our needs, but still maintaining the highest security.

All issues that we had in the first few weeks have now been resolved. The feedback that we have had from other professionals is that there is no other setting in the area that has such a high standard of security, so I really hope that this helps you feel reassured that the safety of your child is paramount to Horn End Nursery.

Please do not hesitate to let me know your comments.

Menu Ideas

At Horn End we are keen to encourage children to eat healthily and to enjoy mealtimes. Here is one of our most popular recipes adapted for you to try at home.

Lentil and Potato Bake with Cheesy Mash

1 bag lentils (*If green lentils must be boiled for ten minutes, as can cause food poisoning if red cook also check time to boil.*)

Oil

2 Diced Onions

3 carrots diced

2 parsnips, 1 Swede, and 2 sweet potatoes

1 small tin low salt/sugar baked beans

1 tin tomato liquidised

1 teaspoon Mixed herbs

1 pint s vegetable stock

Fry onion and carrots until soft. Add chopped vegetables, beans, tomatoes, and mixed herbs add lentils, Cook for 10 minutes on hob. Place in tin, cover with silver foil, bake in vegetable stock at 200 degrees for 30 minutes (check and add water or stock, if beginning to dry

Cheesy mash

1/2 block mature cheddar cheese

Potatoes boiled and mashed

1/2 teaspoon mustard powder

Mix grated cheese (save a little for topping) and mashed potato. Add mustard powder. Place mashed potato in oven cover with cheese topping. Bake for 20 mins at 175degrees

Horn End Nursery Premises At
Lammascote Road, Stafford, Egg Lane, Hixon,
& Wharf Road, Rugeley.

Don't forget to check
our website
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