



Horn End News

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...providing **FIRST CLASS**
education and care.

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Healthy

NONE OF YOU WILL HAVE FAILED TO NOTICE THE RECENT MEDIA ATTENTION PAID TO ENSURING CHILDREN EAT HEALTHILY, PROMOTED BY CELEBRITY CHEF JAMIE OLIVER. WE HAVE ALWAYS TRIED TO ENSURE THAT CHILDREN EAT A HEALTHY BALANCED DIET WITH ALL OUR RECIPES MADE FROM SCRATCH. WE USE OLIVE OIL IN COOKING AND LITTLE OR NO SALT. EACH DAY CHILDREN ARE OFFERED AT LEAST TWO PORTIONS OF FRESH FRUIT AND VEGETABLES WHICH IS SOMETHING THE GOVERNMENT IS NOW STARTING TO INTRODUCE INTO SCHOOLS.

We thought you'd like a copy of our latest recipe which has proved very popular.

Lentil and vegetable bake WITH CHEESY MASH

1/2 pack split red lentils Olive oil 2 Diced Onions 4 carrots diced 1 pack casserole veg
1 tin baked beans 1 tin tomato liquidised Mixed herbs 1 pint vegetable stock

Cook/prepare lentils as per instructions following carefully, as need soaking/ pre-COOKING WASHING THOROUGHLY .CHOP CARROTS ONIONS AND CASSEROLE MIX AND GENTLY FRY IN OLIVE OIL. MIX ALL INGREDIENTS IN A CASSEROLE DISH AND COOK IN OVEN AT 180 DEGREES FOR 25 MINUTES, STIR HALFWAY . MAKE CHEESY MASH TO TASTE, USE FOOD PROCESSOR TO SMOOTH OUT LUMPS IN MASH.

FOR YOUR INFORMATION

Horn End Nursery Sun Protection policy

It is our aim to protect all children from the harmful rays of the sun.

Procedure

We will ensure the following steps are taken:

Preparation

Parents will complete a consent form prior to application of sun cream

All sun cream to be supplied by parents – our minimum recommendation is factor 20

Sun cream must be labelled with expiry date and child's name

Sun cream must allow for immediate exposure

Children that bring sun hats will be asked to wear them, hats must be labelled

Exposure to the sun

Peak times of risk in the sun are 11-3.00, short visits outside for a maximum of 10 – 20 minutes on hot days 9 up to 30 minutes can be acceptable depending on temperature, seek room co-ordinator approval.

Extra caution will be observed during months May - August

On trips weather will be assessed prior to outing

If a child is without sun cream staff will consider, temperature on the day, if it is possible to go out for a short period of 5 minutes and child's skin can be covered by clothing

WANTED

Do you have any herbs in your garden that are spreading and need thinning out? If so we would like some for our pots as we created a herb garden last year and still have a few pots to fill. We chose to grow herbs as not only are there a wide variety of foliage and colour but also their fragrance will engage even our youngest babies sense of smell.