

OUR CONTINUED HEALTHY SETTING IMPROVEMENTS

To enhance our morning snack times we introduced a selection of cereals for the children to choose from, followed by a wide variety of fresh fruit and vegetables.

The children select their own cereal, collect a spoon and pour on their milk independently.

During our Goldilocks theme porridge was introduced. Several children tried this for the first time and some even added berries collected from our garden.



We have also acquired the help of a local gardener who visits the pre-school on a regular basis, introducing the children to planting and growing fruit/vegetables and flowers. The produce is then used for our cooking activities and for our snacks.



"Rabbits like carrots"

Jo the gardener said:

"It's lovely to see the children's enthusiasm grow.

They love being outside and are always very hands on."



In our Cook Bags we have introduced some new healthy recipes.



Cooking sweet potato

Cottage pie

Thehcook it in the
oven. Yum. Yum.

Charlie said it was the best dinner ever !!

We are continuing to explore how to include more physical activities and have begun to build stronger links with our local Primary School which has enabled us to use their playscape area.



We continue to send out the Active Bags with new activity suggestions included.

Big mister Eliana was happy to show Jamie how to use the play equipment.

The frisbee was new to him and has been the activity he enjoyed the most.!!!

Thank you for letting us taking part of the Active Play Sack... IT WAS GREAT FUN!!!