

# Colyton Caterpillars

## Newsletter

September 2020



Welcome back after the Summer!

Welcome back everyone. We hope that you are all well and enjoyed the Summer months.

As the seasons are changing we will be focusing on outdoor play and exploration and embracing language, literacy, comprehension and song.

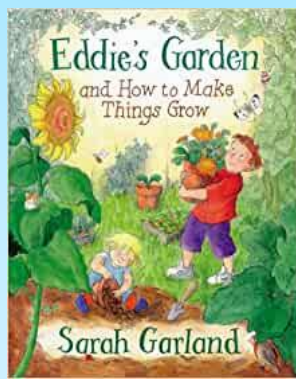
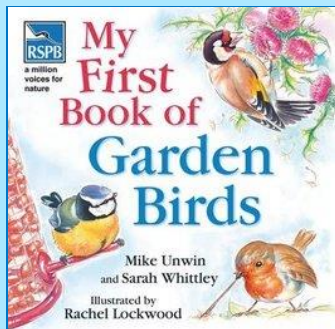
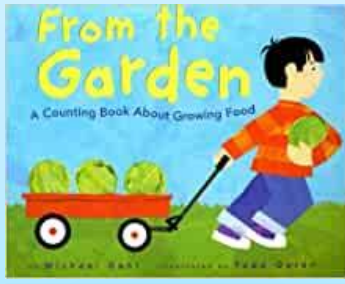




## Benefits of being outdoors

- 1) Help your baby to sleep better at night.  
Research shows that babies sleep better at night if they have had some fresh air and some sunshine.
- 2) Outdoor play is a fun way to learn  
Getting outdoors to play is a brilliant. The outdoors is an incredibly stimulating and multi-sensory place to play. Babies and children learn and gain experiences through all their senses.
- 3) Developing motor skills  
Young children need the opportunity to use their whole body to develop their gross motor skills. As they get older, they will have space to run and jump. They also develop their fine motor skills as they pick up natural resources like leaves and fir cones.

## Stories to share at home;



### Dates for your diary

Monday 7<sup>th</sup> September

First day of term

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Monday 14<sup>th</sup> September

Halloween clothes stall

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Wednesday 23<sup>rd</sup> September

Harvest lunch £2.00 per child

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Monday 26<sup>th</sup> – Friday 30<sup>th</sup>

October

Half term

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### Story of the week

Please check our window display for our story of the week.

There will be key words surrounding the story. This will also be shared on our Facebook page for you to learn and discuss with your children at home.

### Office news

This half term runs from Monday 7<sup>th</sup> September until Friday 23<sup>rd</sup> October.

Remember, we have a Facebook page. Please join our page to keep up to date with activities and notices.

### Useful Numbers

Colyton Primary School

01297 552231

Seaton Primary School

0129720922

Uplyme Primary School

01297 442210

Kilmington Primary School

0129732762

Shute Primary School

01297 33348

Charmouth Primary School

01279 560591



## Try out this delicious stuffed pepper recipe!



You will need;

- 4 red peppers
  - 2 tbsp pesto
  - A handful of chopped olives
  - 200g cheese
  - 2 x 250g Mediterranean rice pouch
- 1) Use a small knife to cut the top out of 4 peppers and scoop out the seeds. Sit the peppers on a plate and cook in the microwave for 5-6 mins until they have wilted and softened.
  - 2) Whilst the peppers are cooking, mix two 250g pouches of Mediterranean rice together with 2tbsp pesto, a handful of chopped black olives and 140g sliced cheese.
  - 3) Scoop the mixture into the peppers and top with the remaining sliced cheese. Cook for 8-10mins.

## Lunch Menu

### Embracing vegetables!

Monday

- Beans on toast with mushrooms
- Fruit

Tuesday

- Vegetable rice
- Yoghurt

Wednesday

- Homemade vegetable pizzas
- Apple sponge

Thursday

- Vegetable tart with coleslaw
- Yoghurt

Friday

- Vegetable pasta bake
- Fruit and jelly



# Sensory activities for under 2's

<p>Week 1</p>	<p>Developing fine motor skills.</p>  <p>Use the Sticker Tape Challenge</p> <p>POST-IT PULL ACTIVITY FOR BABES</p>
<p>Week 2</p>	<p>Filling and emptying</p> 
<p>Week 3</p>	<p>Sensory bags</p>  <p>GREEN PEA SENSORY BAG</p>
<p>Week 4</p>	<p>Painting</p>  <p>Vegetal Paint FOR BABES &amp; PRESCHOOL</p>
<p>Week 5</p>	<p>Water and ice play</p>  <p>RELAXING ICE BALLOONS</p> <p>CUCUMBER WATER</p>
<p>Week 6</p>	<p>Playdough</p>  <p>So important sensory play</p> <p>Cloud Dough</p> <p>Post-It</p>
<p>Week 7</p>	<p>Exploring Jelly</p>  <p>JELLO DIG</p> <p>RAINBOW JELLO</p> <p>JELLY PLAY</p>

## Create low cost healthy lunches without the waste!

There are lots of lunches and snacks readily available from the supermarkets, but they often create a lot of rubbish. With a little bit of forward planning you can save money, eat healthily and make less rubbish ...



- ☺ **Pack your lunch in a reusable wrapper or container.** There are lots of options to choose from, including retro or funky modern lunchboxes to a new trend in beeswax food wrappers.
- ☺ **Use a reusable drinks bottle or flask rather than disposable bottles, pouches or cartons.**
- ☺ **Avoid disposable items such as plastic forks, spoons and paper napkins. Try packing a spork!**
- ☺ **Many favourite foods can be bought in bulk saving you money and reducing packaging.** Try buying your favourite foods, such as yogurt, raisins, biscuits and crisps, in larger quantities and placing the amount you need in a smaller reusable container.
- ☺ **Eat more fruit.** It's healthier and a lot of fruits have their own natural wrappers which can be composted. Remember to buy them loose at the supermarket to avoid extra packaging
- ☺ **Need Inspiration?** Turn over for ideas for healthy packed lunches...
- ☺ **Remember to keep foods that need to be refrigerated cold using a reusable, insulated lunch box/bag or including a reusable ice pack in your lunch.**



**For more ideas visit the following websites ...**

- [www.pinterest.co.uk/recycledevon/waste-free-lunch-box-ideas/](http://www.pinterest.co.uk/recycledevon/waste-free-lunch-box-ideas/)
- <https://www.bda.uk.com/foodfacts/home>
- [www.nidirect.gov.uk/information-and-services/healthy-eating-different-ages/healthy-lunchbox-ideas-children](http://www.nidirect.gov.uk/information-and-services/healthy-eating-different-ages/healthy-lunchbox-ideas-children)



**Don't let Devon go to waste**  
zone.recycledevon.org