

# The Early Bird Pre-School (Strathmore) Newsletter



## Autumn 2025

### Dates for your diary:

#### Autumn Term 2025

- Wednesday 17<sup>th</sup> December
- Thursday 18<sup>th</sup> December

Last day of term

Christmas Party morning 9:30am-11:30am

#### Spring Term 2026

- Tuesday 6<sup>th</sup> January

First day of term



## The Early Bird Pre-School Strathmore latest news . . .



We've had a fantastic half term across both The Nest and Fledglings, filled with learning, exploration, and lots of joyful moments. The children have been busy developing new skills, building friendships, and engaging in a wide range of activities carefully planned to support their growth and curiosity.

As we look back on the past few weeks, we're excited to share some of the wonderful experiences the children have enjoyed. Thank you for your continued support and for being such an important part of our community.

### The Nest

We've had a wonderfully busy and exciting Autumn term at The Nest! The children have taken part in a wide range of activities designed to support their development, spark curiosity, and celebrate the season. Here's a little look at what we've been up to.

The term began with lots of mark-making, as the children experimented with different tools and materials to build early writing skills and express their creativity. They also worked hard on their fine motor skills by filling Christmas baubles, a festive and engaging activity that really strengthened those little finger muscles.

Physical play has been another highlight, with plenty of opportunities for climbing, sliding, bouncing, and balancing. The children showed great enthusiasm as they explored their physical abilities and grew in confidence through movement.

Messy play has been a big favourite too! Paint, shredded paper, and crazy foam offered rich sensory experiences and endless opportunities for imaginative fun. We also introduced a new skill this term: baking banana loaf. The children loved measuring, mixing, and watching (and smelling!) their delicious creation come to life.

To mark fireworks season, we used brightly coloured rice to create vibrant patterns, supporting both sensory exploration and creative expression. As Christmas approached, the children enjoyed decorating the Christmas tree, adding decorations and sharing in the excitement of the festive season.

And of course, Halloween brought its own adventure. The children explored the inside of a pumpkin, feeling the textures, discovering the seeds, and learning lots of new vocabulary along the way.

### Fledglings

The children have immersed themselves in a rich variety of experiences that have encouraged exploration, creativity, and skill development. Here's a look at what we've been up to:

The colder weather gave us the perfect opportunity to explore snow and ice. The children were fascinated by the changing textures and loved observing how the ice melted, sparking lots of curiosity and conversation. We also spent plenty of time outdoors enjoying the rain, splashing in puddles, watching the water flow, and experiencing the weather firsthand, all of which supported sensory exploration and built outdoor confidence.

A particular favourite this half term was adding powder paint to the large puddles in our garden. The children were captivated by the swirling colours and the magical patterns they created as the paint mixed with the water.

Our Halloween activities brought lots of excitement too. The children explored spider and pumpkin-themed provocations and were introduced to early woodwork by hammering golf tees into pumpkins, a safe, engaging way to develop coordination and confidence while trying something new.

Indoors, the children have been practising their scissor skills, learning how to hold scissors safely and gaining greater control and independence. Our home corner has also been a busy, nurturing space, where the children enjoyed caring for the babies, role-playing family routines, and developing their social and emotional understanding.

Group times have included favourites such as *We're Going on a Bear Hunt* and *Please Mr. Crocodile*. These shared stories and games have supported listening, turn-taking, and imaginative engagement.

**Thank you for your continued support throughout this half term. We truly appreciate your partnership and the enthusiasm you bring to our Fledglings community.**

**We wish you and your families a very Merry Christmas and a Happy New Year. We hope you enjoy a restful, joyful break, and we look forward to welcoming the children back in the new term!**



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## Tapestry

We love to hear what the children get up to at home, please add photos or comments on Tapestry to keep us updated. If your child has a new interest or has learnt a new skill, we would also love to hear about it. Don't forget to upload bits over the summer holidays!

We are an Operation Encompass Early Years Setting.

For further information see posters available or speak to Natasha or Denisse.

## Safeguarding Reminder:

- \*No phones are to be used on our premises, this includes our garden.**
  - \*Please close the garden gate behind you as you leave our premises.**
- THANK YOU**



## We are a Nut Free Setting



Please do not provide nuts or food containing nuts in your child's lunch box as we have children with serious allergies

## Tip of the Half Term

Christmas is fast approaching,

we all have busy schedules with lots of change happening, making us feel *over-stimulated*.

What is over-stimulation?

When a child (or adult) is swamped by more experiences, sensations, noise and activity than they can cope with. Here are some tips to help you and your child navigate through the Christmas period with excitement and joy:

- \*Maintain some routine-** Could you maintain your bedtime routine or other routines personal to your family over Christmas?
- \*Give your child some control-** As adults we feel pressure to make Christmas 'perfect' and with this pressure we might take too much control and expect more from our children. Allow your child to have some control over how they interact with friends and family over Christmas. If your child doesn't feel like sitting with distant relatives, or if they feel shy greeting people, then that's ok. Be their voice and their advocate!
- Gift opening -** if your child struggles with the pressure of opening gifts in front of others, that's fine! Talk to your child about gift opening and make a plan that suits everyone.
- \*Create a 'safe space'-** Take the time to set up a safe space for them in your home before visitors arrive - this could be their bedroom or a quiet nook in the living room. Talk to your child about what their safe space is for and how it is ok for them to retreat to their safe space if they are finding the festivities too loud or stressful.
- \*Provide familiar foods-** It's safe to say, food is a big part of Christmas! But for a lot of children, unfamiliar foods or changes in dinner time routines can feel stressful. Help to make mealtimes more inclusive for your child by including 'safe foods' alongside every meal.
- \*Your presence-** Dedicate some time at home together to explore your child's new toys and gifts, without distractions and visitors. Creating these pockets of times will provide you and your child with magical memories you will treasure!

*We hope this helps bring some calm to your festive celebrations!*

## The Early Bird Pre-School Strathmore team

<b>Natasha</b> - Director & Early Years Manager	<b>Denisse</b> - Director & Early Years Manager
<b>Becky</b> - Setting Leader & Safeguarding Officer	<b>Charlotte</b> - Deputy Leader & SenCo
<b>Jess</b> - Nest Room Leader & Health and Safety Officer	<b>Shay</b> - Early Years Educator (Fledglings)
<b>Katherine</b> - Finance Manager	<b>Morgane</b> - Early Years Educator (The Nest)
<b>Latisha</b> - Early Years Educator (Fledglings)	<b>Aimee</b> - Early Years Educator
<b>Megan</b> - Early Years Educator (Fledglings)	<b>Krystal</b> - Early Years Helper
<b>Emily</b> - Early Years Educator (Fledglings)	