

MORNINGTON HOUSE DAY NURSERY NEWSLETTER



NEED TO KNOW

Nursery Manager | Diane James
Co-Deputy Managers | Sally King
Megan Woolnough

Although we charge for all hours, whether attended or not, we are able to remove meal package charges for planned absences. We need 2 weeks notice of any absence. Meals will be charged for unplanned absences like sickness as we plan our catering needs 10 days in advance.

To ensure that we are correctly staffed at all times we ask that you adhere to your booked times. If you drop off early or pick up late, our staffing may not be adequate. To deter this, we charge if you pick up late or drop off early. Please also note that nursery will close at 6pm promptly. If your current hours need changing please speak to Diane.

NICE TO KNOW

All nursery policies are available for you to read on our website. To access them, you will need to login – please contact Diane for details.

You can view our 4-week menu online by clicking [here](#).

You can contact Managing Director Saffia Bullock at any time via e-mail: saffia.bullock@bristolchildcare.co.uk

DATES



Thursday 5th March
World Book Day

Sunday 8th March
International Women's Day

Tuesday 17th March
St Patrick's Day and Pancake Day

Thursday 2nd April
World Autism Acceptance Day

Friday 3rd - Monday 6th April
Easter break (nursery closed)

WELCOME FROM DIANE

Welcome to our Spring newsletter!



As we come into March we look forward to some sunshine and longer days. This means we will be able to use our garden even more, which we are all looking forward to. We have plans to improve this, with some new resources and a revamp of the mud kitchen. We'll make sure to send lots of photos of your children enjoying themselves outdoors!

We took part in Safer Internet Day on 10th February and this year's theme is "Safe and Responsible use of AI". We are a member of BAND (Bristol Association of Day Nurseries) and they signposted us to The UK Safer Internet Centre which hosts a range of resources that settings and parents can use to support children's understanding. We also use NSPCC's Techosaurus, the friendly dinosaur who helps young children learn how to stay safe and happy when using technology. As we know, children are growing up with screens everywhere. It's therefore very important for settings and parents to reinforce simple, positive messages that build strong foundations for later learning. There's a video, guide for parents and an activity pack, providing lots of support for having early, supportive conversations at this link: <https://www.nspcc.org.uk/advice-for-families/techosaurus/>

I hope you will find these helpful. As you know, we try to limit the time that we are using tablets in nursery to just the essentials, so that children can have our attention in the moment and also to provide role models to them. At our recent staff meeting, we talked about how much screen time we have when we are not at nursery – it was an interesting discussion!

Other days coming up which will celebrate and learn about are listed below. Please let us know if there are any other special days you would like us to learn about, we welcome all ideas and support!

Diane



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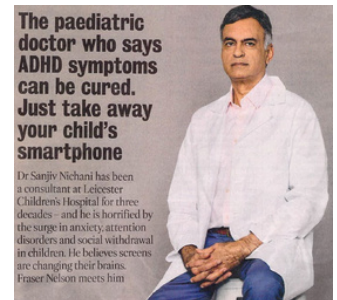
Update from Saffia Bullock, Managing Director



Welcome to our first newsletter of the year! 2026 is the National Year of Reading – a collaboration between the Department for Education and the National Literacy Trust to promote just how important reading is for all of us and to try and reconnect everyone with reading for pleasure. We love books and reading at Bristol Childcare and teaching children “to enjoy stories, songs and rhymes” is one of the Significant Six of our Curriculum – you can read more about that here: <https://www.bristolchildcare.co.uk/our-curriculum/>.

There are always lots of different books available in nursery for the children to enjoy – and lending libraries we have in our receptions to help you take books home to share with your children. As well as being fun and good escapism, books can also be helpful. We have a range of books in our Parent Support Library that you can borrow if they might be useful to you – do please ask your nursery manager about this, or you can email me to request a book. You can also find the list on our website: <https://www.bristolchildcare.co.uk/parent-area/parent-support-library/>

Alongside trying to promote books and reading, is a growing awareness that we are probably all spending too much time on screens. See page 7 for some information to support you learning more about this. Attached with this newsletter is an article with a doctor that we all found fascinating – and a bit scary, about how screen use in children is changing their brains.



I hope you all enjoy some reading time with your children – do please let us know about your favourite books!

PARENT LIBRARY

We have a range of books for parents and carers to borrow.

Please contact your nursery team if you would like to borrow any.

- The Gentle Potty Training Book - Sarah Ockwell Smith
- The Second Baby Book - Sarah Ockwell Smith
- Beginnings - Sarah Ockwell Smith
- The Starting School Book - Sarah Ockwell Smith
- How to be a Calm Parent - Sarah Ockwell Smith
- Your Baby & Child - Penelope Leach
- Let's Talk About Feeding Your Baby - Amy Brown
- Break the Co-Sleeping Habit - Valerie Levine
- Day by Day: Emotional Wellbeing in Parents of Disabled Children
- Please Stay Here I Want You Near - Anxiety - Dr Sarah Mundy
- Parenting Handbook - Dr Sarah Mundy
- Still Awake - Lyndsey Hookway
- The Strong Like Mum Method - Shakira Akabusi
- The No Cry Sleep Solution - Elizabeth Pantley
- Your Postnatal Body - Lyanne Nicholl
- The Connected Family Handbook - Lou Harvey-Zahra
- We're Here: A Practical Guide to becoming an LGBTQ+ Parent
- Let's Talk About Your New Family's Sleep - Lyndsey Hookway
- Let's Talk About the First Year of Parenting - Amy Brown
- The Herbalist's Guide to Pregnancy, Childbirth and Beyond
- Yoga for Motherhood - Naomi Annond
- Planning with Love - Rhiannon Gogh
- The Little Book of Parenting - Chinyelu Kunz
- Raising Attention - Sarah Ockwell Smith
- How Babies Sleep - Helen L Ball

As you know, we follow the ERIC (The Children's Bowel & Bladder Charity) Let's Go Potty approach to toilet training. It begins with preparation to use the potty, next is practising potty skills before eventually stopping using nappies as your child gains confidence. Here is a link to a new video called 'Potty & Toilet Training - a three stage journey', which has been co-created by ERIC and Bristol Family Hubs.

<https://vimeo.com/1156459409>

Saffia

The Baby Room have been exploring lots of heuristic play activities. We have enjoyed playing with different wooden loose parts and natural resources in the tuff tray.

We have made the most of the drier days and spent time in our garden and the big garden too.

We have also had a busy month welcoming lots of new friends into nursery and have been focusing on creating strong bonds between the staff, babies and parents too.





In the Twos room we have really been enjoying the role play areas. We have a kitchen, office, self-care, baby and construction area. The children have been busy making cups of tea, replying to emails and being in meetings, building very tall towers and looking after the babies. The twos celebrated Chocolate Cake Day by making some yummy chocolate cupcakes. We weighed out the ingredients, mixed them together and put them in the oven.



We've enjoyed pretending to be pirates using empty fruit delivery crates, fabric scarves and eye patches. We have been building our fine motor skills by mark making with different sized crayons and chalk. We've also been practising our threading using a small plastic needle to help us. We love reading our core books together and reading our favourite stories. In the dark den we read dinosaurs stories and watched the colour changing light.





PRESCHOOL



2026

We have been having a very busy time in Preschool! We have been learning the names of our different musical instruments and the sounds that they make. We took part in the Big Bird Watch and made our own bird feeders for our garden. We also played a game where we matched the bird song to the correct bird.

We have been making up stories to support our recall and develop our imaginations.

One of our grandparents made us a Stick Man and his Stick Lady Love from the Julia Donaldson book, so we made our own stick children.





Butternut
Squash Curry

To serve a family of 4

Ingredients

- 1 butternut squash
- 1 onion
- 1 red pepper
- 400g tinned tomatoes
- 1 tsp curry powder
- 1 tsp chilli powder
- 300ml vegetable stock

Method

1. Dice the pepper and onion and sauté
2. Dice the butternut squash and add
3. Stir in the curry and chilli powder
4. Add the tinned tomatoes and stock
5. Simmer until reduced and cooked
6. Serve with rice and naan bread

KEEPING CHILDREN SAFE ONLINE



On Tuesday 10th February, we celebrated Safer Internet Day. Learning was based around the theme 'Smart tech, safe choices – Exploring the safe and responsible use of AI'.

The NSPCC has some great information regarding keeping children safe online. You can find out more about it here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Keeping children safe online

From understanding apps to setting parental controls, we've got information and resources to help you understand online safety and talk about it with children and young people.



For young children they say: "Use age-appropriate tools like Talk Pants, Techosaurus, or LEGO's Build & Talk activities to make online safety engaging and easy to understand. Keep language clear, avoid jargon, and reassure children they can talk to you about anything. Help them build healthy habits from a young age, such as thinking before sharing, asking for help when unsure, and taking breaks from screens. If something has gone wrong, stay calm and focus on support, not blame. This helps children feel safe coming to you, no matter what's happened".

Talk PANTS - <https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>



Techosaurus - <https://www.nspcc.org.uk/advice-for-families/techosaurus/>



Lego digital safety - <https://www.lego.com/en-gb/families/staying-safe-online>



PARENT SUPPORT LIBRARY



We have a selection of books available for parents to borrow. Please speak with your nursery manager for more information and the full list.

