



Cairndow Community
Childcare
January 2010 Newsletter

**QUIZ AND CURRY
 NIGHT**
**AT THE GEORGE
 INVERARAY**

**THURS 4TH FEB
 FROM 7PM**

£5 EACH



**SEVERE WEATHER
 PROCEDURES**

Whilst we are all thawed out now,
 we are not out of winter just yet.
 Remember to keep an eye on the website
www.cairndowchildcare.co.uk if the snow and
 ice return, to keep you up to date with nursery
 closures if any.

**DATES FOR YOUR
 DIARY**

**THURS 4TH FEB:
 QUIZ NIGHT**

**SUN 14TH FEB:
 CHINESE NEW
 YEAR AND VALEN-
 TINES**

**TUES 16TH FEB:
 SHROVE TUESDAY**

**FRI 19TH FEB:
 CENTRE CLOSED**


**TUES 16TH-FRI
 19TH FEB
 PRE SCHOOL OFF**



Ideas for Sandwiches
CHEESE

(there's more to life than a kraft slice)

Whilst some children do not like anything more than a plain sandwich, others and indeed, adults, like a little added attraction. If you are making sandwiches for various age groups in your household, by just adding some extras, saves time and effort than making different packed lunches each day.

Sliced Cheddar Cheese with thinly sliced apple,  and low fat mayo in roll.

Grated Cheddar Cheese in a wholemeal pitta pocket— optional extra raisins and/or salad leaves with a drizzle of salad dressing.

Brie with cranberry sauce and/or rocket in a baguette

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There you have it—three varied packed lunches, based on cheese, with even a little bit of fruit/veg sneaking in there

NEWS FROM BABY WORLD

Belated New Year Wishes from the Baby End!

Last month's theme was winter.

We introduced the babies to new words as part of their speech development, and focused on talking generally.

We also did lots of craft activities—sponge painting, finger painting.

Two of our older babies moved up to the Tweenies group and are doing great.

They grow up so fast!

This month's theme is Space (*the final frontier*), Valentine's Day and Chinese New Year. We will be doing lots of fun activities in the baby end. We will be working on learning new colours and numbers and doing lots of messy play, developing our senses.

Lisa
Mhairi M

NEWS FROM TWEENIE LAND

Last month's theme was winter animals and Burns Night.

We had lots of fun activities to do, such as sponge painting, glueing and sticking (sensory sheep, snowballs), making collage penguins and snowy pictures.

We also looked at hibernation and hibernating animals (turtles, bears) winter clothes (scarves, hats) and winter time.

We are still working on our lining up routine and hand washing. It is going well but as we all know, it's a continuous process.

Burns snack has been a good experience for all of the kids, some of them realised that they liked haggis.

This month we have got several exciting themes to cover—space, St. Valentine's Day and Chinese New Year

Dasha and Mhairi L

NEWS FROM PLANET PRE-SCHOOL

Last month in Pre-School we looked at winter. We learnt about penguins, polar bears, arctic hares and how ice freezes.

We also experimented with melting ice outside, and painting on it. We mixed snow with paint to make slushy pictures.

This month our theme is Space (*Its life Jim but not as we know it*). We are studying the planets, stars and astronauts. The children in Pre-School are very excited about this theme and have been discussing aliens.

If you have any space bits and bobs at home, feel free to send them in.

Helen