

Colyton Caterpillars

Newsletter

September 2023



Welcome back after the Summer holidays, this term we are looking at nature, our local environment, coastlines and celebrations in our community and beyond.



Please see attached
our exciting new lunch
menu for September
2023!

www.colytoncaterpillars.co.uk

Story of the week

Please ask about our story of the week.

This will also be shared on our Facebook page for you to learn and discuss with your children at home.

Useful Numbers

Colyton Primary School

01297 552231

Seaton Primary School

0129720922

Kilmington Primary School

0129732762

Shute Primary School

01297 33348

Musbury Primary School

01297 552687

Breakfast will be a complimentary platter for children 8am-8.15am

Please no nut products in the setting due to a severe nut allergy.

Term Dates

Autumn term 1st half – Monday 4th September – Friday 20th October

Half term – Monday 23rd – Friday 27th October

Autumn term 2nd half – Monday 30th – Friday 15th December

Spring term 1st day back – Monday 4th January

Dates for your diary

- **Friday 8th September** – Some children will be visiting Doveridge for their small farm visit
- **Thursday 21st September** – Reception children welcome back pizza evening 5pm-6pm
- **Thursday 28th September** – Harvest lunch for all Thursday children (no packed lunches)
- **Thursday 5th October** – Kate and Chloe on EYFS conference
- **Friday 3rd November** – Autism/Sensory course 10am-2pm. Parents of children with ASD welcome
- **Monday 13th November** – Christmas photos (AM), great Christmas presents, email to book a slot
- **Wednesday 6th December** – closed for the annual Christmas fayre
- **Monday 11th December** – Christmas play at St Andrews Church 5.30pm-6.30pm
- **Wednesday 13th December** – Christmas lunch for Wednesday children (no packed lunches). With a surprise visitor!
- **Friday 15th December** – Christmas party – see food list. All welcome. Closing at 1pm

Colyton Caterpillars Early Education Academic Year 2023-2024



Sep-23						
Monday		4	11	18	25	
Tuesday		5	12	19	26	
Wednesday		6	13	20	27	
Thursday		7	14	21	28	
Friday	1	8	15	22	29	
Saturday	2	9	16	23	30	
Sunday	3	10	17	24	31 (Oct)	

Dec-23						
Monday		4	11	18	25	
Tuesday		5	12	19	26	
Wednesday		6	13	20	27	
Thursday		7	14	21	28	
Friday	1	8	15	22	29	
Saturday	2	9	16	23	30	
Sunday	3	10	17	24	31	

Mar-24						
Monday		4	11	18	25	
Tuesday		5	12	19	26	
Wednesday		6	13	20	27	
Thursday		7	14	21	28	
Friday	1	8	15	22	29	
Saturday	2	9	16	23	30	
Sunday	3	10	17	24	31	

Jun-24						
Monday		3	10	17	24	
Tuesday		4	11	18	25	
Wednesday		5	12	19	26	
Thursday		6	13	20	27	
Friday		7	14	21	28	
Saturday	1	8	15	22	29	
Sunday	2	9	16	23	30	

Oct-23						
Monday		2	9	16	23	30
Tuesday		3	10	17	24	31
Wednesday		4	11	18	25	
Thursday		5	12	19	26	
Friday		6	13	20	27	
Saturday		7	14	21	28	
Sunday		8	15	22	29	

Jan-24						
Monday		1	8	15	22	29
Tuesday		2	9	16	23	30
Wednesday		3	10	17	24	31
Thursday		4	11	18	25	
Friday		5	12	19	26	
Saturday		6	13	20	27	
Sunday		7	14	21	28	

Apr-24						
Monday		1	8	15	22	29
Tuesday		2	9	16	23	30
Wednesday		3	10	17	24	
Thursday		4	11	18	25	
Friday		5	12	19	26	
Saturday		6	13	20	27	
Sunday		7	14	21	28	

Jul-24						
Monday		1	8	15	22	29
Tuesday		2	9	16	23	30
Wednesday		3	10	17	24	31
Thursday		4	11	18	25	
Friday		5	12	19	26	
Saturday		6	13	20	27	
Sunday		7	14	21	28	

Nov-23						
Monday		6	13	20	27	
Tuesday		7	14	21	28	
Wednesday		1	8	15	22	29
Thursday		2	9	16	23	30
Friday		3	10	17	24	
Saturday		4	11	18	25	
Sunday		5	12	19	26	

Feb-24						
Monday		5	12	19	26	
Tuesday		6	13	20	27	
Wednesday		7	14	21	28	
Thursday		1	8	15	22	29
Friday		2	9	16	23	
Saturday		3	10	17	24	
Sunday		4	11	18	25	

May-24						
Monday		6	13	20	27	
Tuesday		7	14	21	28	
Wednesday		1	8	15	22	29
Thursday		2	9	16	23	30
Friday		3	10	17	24	31
Saturday		4	11	18	25	
Sunday		5	12	19	26	


Aug-24						
Monday		5	12	19	26	
Tuesday		6	13	20	27	
Wednesday		7	14	21	28	
Thursday		1	8	15	22	29
Friday		2	9	16	23	30
Saturday		3	10	17	24	31
Sunday		4	11	18	25	

School holidays
Training day
Occasional day
Bank holidays
25th December - Christmas Day
26th December - Boxing Day
1st January 24 - New Years Day
29th March 24 - Good Friday
1st April 24 - Easter Monday
6th May 24 - May Day
27th May 24 - Spring Bank Holiday
26th August 24 - Summer Bank Holiday

Activities to try at home



- Going to the library
- Carve a pumpkin
- Painting pebbles
- Look at a map
- Collect some Autumn leaves
- Have an Autumn picnic
- Bake an apple cake
- Apple painting
- Make your Christmas cards

A background of various autumn leaves in shades of red, orange, yellow, and green, some with prominent veins, scattered across the page.

COLYTON CATERPILLARS

ARTS & CRAFTS
AFTERNOON

FUNDRAISER

*Sunday the 24th of
September 2023*

*2-4pm @ The Reece Strawbridge
centre.*

*Tickets £5 per child, family
discount available.*

*Come and join us for a fun filled
afternoon of Autumnal themed
Art and Craft making!*

REFRESHMENTS AVAILABLE



Pumpkin Soup



Ingredients

2kg pumpkin

500ml water

8 rashers of rindless
bacon (optional)

2 onions

1 vegetable stock cube

30g sunflower spread

To serve

bread rolls

Method

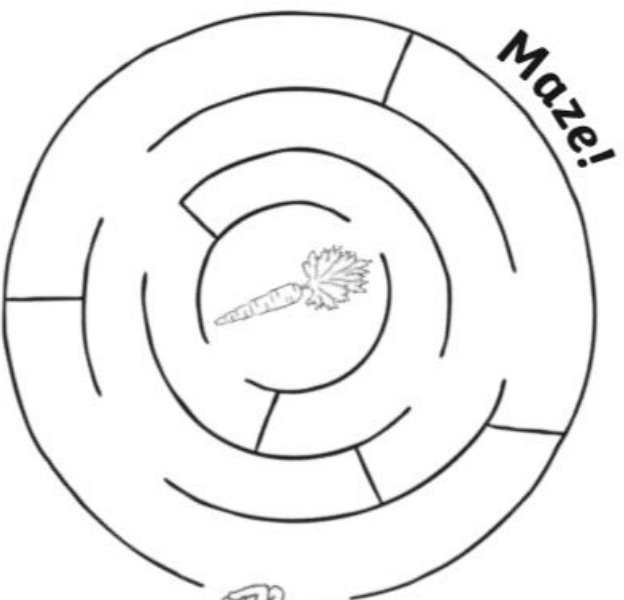
1. Chop the pumpkin into small cubes.
2. Chop the onion finely.
3. If you are using bacon, cut it into small pieces.
4. Put the sunflower spread into a large saucepan and heat on a medium heat.
5. When sizzling, add the bacon (optional) and fry for a few minutes. Then add the onion.
6. Continue to fry until the onions go transparent.
7. Add the pumpkin and mix well.
8. Add just enough water to cover all the ingredients in the pan.
9. Crush the stock cube and sprinkle into the pan. Bring to the boil.
10. Simmer until the pumpkin goes soft.
11. Blend the mixture.
12. Put the soup back in the pan and reheat.
13. Put into bowls and serve with bread rolls.

Christmas Activity Place Mat

Word Unscramble!

thwaer lbles

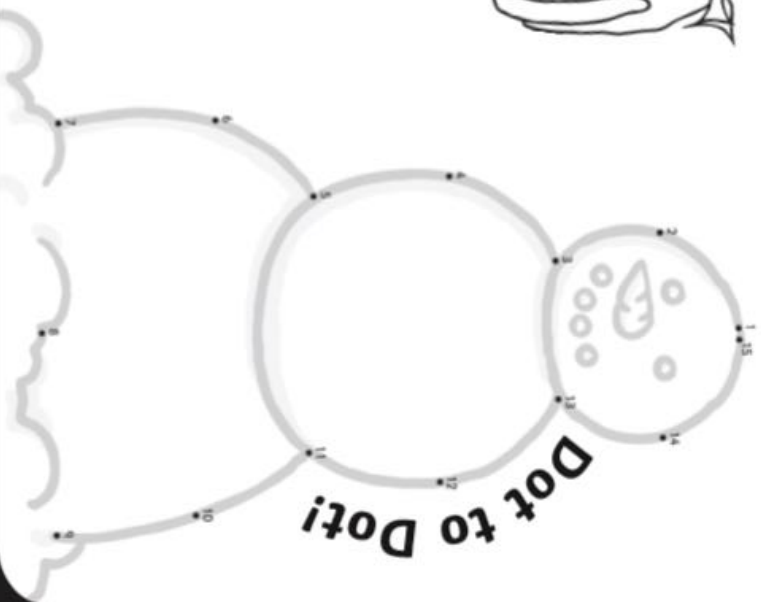
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Colour in!



Dot to Dot!





Autumn Leaf Hunt

While outside, look for these leaves from different deciduous trees. They may have fallen on to the floor or they may still be on the tree.

Tick them off when you have found them.



hazel



hawthorn



elm



oak



chestnut



beech



ash



sycamore



Christmas Spiced Biscuits

Ingredients

175 dark muscovado sugar
85g golden syrup
100g butter
3tsp ground ginger
1tsp ground cinnamon
350g plain flour
1tsp bicarbonate soda
1 egg
100g white chocolate
Edible silver balls

Equipment

Large spoon & pan
Large & small bowl
Wooden spoon
Cling film
Rolling pin
Biscuit cutters
Skewer

Method

1. Turn on the oven at 190°C or gas mark 5.
2. Heat the sugar, golden syrup and butter in the pan on the hob until it has melted.
3. Mix the ginger, cinnamon and flour in your bowl and make a well in the centre.
4. Dissolve the bicarbonate soda in 1 teaspoon of cold water.
5. Crack your egg into a small bowl and fish out any bits of the shell that have dropped in accidentally. Beat the egg with a fork.
6. Pour the bicarbonate of soda mixture, the melted sugar mixture and the egg into the centre of your flour and spices well.
7. Cover the biscuit mix with cling film and leave to cool. Once cool enough, put the mixture in the fridge for at least an hour.
8. Once the mixture has cooled, turn it out onto a lightly floured surface and knead the dough.
9. Cut the ball of dough out to a thickness of about half a centimeter.

10. Cut the dough into shapes using your biscuit cutters and transfer to your baking tray. If you plan on using the biscuits as decorations, make a small hole in the top with a skewer so you can thread some ribbon or string through. Repeat the steps 9 and 10 with the other half of the dough.
11. Bake your biscuits for 12 to 15 minute until the dough darkens slightly.
12. Once the biscuits are cooked, remove them from the oven. If the holes for your ribbon or string have closed up during cooking, remake the holes whilst the biscuits are still warm. Leave the biscuits to cool for a few minutes and then transfer the biscuits to a wire rack to cool and harden completely.
13. Whilst your biscuits are cooling, break up the chocolate and place in a small bowl. Microwave the chocolate so that it melts. Do this in short bursts to make sure that the chocolate doesn't burn.
14. Drizzle the chocolate over the biscuits or use a piping bag if you want to make particular patterns or shapes.
15. Put a few silver balls onto the chocolate whilst it is still melted and then wait for the chocolate to set.
16. If you would like to use the biscuits as decorations, thread some ribbon or string through the hole you previously made and hang on your Christmas tree or around your home. The biscuits will be edible for about a week if hung up, but can still be used as decorations if not eaten by this time.
17. If you decide not to use your biscuits as decorations then tuck in to your tasty treats!



We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives, hot water and kitchen appliances which use considerable heat. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

Research has shown that a balanced, nutritious diet has a positive impact on children's ability to learn, so we have decided to still provide our healthy lunches from September 2023 but at an increased cost of £2.50 for under 2's and £3.50 for all other children.

The menu will be the same each week until December 2023, and then we will send out a new menu for the spring term.

Menu from September 2023-December 2023

Monday	Tuna pasta bake with banana and fruit
Tuesday	Chicken and butterbean casserole and mash with fruit platter
Wednesday	Vegetable and bean goulash and rice with yoghurt and fruit
Thursday	Vegetable curry and rice with pineapple and melon
Friday	Chilli and flatbread with yoghurt and cucumber

Please let us know if you would like to book your child in for nursery lunches. |

