

Colyton Caterpillars Newsletter October 2020



Welcome back after the Half Term!

This Half Term we will be looking at literature and having lots of experiences to widen our cultural capital.

www.colytoncaterpillars.co.uk





Why learning language is important for young children!?

"The limits of my language mean the limits of my mind" - Ludwig Wittgenstein.

Language -

- Behaviour
- Literacy
- Friends
- Thinking
- Learning

Listening and Attention

Helped by adults supporting children to focus attention.

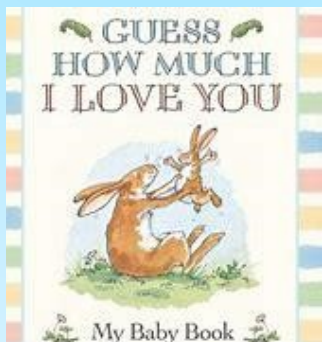
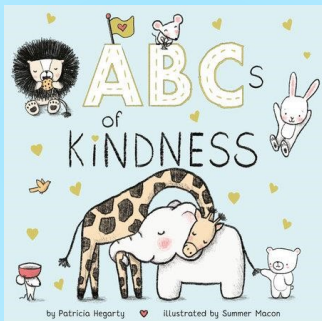
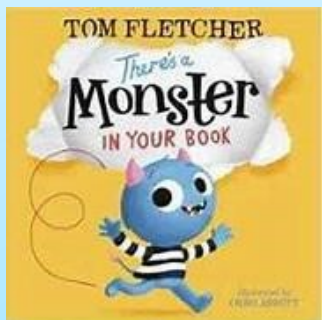
Understanding

Supported by adults who provide links to words.

Speaking

Supported by adults who help children develop language

Stories to share at home:



Dates for your Diary

Monday 2nd November
First Day of Term

Wednesday 4th November- Star
Gazing evening, with hot
chocolate @ Caterpillars-
6.30pm

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.

Useful Numbers

Colyton Primary School-
01297 552231

Seaton Primary School-
0129720922

Uplyme Primary School-
01297442210

Kilminster Primary School-
0129732762

Shute Primary School- 0129733348
Charmouth Primary School-
01297560591

Additional Dates

Wednesday 2nd December-
Come meet Father Christmas
and Watch the light turn on

Saturday 5th December @
2pm Caterpillar Christmas
Play. Please drop children off
at 2pm in Costumes ready for
them to perform. After
finished please pick up
2.30pm. Due to COVID 19 we
have a professional
Photographer filming it and
you will be able to purchase
the link so then you can
watch it at home with family.
More details to follow. Any
money raised will be going to
Southampton Neo-natal Unit.

Monday 14th December-
Christmas Dinner, £2 each
(Monday Children Only)

Thursday 17th December-
Christmas Party- All
Welcome- 10.30am till 12pm
(See party food list on
Facebook)

Friday 18th- Santa Hat sports
day- With Mark @ 9am



Lunch Menu
Embracing farm to fork!

Monday

- Jacket potato with ham and coleslaw
- Yoghurt

Tuesday

- Ham and cream cheese wraps
- Stewed fruit and custard

Wednesday

- Homemade sausage rolls with salad (local meat)
- Yoghurt

Thursday

- Spaghetti Bolognese
- Fruit

Friday

- Bacon muffins with cheese (local meat)
- Yoghurt



Try out this delicious rocket

biscuit recipe!

You will need;

Makes: 30 large biscuits or 60 small

500g plain flour

250g butter or margarine

140g icing sugar

2 teaspoons vanilla extract

1 tablespoon milk

Method

Preheat the oven to 160 C / Gas 2 1/2.

- Place the flour, butter, and sugar in a bowl. Rub together with your fingers (or put into a food processes or until fine breadcrumbs.
- Add the vanilla extract and a little milk until the mixture sticks together.
- Combine to form a dough. You can put it in the fridge for a while, but I normally use it straight away.
- Place on a floured surface and roll out to about 5mm thick (1/4 inch). Cut out your shapes and place on a baking tray with some baking parchment or non-stick cooking sheets.
- Bake in the preheated oven for about 12 to 15 minutes. Place on a wire rack to cool and harden.

Serving suggestion-

Decorate with icing and sprinkles.



Sensory activities for under 2's

<p>Week 1</p>	<p>Developing fine motor skills.</p>  <p>Try the Sticky Tape Challenge</p> <p>POST-IT FULL ACTIVITY FOR KIDS</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>VEGETABLE PAINT WITH GARLIC & POTATOES</p>
<p>Week 5</p>	<p>Water and ice play</p>  <p>ICE WORLD</p> <p>CUCUMBER WATER</p>
<p>Week 6</p>	<p>Playdough</p>  <p>So important sensory play</p> <p>Cloud Dough</p>
<p>Week 7</p>	<p>Exploring Jelly</p>  <p>JELLO DIG</p> <p>RAINBOW JELLO</p> <p>JELLY PLAY</p>



Come and Meet Father Christmas

And his Elves Wednesday 2nd December

At Colyton Caterpillars - Coly Road - Colyton .
Between 3.45 - 5.15 pm (Please email to book a
slot - colytoncaterpillars@btconnect.com) Booking
starts from October 1st

Includes Christmas Cookie, gift & a
surprise!!! £2.50 per child

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/
- <https://www.bda.uk.com/foodfacts/home>
- 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