

Little Explorers Nursery Newsletter

May 2026

Welcome to our May newsletter. We are delighted to share some of the wonderful experiences the children have enjoyed in nursery, along with important updates, upcoming events and achievements from across our settings.

While we regularly share updates through the app and social media, this newsletter gives us the chance to bring everything together in one place and strengthen our connection with families. We hope you enjoy reading about life at Little Explorers.

We begin by sharing our achievement of 10 years as a childcare company, we are so proud of how we have grown over the years, it is lovely to be able to say thank you to all the staff who work so hard and to you, as carers, for entrusting us with your wonderful children.

Both settings will be having a party in the Summer to celebrate!

Nursery News and Achievements

Our Heath setting has recently been selected by Cardiff Council to take part in the latest expansion of the Flying Start programme, helping to provide high-quality childcare places for local children. Several spaces have now been allocated, and we are very pleased to welcome our new starters to nursery.

Our Llanedeyrn setting is also proud to be part of the CHaSPS programme, which recognises settings that actively promote and protect the physical, mental and social wellbeing of their community. This work is supported through policy development, strategic planning, staff development, our nursery environment and our relationships with families and the wider community.

“The Healthy and Sustainable Pre-school Scheme is a national accreditation scheme which acknowledges pre-school settings as contributors to children’s health and wellbeing. Settings who embrace CHaSPS will be accredited and recognised for their endeavours in promoting physical, mental, social and emotional health.”

[Cardiff Healthy and Sustainable Pre-school Scheme \(CHaSPS\) : Child Friendly Cardiff](#)

This three-year scheme is in high demand, and we are grateful for the opportunity to take part. We look forward to progressing through each stage and continuing to strengthen the support we offer to children and families.



Our Healthy Snack Award Plus accreditation was recently renewed following inspection - this demonstrates that we are putting recommendations from the Welsh Government's Food and Nutrition in Childcare Settings Best Practice Guidance in place.

To achieve the award, there is set criteria around the following: the provision of healthy snacks and drinks, a positive eating environment, food hygiene and safety.

Healthy Eating and Seasonal Menu

We have introduced a new seasonal menu to reflect the changing months. The children are already enjoying the first few weeks, and we are pleased to see such a positive response. As always, we welcome suggestions for favourite meals.

Monday	Traditional beef/v penne ragu	Salmon/cheese finger sandwiches & cucumber
Tuesday	Spicy Mexican chicken/veg rice burrito Y	Couscous & wholemeal flatbread with pepper sticks & houmous
Wednesday	Lentil, cauliflower & broccoli mac'n'cheese	Scrambled eggs on toast with cherry tomatoes
Thursday	Chicken/v Thai curry with rice	Ham /cheese sandwiches with carrot sticks
Friday	Fish fingers, mash, carrots, peas & sweetcorn	Chicken/ pepper & cheese quesadilla
	Week 2	
Monday	Tuna Nicoise pasta	Chicken / cheese & tomato pizza pinwheels
Tuesday	Chicken, lentil, spinach & sweet potato masala curry, rice and poppadom Y	Beans on toast
Wednesday	Bratwurst style v hotdogs with red onion & corn	Pate/cheese on toast with cucumber
Thursday	Chicken /vegetable hoisin stir fry & noodles	Pepper & tomato cheesy bean nachos
Friday	Lentil & spinach pesto pasta	Salmon & cream cheese bagel with carrot sticks
	Week 3	
Monday	Chicken / roasted pepper paella	Salmon /cheese finger sandwiches & cucumber
Tuesday	Greek lamb meatballs with roasted veg, couscous & flat breads	Pizza bagels & peas
Wednesday	Garlic & herb chicken with new potatoes , green beans & broccoli Y	Moroccan spiced couscous & houmous
Thursday	Tuna & sweetcorn tomato / veg pasta	Ham &/or cheese on toast, cherry tomatoes
Friday	Quorn & mixed bean chipotle chilli with rice & cheese	Chicken, cheese & salad pitta pockets

A gentle reminder that only milk and water should be brought into nursery, and that items such as biscuits, cakes and other snacks should not be sent in.

Highlights from the Winter Term

Over the past few months, the children have enjoyed a wide range of celebrations and learning experiences, including Christmas, Diwali, Remembrance Day, Eid, Lunar New

Year and St David's Day. We also explored different winter sports during the Winter Olympics, and some of the children even tried skiing for the first time.

We aim to help every child feel a strong sense of belonging in both home and nursery life. By building on children's experiences from home and within the community, we support them to feel safe, secure and valued, while nurturing warm relationships and emotional wellbeing.

A huge thank you for your generosity in supporting the Bunny Hop and Reindeer Run, which raised money for City Hospice, as well as the reverse advent calendar for Cardiff Food Bank. Supporting others is very important to us, and we are proud to continue our fundraising efforts throughout the year.



Remembrance Day was very special this year as we joined Friends of Llwynfedw Gardens & the Royal British Legion to dedicate a special bench in the gardens to commemorate those lost in conflicts.



The Big Garden Bird Watch is always a popular time, we made bird feeders & binoculars to help with the survey. We made our own birds' nests as a building activity.

St David's Day Celebrations

We held a week-long Eisteddfod to celebrate the children's Welsh identity, with activities including painting daffodils, taking photographs, singing Welsh songs and making dragons. These experiences supported physical development and creativity, while also helping children build a sense of *cynefin* — belonging and connection to place.



They enjoyed a special cooking day where they all helped make leek and potato soup with lovely fresh bread.



Sun Safety at Nursery

Thank you for sending in hats, sunscreen and water bottles to help keep the children safe as the weather becomes warmer. We are an accredited Sun Safe Nursery, and the children have access to water throughout the day while we carefully monitor UV levels to ensure there is plenty of shade. We also encourage children to take an active role in

looking after themselves, including learning how to help apply their own sun cream, so they can develop confidence and independence in everyday routines.

Looking Ahead to This Term

In June, we will be marking Pride Month — a valuable opportunity to help children learn about similarities, differences and the world around them in an age-appropriate way. Through our curriculum, we promote diversity, inclusion and acceptance, supporting children to respect the needs and rights of others and to grow in confidence and self-awareness. Little Explorers is proud to be an inclusive nursery community.

Outdoor Learning and Summer Activities



June is a very special time for us at nursery as we enjoy a month-long challenge in conjunction with the Wildlife Trust. We will be enjoying all things outdoors – yoga, planting, bug hunting and much more. Through this the children will show their commitment to the sustainability of the planet and use their senses to explore the world around them

As we move from spring into summer, we hope to complete the children's goals displayed in the cloakroom in Llanedeyrn and make the most of the warmer weather with outdoor sports, barbecues, picnics and trips. The football World Cup will also provide exciting opportunities to explore countries from around the world, and Phoebe is looking forward to using her coaching skills to inspire some future stars.

Staff News and Professional Development

We are proud to share that several members of our team have recently renewed important training and qualifications. Laura, Tab, Phoebe, Gemma and Kiera renewed their Paediatric First Aid training, while Laura, Tab, Kiera, Ffion, Phoebe and Gemma also renewed their Level 2 Food Hygiene certificates. Sam updated her Prevent training,

Ffion and Phoebe renewed their Safeguarding qualifications, and Laura renewed her Childhood Nutrition award.

We have also run refresher courses on dealing with choking, CPR and carried out anaphylaxis, fire and lockdown drills.

Millie is choosing to continue her personal development, adding to her degree in Early Years by also undertaking professional qualifications in Childhood Care, Play & Development.

We have all taken on board the messages around safer sleeping that will come into force in England, more information about this is available on the Lullaby Trust website.

Kiera and Tamar are in the final stages of their formal level 3 diploma qualifications, and these should be completed in the next few months. They have worked extremely hard over the last year to achieve this, demonstrating they understand and apply in practice, the principles and values which underpin children's care, play, learning and development and promote and support child development.

They also evaluated various research and theories to support their practice and reflected on practice to continuously improve. The award combines theoretical knowledge in children's care, play, learning and development with practical skills.

We take pride in all our achievements and are always keen to support professional development to ensure the best level of care.

Summer Holiday Planning



There are now only eight weeks left of school before the summer break, and we hope many of you are looking forward to some time away and a well-earned rest.

As you begin to make plans for the holidays, please let us know what childcare provision you will need. Having this information as early as possible makes a big difference to staffing arrangements and helps our team plan their own well-earned breaks.

As ever, for those accessing the 30 Hours Childcare Offer we need to know which sessions you want to attend and whether these are to be funded as holiday weeks or paid.

Please send this information to us by the end of June so that we can prepare July invoices, and again by the end of July for August.