

Summer 2026 St Mary's Newsletter

stmarys@blossomyears.co.uk
07794417980

www.blossomyears.co.uk

Easter Celebrations

A little look back to last term and all the Easter fun we had! The children had so much fun doing craft activities, celebrating Easter with family and friends, also meeting a big friendly Rabbit! A huge thank you to everyone that came to our Easter event. We all had such a good time. We also raised £50.00 from our Easter Raffle, which went to The Great Ormond Street



Summer Menu Updates

We have been busy working with Kat (our chef) and Anna (the chef at Imperial) to give our menu a little bit of an update for the summer.

We have kept a lot of the children's favourite meals but have swapped a few for some new, exciting choices! We have updated a few of our tea meals as well. All our meals follow nutrition guidelines set out in the EYFS and are prepared daily on sight from fresh ingredients.

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|--|--|---|--|
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. | | | | |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips | | | | |
| Lunch | Spaghetti Bolognese with hidden vegetables <u>Alternative</u> Lentil Bolognese with hidden vegetables | Salmon Risotto <u>Alternative</u> Vegetable Risotto | Chicken and vegetable curry with Rice <u>Alternative</u> Vegetable curry with rice | Cottage Pie <u>Alternative</u> Seasonal Vegetable Pie | Chicken and Mediterranean Vegetable Tray Bake with new potatoes <u>Alternative</u> Mediterranean Vegetable Tray Bake with new potatoes |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread, Poppadom's, side salads | | | | |
| Dessert | Mixed fruits | Seasonal Fruit salad | Natural yoghurt with fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Scrambled eggs served with salad | Beans on toast | Tomato Soup with Bread rolls | Tomato Orzo | Vegetable couscous |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|---|---|--|
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. | | | | |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips | | | | |
| Lunch | Tuna Pasta With sweetcorn in a white sauce topped with cheese <u>Alternative</u> Vegetable pasta in a white sauce topped with cheese | Chilli with Rice <u>Alternative</u> Bean Chilli with rice | Tagliatelle with mixed herb tomato sauce | Chicken and vegetable paella <u>Alternative</u> Tomato and vegetable Paella | Fish Pie with carrots spinach base <u>Alternative</u> Vegetable pie with a spinach base |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads | | | | |
| Dessert | Natural Yoghurt | Seasonal Fruit salad | Mixed fruits | Mixed fruits | Natural Yoghurt |
| Tea | Jacket potato with Tuna or Beans | Cheese on toast or crumpets | Vegetable Soup with Bread rolls | Scrambled eggs served with salad | Vegetable Dahl |

Menus

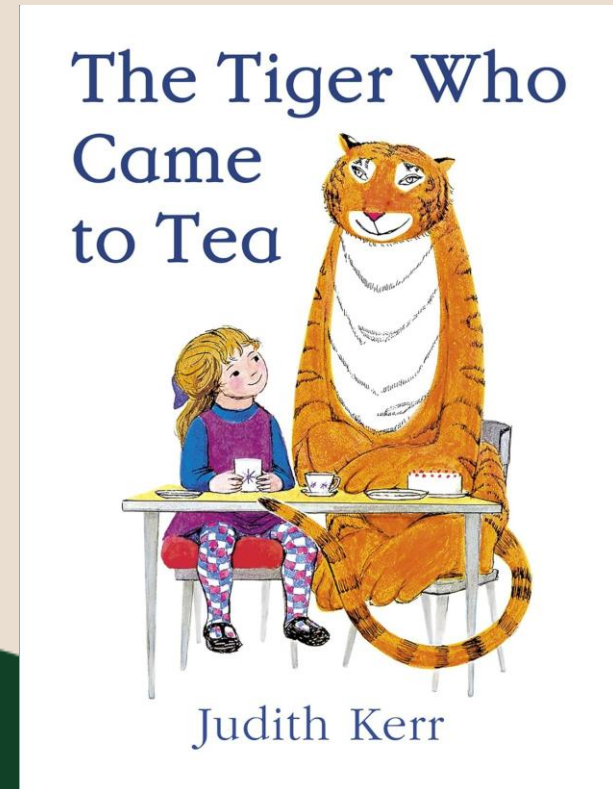
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|--|--|---|---|
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. | | | | |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips | | | | |
| Lunch | Chicken Tikka masala with Vegetables & rice <u>Alternative</u> Vegetable Tikka Masala | Salmon and broccoli pasta with a tomato and vegetable sauce <u>Alternative</u> Broccoli pasta with a tomato and vegetable sauce | Homemade chicken kiev with new potatoes and vegetables <u>Alternative</u> Garlic vegetables with new potatoes | Spaghetti and meatballs in a tomato sauce with hidden vegetables <u>Alternative</u> Spaghetti and Vegetarian Meatballs in a tomato sauce with hidden vegetables | Fish cakes with vegetables <u>Alternative</u> Vegetable cakes with mash potato |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads | | | | |
| Dessert | Mixed fruits | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Chicken Soup with Bread rolls | Vegetable Stir Fry | Cheese and broccoli Quiche with vegetable batons | Savory Muffins with Sweet potato Chips | Homemade Pizza with various toppings |

| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|---|--|--|--|
| Breakfast | Selection of cereals, Weetabix, Cornflakes, Rice Krispies, Toast, Yoghurt and mixed berries Served with Milk or water to drink. | | | | |
| Snack | Rotated across the week options of -Veg sticks, Fresh fruit, Rice cakes, Crackers, Bread sticks, pitta bread fingers with spread and homemade dips | | | | |
| Lunch | Spaghetti Carbonara with courgettes and pancetta <u>Alternative</u> Spaghetti Carbonara with courgettes | Chick pea, sweetcorn and spinach curry & Rice | Lasagne with side salad <u>Alternative</u> vegetable lasagne | Chicken kebab with vegetable pieces and savory rice <u>Alternative</u> Vegetable Kebabs with savory rice | Fish Goujons with chips <u>Alternative</u> Vegetable batons and chips |
| Side dishes | Meals are served with portions of the following vegetables including – Carrots, peas, Courgette's, Spinach, cauliflower, peppers, Sweetcorn, broccoli. Other sides include Garlic Bread , Poppadom's, side salads | | | | |
| Dessert | Mixed fruits | Seasonal Fruit salad | Natural yoghurt fruit puree | Mixed fruits | Natural Yoghurt |
| Tea | Butternut Squash and carrot Soup with Bread rolls | Selection of wraps with Vegetable batons | Jacket potato with Tuna or beans | Cheese Quiche with vegetable batons | Selection of Sandwiches with Vegetable batons |

Termly Topic

We will be looking at the story The Tiger Who Came to Tea this term. We have some wonderful activities planned to support our babies and toddlers development.

- PSED – emotions – being kind to friends
- PD – gross motor skills- crawling, jumping, prancing- like a tiger
- Fine motor skills – Tiger Tea Party, sensory trays
- C&L – Building early language, listening and attention and understanding.



Social Media

We are working really hard to grow our social media pages. We have an Instagram and Facebook page and would be extremely grateful for any likes, shares, follows, reposts, comments or any interactions at all.

Thank you so much!



Instagram

Just scan the QR code or search @blossomyears
We share lots of updates and photos on there so you can see what children have been up to

<https://www.facebook.com/share/17eYutnsJQ/>

Facebook

Please add us to see what we are up too!

Diary Dates

Thursday
23/4/26

St Georges Day – wear red and white to celebrate St George's Day!

Date TBC

St Mary's Summer Party



Nurseries and Pre-schools

Useful Websites and Resources

Family Support

Bromley Children's Project - <https://www.bromley.gov.uk/bromleychildrenproject>

Healthy Eating –

NDNA and Lidl Healthy Body Campaign - [Healthy Body, Happy Me 2026 – NDNA NHS](#) - [Healthier Families - Home - NHS](#)

Mental Wellbeing

Early Years Mind - <https://www.annafreud.org/parents-and-carers/mind> - <https://www.mind.org.uk/>

Safeguarding Support

Domestic Abuse Support in Bromley - [Domestic abuse support services - Bromley against domestic abuse](#)

Bromley and Croydon Women's Aid - <https://www.bcwa.org.uk/one-stop-shop/>

NSPCC - <https://www.nspcc.org.uk/>

ChildLine - <https://www.childline.org.uk/>

Child Safety Advice –

<https://capt.org.uk/child-safety-advice/>

Special Needs Support

CASPA - living with Autism - <https://www.caspabromley.org.uk/>

MENCAP- <https://www.mencap.org.uk/>

Bromley SEN Support - [Special Educational Needs and Disability \(SEND\) Local Offer – London Borough of Bromley](#)

IASS - <https://bromleyiass.org.uk/>

I CAN - [ICAN CHARITY](#)

Educational

BBC Tiny Happy People - [Tiny Happy People](#)

Bromley Beehive - [Welcome to the b-HIVE - A therapy collective for Bromley - b-HIVE](#)

Transitioning to Primary School - <https://startingreception.co.uk/#the-basic-skills-to-practice>

Online Safety

NSPCC techosaurus - [Help keep children safe online with Techosaurus! | NSPCC](#)

CEOP - [Keeping your under 5 safe online](#)

Housekeeping Reminders

Labelling - All items belonging to children are to be clearly labelled. This includes coats, hats, scarves, children's bags, water bottles etc. Especially if there are more than one of the same item on site.

Child absences - If your child is not coming into nursery, please can you notify us first thing in the morning by either email, text or phone call, providing us a reason for their absence.

Car Park - A reminder that the car park is for drop off and collections only. Please do not block other cars from entering and leaving the car park

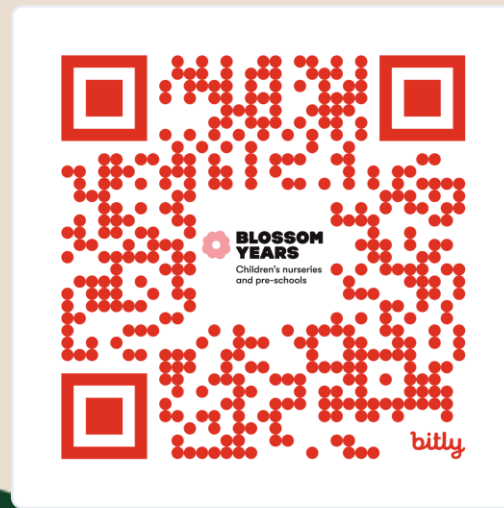
Sun Cream - As we are getting warmer weather, please provide a new bottle of suncream in your children's bags. Please also ensure that your child has a labelled sun hat to keep at nursery for sunny days

Waterproofs - Please could all parents ensure their child has an all-in-one wet suit left at nursery for garden play

Google Reviews

We would really appreciate it if you could leave as a review on Google. All you have to do is scan the QR code below! They really help us to not only promote business but for staff to hear how appreciated they are!

Thank you



Scan me

www.blossomyears.co.uk

SEND Information



What is the Bromley SEND Local Offer?

BROMLEY SEND LOCAL OFFER
SEND Matters
Special educational needs and disability provision available for years 0-25

A one-stop guide to information and services for families, children and young people (0-25) with special educational needs and/or disabilities (SEND)

CONTACT
bromley.gov.uk/SENDLocalOffer
localoffer@bromley.gov.uk
020 8464 3333
Bromley Civic Centre, Churchill Court,
2 Westmoreland Road, Bromley, BR1 1AS

The Bromley SEND Local Offer gives parents, carers, children and young people with special educational needs and/or disabilities information about the resources and support available from Bromley.

EARLY YEARS SUPPORT
Providing advice, information and early intervention

PREPARING FOR ADULTHOOD
Information and resources to help young people prepare for their adult lives and future independence.

HEALTH SUPPORT
Information and resources about GPs, community health and emotional wellbeing services

THINGS TO DO
Information on leisure, activities, short breaks, holiday activities and food programme (HAF)

EDUCATION
Support to understand your choices across early years settings, schools and colleges

SOCIAL AND COMMUNICATION NEEDS INCLUDING AUTISM
Key information such as diagnostic pathways, support services and useful resources

SOCIAL CARE
The support available to match your assessed level of need

MONEY MATTERS
Information about benefits and funding available for you

Contact us today and find out more about your SEND Local Offer

Scan the QR Code to visit the SEND Local Offer website.



Safeguarding and Wellbeing

If you have any concerns about a child or any other safeguarding concerns, please contact us

Designated Safeguarding Lead – Ellie Anderson stmarys@blossomyears.co.uk

Deputy Designated Safeguarding Lead – Maggie Smith stmarys@blossomyears.co.uk