

October 2016



Allithwaite Toddlers
Allithwaite C of E School,
Church Rd, Allithwaite
LA11 7RD

Tel no. 015395 32144



Welcome

For the next few weeks we will be having a dinosaur theme, I'm sure everyone will enjoy it, how many dinosaurs can you count? Do you grown-ups recognise the characters at the bottom of the page?

What to wear & what to bring?

Please wear comfortable clothes and be aware that we will be doing some messy play & craft activities. We have access to toilets and will have a changing mat & a potty, please bring your own nappies, wipes & bags. Each session costs £1.50 per child or £2 per family.



Community Events

Toddlers starts at 9.15 & finishes at 11, St Mary's Church have a family service starting at 8.45 with tea and toast, all are welcome to pop in before Toddlers & see Rev Rach.

Harvest Festival will be on Monday 17th October at St Mary's Church 9-930 again everyone is welcome.

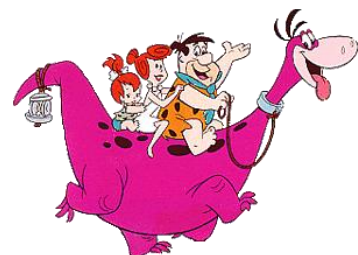
PTA AGM is Tuesday 11th October 3.15pm.

The PTA will be collecting bags2school on Wednesday 15th November – drop off outside the Church

Helpers

We are very lucky to have Chris, Alyson, Avril & Gill helping us. If you know of anyone who would like to volunteer please let me know, I am also happy to have a student for our toddler session.

There are lots of lovely new songs to learn so get your singing voices ready!



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Vegetable Soup

This is a lovely soup recipe which is a perfect meal for all the family, including toddlers...



- Prep: 30 minutes
- Cook: 30 minutes
- Freezable
- Easy
- Vegetarian

This vegetable soup makes a lovely thick soup depending on how much stock you add. You can add a variety of vegetables and puree it so it's a perfect meal for toddlers too!

Ingredients (serves 8+)

- 2l vegetable stock
- 1 butternut squash (peeled and chopped into cubes)
- 2 sweet potatoes (peeled and chopped into cubes)
- 1 swede (small, peeled and chopped into cubes)
- 4 carrots (medium, peeled and chopped into cubes)
- 1 courgette (peeled and chopped into cubes)
- 1 onion, chopped
- 2 bay leaves

Method

1. You will need a large pan as this makes loads
2. Fry the onion in a little oil until softened
3. Peel and chop rest of vegetables into cubes
4. Add stock to the onion and then add the rest of the veg and bay leaves
5. Bring to the boil and simmer for 20-25 minutes (until all of the vegetables are tender)
6. Remove bay leaves and blend to desired consistency
7. Cool, serve and freeze any leftovers for a later date