



July 2022

Monkey Puzzle Highbury

Dear families,

We have come to the end of what felt like the warmest month of the year, and we have definitely made the most out of every single ray of sunshine that came our way!

We kicked off July by celebrating Grandparents' week, an opportunity to invite these important people in our children's lives to share a bit of our nursery days. We'd like to thank our enthusiastic grandparents who joined for story times, singing, show and tells, yoga and music sessions. It's been heart-warming to see how much both children and the grandparents enjoyed sharing these moments, and how proud the little ones were, as they showed off their rooms to their grandpas and grandmas.

As we went through the warmest week of the year, we made sure to bring some tropical vibes into the nursery, with different sea and pool-themed activities to keep our children happy and cool during the heatwave. The little Discoverers, Explorers and Inventors loved making healthy snacks like ice lollies or fruit kebabs, having some spa sessions, or splashing in the paddling pool. This summer theme also gave them the chance to wear their most summery outfits, from dresses and Bermuda shorts to summer hats and sunglasses.

In July we also commemorated Mandela day; we took this opportunity to share the values of kindness and appreciation for diversity that live in Mandela's legacy, talking about him with the children, sharing some songs in Xhosa, his native language. This was a great way to expand our children's Cultural Capital, while also supporting our "Open Hands" value of appreciating and embracing diversity and its beauty.

Over the last month we also welcomed the newest additions to our MPH family, as Joy, Holly, and Abigail joined the Baby room. It's always exciting to see the nursery through new eyes, and we can't wait to see you embarking in all kinds of adventures!



This past July was also the time for Elliott to make the big jump into Preschool Room! How lovely it is to see you becoming so confident as you take this next step in your MPH journey!!



These are some key dates from our August calendar:

8th to 12th – Makaton week

24th- World Dog Day

31st - Preschool Graduation

As per usual, we will close the newsletter with one of our chefs' famous recipes:

Beef and vegetable stew

Ingredients

- 450g (16 oz) diced beef stewing meat
- 1 tablespoon vegetable oil
- 1 onion, thinly sliced
- 170g (6 oz) tomato purée
- 1 (500g) container organic beef stock

- 2 medium carrots, chopped
- 3 potatoes, cubed
- 1 sprig fresh rosemary
- 1 teaspoon dried thyme or 1 tablespoon chopped fresh thyme
- 1 bay leaf
- 1/4 teaspoon cayenne pepper
- 1 (250g) punnet crimini button mushrooms, quartered
- 285g (10 oz) frozen garden peas, thawed

Method

1. Remove any bits of fat from the meat. Heat the oil in a large pot over medium high heat. Sauté the meat in the oil for 10 minutes, or until browned on all sides. Remove meat and set aside.
2. Add the onion and tomato purée to the pot and sauté over medium heat for 5 minutes, or until onion is tender, stirring often. Return the meat to the pot along with the beef stock, combining with the onion and tomato purée mixture. Reduce heat to low, cover and simmer for 1 to 1.5 hours, or until meat is tender.
3. Add the carrots, potatoes, rosemary, thyme, bay leaf and cayenne pepper, and simmer, covered, for another 45 minutes. (Note: It may be necessary to add some water if the stew seems too thick.)
4. Finally, add the mushrooms and the peas and allow stew to heat through, about another 10 to 15 minutes. Remove bay leaf and rosemary sprig before serving