

March 2026



Spring is a wonderful time for children to explore, get messy, and notice the world around them. Everyday moments—a walk in the park or planting a seed—are powerful learning experiences.



In this edition of our company magazine, we will be celebrating the fun, awe and wonder our children experience across the 11 sites, share ideas of activities to make, do and bake at home and explore self regulation in the Early Years.



In Poland, Easter celebrations often begin with the preparation of a special basket called a Świąconka. Families fill the basket with symbolic foods such as bread, eggs and cake before taking it to church to be blessed. Decorated eggs, known as pisanki, are also an important part of Polish Easter. These eggs are painted with colourful patterns, many of which have been passed down through generations. On the Monday after Easter, some people take part in a playful tradition called Śmigus Dyngus, or Wet Monday, where water is splashed to symbolise cleansing and the arrival of spring.

Traditions can vary from family to family. Exploring global celebrations helps create an inclusive environment where children learn to respect and appreciate different cultures.

Celebrating Easter across the world

In the United Kingdom, Easter is closely associated with chocolate eggs, family time and the arrival of spring. Eggs have long symbolised new life, which is why they play such a big role in the celebrations. One of the most popular traditions is the Easter egg hunt. Eggs are hidden in gardens, parks or homes, and children search for them with great excitement. As well as being fun, these hunts can also help develop problem-solving and teamwork skills. Another familiar tradition is the Easter bonnet. Children decorate hats with flowers, ribbons, chicks and colourful eggs before showing them off in a bonnet parade. It's a simple but creative way to celebrate the season. Hot cross buns are also traditionally eaten on Good Friday, making them a familiar sight in shops and homes during Easter.



In Spain, Easter is marked by a series of striking events known as Semana Santa, meaning Holy Week. Throughout the week, towns and cities hold large processions through the streets. Participants carry beautifully decorated statues and candles while bands play music. Many people wear traditional robes with tall, pointed hoods. Although some of the events are reflective, Easter is also a time for families to gather and celebrate together. In many places, children enjoy special cakes decorated with eggs or chocolate figures.



In Italy, Easter combines religious traditions with joyful family gatherings. Many families attend church services before sharing a special meal. Food is an important part of the celebrations. One traditional treat is Colomba di Pasqua, a dove-shaped cake that symbolises peace and is topped with sugar and almonds. Children in Italy are often given large chocolate eggs with a surprise toy hidden inside. Discovering what is inside the egg makes it especially exciting for children.

Supporting Self-Regulation in the Early Years



Walk into any nursery room and you'll quickly notice something important: learning isn't always quiet, tidy, or predictable! There may be a toddler in tears because a toy has been taken, a child stamping their feet in frustration, or another seeking comfort from a familiar adult. While these moments can sometimes be mistaken for "challenging behaviour," they are, in fact, a vital part of early childhood development—known as **self-regulation**. It is a child's ability to manage their emotions, behaviour, and attention. For children aged 9 months to 5 years, this is not a skill they are born with, it is something they gradually learn over time. With the support of attentive and responsive staff in a nursery setting, self-regulation doesn't look like perfect behaviour or constant calm. Instead, it looks like children who are learning—sometimes messily—how to cope with big feelings. For babies, it begins with relationships. A baby who cries when they are tired or overwhelmed depends entirely on an adult to soothe them. Practitioners respond with gentle voices, cuddles, and predictable routines. Through these repeated experiences, babies begin to feel safe—and this sense of safety is the foundation of self-regulation. As children move into toddlerhood, emotions become bigger and more visible. A two-year-old may throw themselves on the floor when they can't have a turn with a favourite toy. In these moments, staff focus less on stopping the behaviour immediately and more on supporting the child through it. This might mean getting down to their level and calmly saying, "You're feeling upset because you want the toy. I'm here to help." A four-year-old might pause before reacting, use simple words to express frustration, or accept help to calm down. These moments are small but significant—they show that the child is beginning to internalise the support they've consistently received. A key concept underpinning practice in nurseries is co-regulation. Before children can manage their own feelings, they need adults to help them do it. Our staff do this by staying calm, even when a child is not, acknowledge the child's feelings without judgement, offer comfort and reassurance and provide clear and consistent boundaries. Rather than expecting children to "just behave", staff recognise that behaviour is a form of communication. A child who is hitting may be overwhelmed. A child who is withdrawn may be anxious or tired. Understanding the "why" behind the behaviour is central to supporting self-regulation. Children who are supported to manage their emotions are better able to;

Build positive relationships

Cope with challenges and setbacks

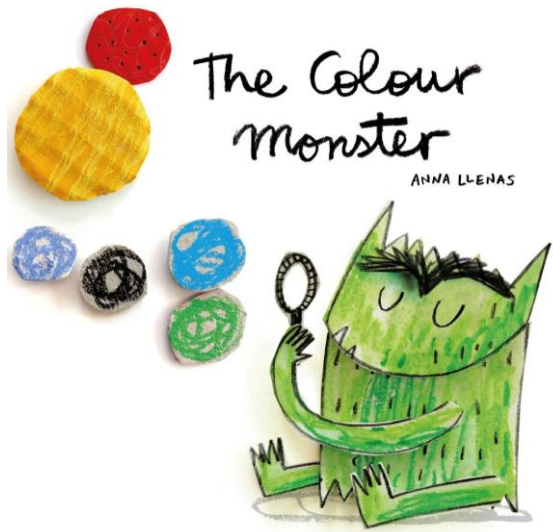
Focus and engage in learning

Develop confidence and independence

It's important to remember that this development takes time. Even by the age of five, many children will still need adult support to manage strong emotions—and that is entirely normal. It can be reassuring to know that what may look like "difficult moments" at nursery are actually opportunities for learning. The calm, consistent responses children receive from practitioners help them build the skills they need over time. Self-regulation in early childhood is not about expecting young children to control themselves perfectly. It's about teaching them how, through patience, understanding, and supportive relationships. Every cuddle, every calm conversation, and every supported meltdown is part of that learning journey—helping children move, step by step, towards managing their own emotions and thriving in the world around them.



Literacy to support Self-Regulation in the Early Years



A familiar site in all of our settings will be the book and resources linked to the story of 'The Colour Monster' by Anna Llenas. It gives young children a simple, visual way to understand and manage their emotions—an essential part of self-regulation. The book makes emotions easy to understand by linking feelings to colours, supporting different emotions and understanding how they make us feel. Through reading the story, children learn to name their emotions which is the first step in self-regulation—children can't manage what they don't understand. Young children often feel overwhelmed but lack the words to explain it. The book provides simple language for complex feelings and the repetition reinforces understanding. This reduces frustration and supports calmer communication instead of emotional outbursts. The Colour Monster learns to "sort" his mixed-up feelings into jars, breaking down overwhelming emotions into manageable parts. Children learn to accept that different feelings can exist at the same time which mirrors the process of self-regulation—pausing, identifying, and organising emotions.



Throughout the story, the young girl gently guides the Colour Monster to sort his mixed-up emotions into different jars, each linked to a colour. She helps the monster name and organise his feelings, modelling co-regulation by staying calm and guiding rather than reacting.

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This is Yellow
Feelings of;
Happiness
Cheerful
Giggly
Excited



This is Blue
Feelings of;
Sadness
Down
Tearful
Quiet



This is Red
Feelings of;
Anger
Cross
Frustrated
Overwhelmed



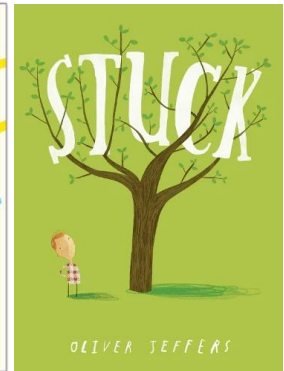
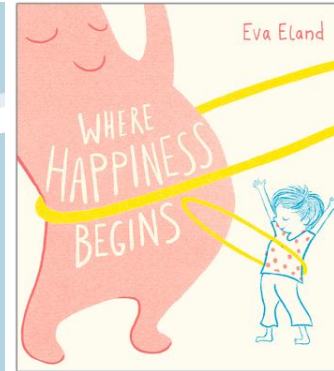
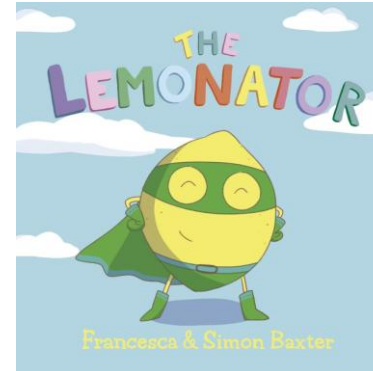
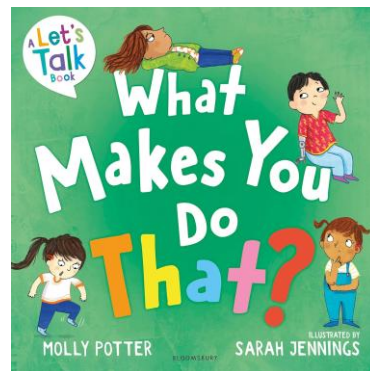
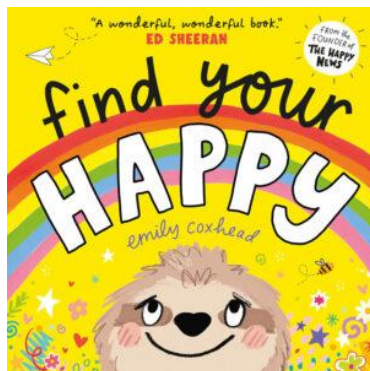
This is Black
Feelings of;
Fear
Scared
Worried
Unsure



This is Green
Feelings of;
Calm
Peaceful
Relaxed
Safe



This is Pink
Feelings of;
Love
Cared for
Affectionate
Connected



You might find these books an interesting read too.

Enjoy an Easter walk in the woods.

Take a stroll in the spring sunshine to discover the sights and sounds of the season. It's a busy time in nature so there's plenty for youngsters to get excited about. Look for scarlet ladybirds on fresh green leaves, spot vibrant wildflowers popping open, or listen for birds chirping as they gather food for their hungry chicks.



Have an egg and spoon race.

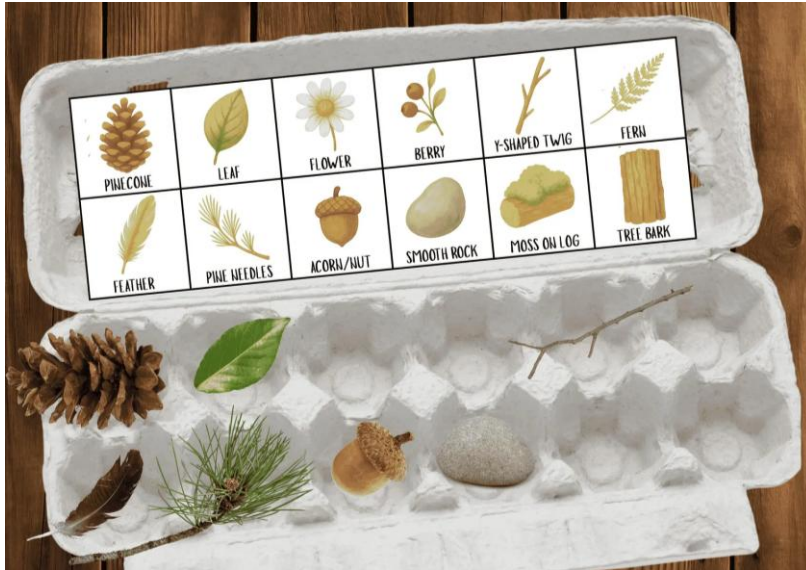
Continue the egg-themed fun with a classic egg and spoon race. Woods have plenty of natural obstacles you can use to set a challenging course. Dodge big old trees, duck under low branches and step over stumps, all while carrying your egg safely to the finish line. Hard-boil your eggs at home so they will survive if they roll off the spoons. You can personalise them too - why not get inspired by spring and paint flowers, leaves and animals on them?



Go on an Easter scavenger hunt.

Who doesn't love a scavenger hunt? They're great fun for all ages and encourage kids to really observe the natural world around them. They can get quite competitive too, especially if there's a prize up for grabs! Here are some items to find on your Easter adventure. Children can write or draw a tick list to take with them, or you can screenshot this list to check while you're hunting. You can add your own ideas too. Can you find...

- something shaped like an egg
- something soft like rabbit fur
- yellow flowers
- fresh green leaves
- pretty blossom
- sweet birdsong
- a rabbit hopping about
- a lamb frolicking in a field
- an old nest high up in a tree?



Plan an Easter picnic.

Keep your family fuelled on your outdoor adventure with an Easter-themed picnic in the woods. Choose a picturesque spot to spread out your blanket and tuck into hard-boiled eggs or tasty scotch eggs. Swap sandwiches for hot cross buns filled with sliced cheese, or scoff carrot sticks just like a bunny. For dessert, chocolate nest cakes topped with mini eggs.



Build a twig nest.

Get inspired by the birds you see on your walk and have a go at making a nest. Gather some fallen twigs from the forest floor and challenge your kids to weave them into a nest shape, just like a bird does. Can you build one strong enough to hold a clutch of pebbles or chocolate eggs?

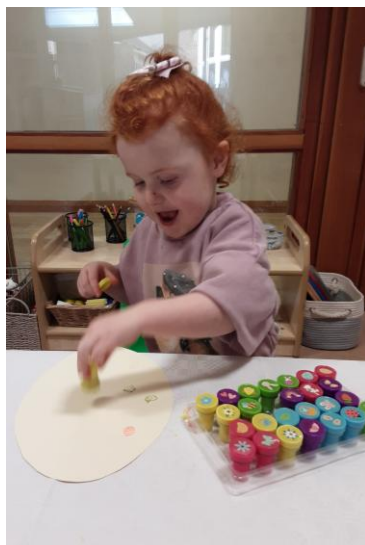




At Wilton this term we invited our mummies to come in and celebrate Mother's Day in the dairy unit with an afternoon tea party. The babies joined all the older children for a spring walk to the woods, looking for daffodils, listening to the birds sing and splashing and jumping in any puddles that were found on the way. We invited all parents to come and watch us sing Easter songs in our Easter celebration and the barn children showed their families how Music Jo has been teaching them to read music and make up their own rhythm using drums and bells. All classes are taking part in planting some Spring flowers, making our outdoors come alive with colour and taking responsibility for watering and caring for the plants. The Easter bunny came to visit us on the field and kindly gave us all a chocolate egg. We would like to wish all of our families a very Happy Easter.



This term, Bemerton has been bustling with activity. The children have taken full advantage of the pleasant weather in the later part of the term, taking numerous trips to the park, local shops, and enjoying walks around the community. Additionally, they have been creating a variety of Easter crafts and are eagerly anticipating the enjoyment of their Easter eggs during their Easter break.

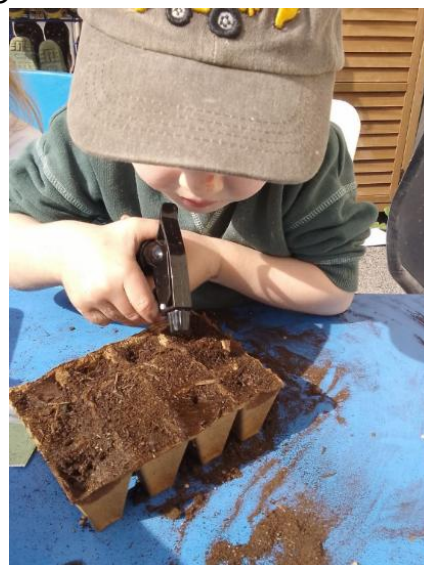


We have been thoroughly enjoying the sunshine over the last few weeks here at Old School Nursery which has spurred us on to plant many seeds to grow in our propagators, where we hope to grow our own fruit/ vegetables to consume at snack time once fully grown.

Outdoor water play has been a favourite all around as we have explored it in many ways through pouring, using guttering, mixing coloured water and learning all about sinking and floating. The children have been creating their own obstacle courses both indoors and outdoors where they have been able to manage their own risks and work as a team to construct their obstacle course. They have also been constructing in a different capacity as they created their own cement to build with on their construction site. Many characters were seen here at Old School Nursery for World Book Day and many stories were shared. Parents kindly joined us for our Mother's day event recently where they engaged in craft activities with their children and we are hopeful for another great turnout for our upcoming Easter Egg hunt. We hope you all have a wonderful Easter with your families and we look forward to what's to come in the summer term.



All the children at Corsham were left an Easter egg by the Easter Bunny to recognise their hard work and the learning that has taken place during the Spring Term.



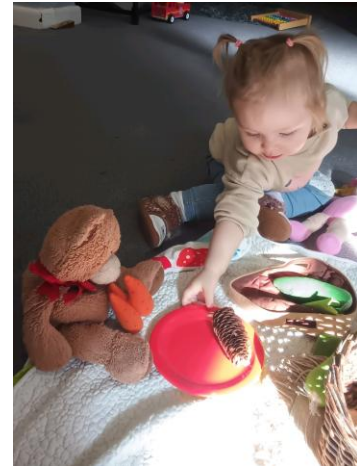


At Rowde this term we have been focusing on understanding our feelings. We had great fun exploring our safari world especially wearing the animal masks. We have started to develop our out-door space and have been digging the garden to get it ready for planting. Next term we are going to buy some plants to enhance the space. We have been practicing our mark making skills by using different mediums which have included mud and chia seed gloop. We went on a spring nature walk and tried to spot the where the photographs were taken on our observation sheet. We were also lucky enough to be introduced to the school's resident toads who live in the drain.

Here at South Hills Calne, we are dedicated to providing every child with the finest start to their educational journey. We take immense pride in the team's commitment, diligence, and innovative thinking, which ensures our setting is both inclusive and welcoming. I am delighted to announce that we have been endorsed by Dingley's Promise and have received the Mark of Achievement Award for our dedication to inclusion. We would like to take this moment to express a heartfelt thank you to our team; it is their efforts, passion, and expertise that make us the inclusive nursery we are today. Well done and congratulations to you all



This term, the children at City have been enjoying the summer sunshine and getting out and about at the park. The babies have been exploring natural resources that they have collected on their walks, getting messy with gloop and wet sand. Toddlers have been busy, our favourite activities are playdough making different marks using the shells and pebbles. We have also started to grow some plants ready to plant outside The Pre-School had a visit from the Police, where they talked about road safety and stranger danger. The children loved having a go in the police car, pressing the siren and dressing up.



With the warmer weather being on our side the last week or so, Burcombe managed to have a small revamp of the outside area. We all helped to lift and move wood and put all the stones in the new digging area and also kept ourselves safe with the staff when using the drill. The children have really enjoyed playing in the new areas and we are hoping that the sun will come back for the new term after the Easter break so we can explore the areas more making memories with our friends.

Celebrating Spring (and Easter). St Peters have been enjoying the milder spells and taking great pleasure in noticing the very first indicators that this season has arrived. They have been observing with fascination as last year's plants and flowers start to bud and bloom. In addition to enjoying these early bloomers, we have planted new seeds and flowers to ensure that we can continue to enjoy them. This has helped us to create an environment that is both caring and nurturing, fostering a love for nature and growth in the children. We have also embarked on another journey to discover and learn about life cycles, beginning with the life cycle of a frog. This week, we had a special delivery of frog spawn, which arrived at our setting and has generated excitement among the children. This new addition has stirred curious minds, sparking new-found interests and enthusiasm. As well as learning about the natural world and developing their understanding of how it operates, the children are also learning about the significant importance of demonstrating respect and care, not only towards other people but also towards their environment.



At Froxfield, we have all been celebrating the arrival of Spring at Stepping Stones. The babies & toddlers have been busy planting seeds. Lower Nursery have been Spring cleaning. They have been sweeping up inside and scrubbing the very muddy cars out in the garden. Upper Nursery have been having a focus on the signs of Spring. As well as planting all kind of vegetable seeds and grass gardens for their houses, they have been on a Spring scavenger hunt walk, to see what they could find and then recording their findings.

At Trinity, we have had an exciting return to nursery after the February half term. We welcomed some new children and the present children have helped very much with the settling process, welcoming them in to the nursery and we look forward to them starting after Easter. We had a great Easter craft afternoon where parents joined their children to once again get covered in glitter and glue to decorate Easter egg pictures and make chocolate nests. And, finally we are now enjoying some great weather for our outside play and the children extended their talent of building with the loose parts and crates and requested a bridge. Constructed with adult guidance and supervision, this was a success. Happy Easter to all our families and we look forward to seeing you all after the Easter break.



From all the staff at South Hills, we wish you all a very 'hopy Easter' with your loved ones.

