

## Newsletter – April/May/June 2023 – Term 4

**“Together we make a family!”**

Follow us on Instagram and like us on Facebook!

Two great ways for you to keep up to date with all the latest news from the Kingswellies Gang!

**Hello Spring! We have been soooooooo busy this year and have lots planned during term 4.**



### Easter Celebrations

We have been very busy celebrating all aspects of Easter and have lots more planned. We will be making Easter bonnets, painting daffodils, planting in our allotments, making lots of chocolate treats, finding out about the lifecycle of a chick, researching the life cycle of frogs, butterflies, and bunny rabbits, lots of arts and crafts, baking and making Easter cards.

We will also have great fun painting, decorating and rolling our eggs down the Prime Four “Mount Everest” hills beside the nursery. We will also be hearing about the Easter story and will be learning all about this very important celebration

### What else have the Wellies Gang been up to?

Chinese New Year, Robbie Burns Day, national kindness day, Makaton training, pancake day, Valentine’s Day, random acts of kindness day, national anthem day, minibeast hunts, supporting our Guide

Dog puppy called Pudding, collecting tadpoles, World Book Day, Scholastic book fair, Mother’s Day and LOTS more.....





## HEALTH MONTH

For more ideas on what you can do with your child at home to promote health and happiness, you can download lots of activity guides from [www.ndna.org.uk/healthy](http://www.ndna.org.uk/healthy)

We had an amazing Health and Wellbeing month whereby we learnt so much about all aspects of the Health and Wellbeing Curriculum. We had visits from Bistro Verde, local dentist, Kids Rock, Yoga, Fire Brigade, Police Scotland, nurses, doctors, Nicola the Radiologist, ChildSmile, Entier chefs and lots more!

We also went to visit the old folks at Kings Wells Care Home, local businesses to sell our home bakes and smoothies, enjoyed picnics, visits to the parks and supermarkets, visits to the library and made sure that we were the BEST Bucket Fillers out there!

We LOVED learning new football skills with Katelyn, getting groovy with dance classes from Caroline, using the new balance bikes with Alana and Connor and having a mini sports day at the multi-purpose court.



We LOVED having Megan in to work with us and to tell us all about National Down Syndrome Day. We had great fun sorting and matching odd socks, making sock puppets, designing our own trendy socks, counting socks and learning why it is good to be different!





We learnt all about road safety, stranger danger, how to brush our teeth properly, good hand hygiene, healthy food choices, what to do in a Fire Drill, how to phone 999 in an emergency and talked lots about our emotions and keeping ourselves safe

All in all, we had a really enjoyable month learning so many new skills across the whole curriculum. HUGE thank you to everyone who took time to visit us and to welcome us for a visit.



### Outdoor Education

Our Outdoor Committee will be working hard with Scott and AJ to improve our outdoor education area. Laura and Caroline also have lots of exciting ideas for our outdoor area so will be working hard to ensure that it is awash with lots of literacy and numeracy activities. **We are also planning a new outdoor classroom – watch this space!** Please give us your feedback on how we can continue to improve this very important area.

### Scholastic Book Fair

We raised a Whooping £267.67 towards new books for the nursery. Huge thank you to everyone who purchased a book from us. The children are all busy choosing and ordering their new books, as we speak.



### KingsWellies 8<sup>th</sup> Birthday

We are so proud to say that KingsWellies will be 8 years old on the 15<sup>th</sup> April 2023. We can hardly believe it! A huge thank you to All of our amazing staff. We really cannot underestimate how hard they all work to ensure that children are safe, happy, nurtured and are learning.

A very Special thanks also goes to Laura, Marcia and Emma who have all been with us from day one when we opened on 15<sup>th</sup> April 2015. That level of commitment and Loyalty is almost unheard of. Huge thanks to the very special ladies.

Look out for our birthday celebrations on Facebook.

### Staffing Update

Welcome to a number of new staff who have all recently joined us as practitioners within our rooms. Staff photos can be seen up in our reception area. We are delighted to welcome such experienced practitioners to our team. Please also see our Facebook posts where we keep you abreast of staffing changes and all that is happening on a day-to-day basis.

Welcome back also to Marcia and Steph who will be returning from maternity leave soon. Marcia will be returning as Senior Depute Manager at our new QueensWellies Nursery. Steph will be returning as Supervisor within the Beans Room and will step up as Depute Manager when required.



We realise that there have been lots of staff changes recently. We have had to move some staff to new rooms in order to ensure that we have a good balance of old and new staff in each room. We have considered all room moves very carefully. However our aim is to ensure consistency as much as possible for our children, in their everyday lives. Although some children may experience changes in their Key Workers, we will ensure that this is done very sensitively and over time. Staff will keep you abreast of all changes.

We are also continuing to recruit for or new QueensWellies Nursery so you will see lots of new faces over the next few months as we train all staff ready for opening.



### **Children as Active Learners: Books for bereavement, loss, grief, stress, worry and separation**

We have lots of different books available in nursery. Please just see a member of staff if you would like to borrow any of them. We also have child lending libraries, parent lending libraries, kindness bags, bucket filler bags, literacy bags, numeracy bags, health and wellbeing bags, Pudding the Guide Dog bags and Ziggy and Patsy bags which can all be borrowed and used at home to further develop your child's learning and engagement. Please just ask a member of staff who will be happy to help.

### **What will we be learning and thinking about in term 4?**

**Over the next few weeks, we will be focusing on a variety of topics in our playrooms. These will include:**

- KINDNESS – Are you a bucket filler or a bucket dipper? We will be working on promoting Kindness
- Writing our names and learning lots of rhyming words
- Child-led improvement groups – Our Eco Group, Kindness Group, Playground Improvement Group, Bucket Filler Group and Graduation Group will keep working hard to improve our nursery.
- Allotment planting and hanging baskets
- Life cycles
- 2D and 3D shape
- Seasons, Summer and sun safety – **please remember your sun cream!**
- The Scottish Daily Mile - we aim to jog, run or walk for up to 15 minutes every day!
- LOTS of Reflection Time in our interest / colour groups; talking about our learning and what we would like to learn with our key workers.
- Working on our floorbooks and talking tubs
- Outdoor play – barbeques, pizza oven, mud kitchen, water wall, minibeast hunts, dens, Mount Everest and lots more
- Grow well choices – making healthy decisions
- Makaton – we are getting good at using this sign language!
- Transport and Road Safety
- Reading and studying our books from our Book Bug Bags
- Visits out and about in the community – using the bus
- Visits from our new P1 teachers
- Visits to some of our schools
- Rules and routines
- Getting ready for school
- Easter Celebrations
- 7<sup>th</sup> April – World Health Day

- 3<sup>RD</sup> April – World Autism Month. We have an excellent Autism Toolbox that we will send out to all families
- 10<sup>th</sup> April – National Siblings Day
- 12<sup>th</sup> – Space Flight Day
- 15<sup>th</sup> April – KingsWellies 8<sup>th</sup> Birthday Party!
- 22<sup>nd</sup> April – Earth Day
- 23<sup>rd</sup> April – St George's day (England)
- 25<sup>th</sup> April – World Penguin day
- 27<sup>th</sup> April – Tell a story day
- 29<sup>th</sup> April – International dance day
- 30<sup>th</sup> April – International jazz day.
- 30<sup>th</sup> April – National honesty day
- 1<sup>st</sup> May – World Laughter day
- 1<sup>st</sup> May – Mother Goose day
- 7<sup>th</sup> May – Space day
- 10<sup>th</sup> May – National vegetarian week
- 12<sup>th</sup> May – World migratory bird day
- 14<sup>th</sup> May – World migratory bird day
- 15<sup>th</sup> May– International day for families
- 20<sup>th</sup> May – World Bee day
- 23<sup>rd</sup> May – World turtle day
- 24<sup>th</sup> May – Scavenger hunt day
- 25<sup>th</sup> May – National tap dance day
- 29<sup>th</sup> May – National biscuit day
- 30<sup>th</sup> May – Bike week
- 31<sup>st</sup> May – No tobacco day
- June – Eastside Photography Family Fundraiser event for month of June. Please book your slot.
- 1<sup>st</sup> June – World milk day
- 1<sup>st</sup> June – Say something nice day
- 5<sup>th</sup> June – National environment day
- 7<sup>th</sup> June – National food safety day



- 8<sup>th</sup> June – Global day of parents
- 8<sup>th</sup> June – World ocean day
- 8<sup>th</sup> June – Graduation Photo
- 13<sup>th</sup> June – Healthy eating week
- 15<sup>th</sup> June – Nature photography day
- 18<sup>th</sup> June – Father's day
- 19<sup>th</sup> June – National picnic week
- 21<sup>st</sup> June – International day of yoga
- 21<sup>st</sup> June – World giraffe day
- 21<sup>st</sup> June – Make music day
- 29<sup>th</sup> June – Children's art week
- 29<sup>th</sup> June – International mud day
- 1<sup>st</sup> July – International joke day
- 22<sup>nd</sup> July – Class of 2023 Graduation
- Literacy, Numeracy and Health and Wellbeing – LOTS of exciting learning opportunities.



### **QueensWellies Nursery**

As you are aware, we have recently purchased a new nursery building in Queens Road, Aberdeen. Work has commenced on our new building and we are hoping to fully open around August 2023. We are very excited for this new opportunity. Please contact us if you would like to know more about booking a space within QueensWellies. We will keep you updated with all progress.

We have a large floorbook in reception showing “before” photos, plans and ideas for improvement to QueensWellies. Please give us your ideas, we want to be as creative as possible.

**We currently have spaces available for 2.5 year to 5 year olds in KingsWellies Nursery. Please contact the office for additional information on 01224 741175. We also have spaces from 0-5 years at QueensWellies.**

### **Wellies Nurseries – Updated Website**

Please see our updated website on [www.kingswelliesnursery.com](http://www.kingswelliesnursery.com)

You will find lots of details about our new QueensWellies Nursery, as well as videos of our new Wellie Jellies room and our pride and joy, KingsWellies Nursery. Please provide us feedback on our website. This helps us to continue to improve.

## Staff Training Update

All staff continue to work through our Collegiate and Continual Professional Development Calendars and are also able to access a great number of courses and training opportunities through digital formats.

Training which is ongoing during this term includes:

- Leadership at all levels
- Practical management skills and expectations
- Outdoor learning
- Learning through Play
- Unlocking schematic play
- Azillo Training
- SVQ Training – Children and Young People
- Talking and listening Floorbooks
- Child-led play
- Curriculum for Excellence
- My Active World
- Growing My Potential
- Realising the Ambition : Being Me
- Children's Panel Training ( ongoing) – Kerry and Emma Melvin
- Development of the Baby Brain
- Communication in Young Children
- Impulse and Emotional Regulation
- Trauma Awareness.



## Parent Engagement Events

We would like to invite our parents to join us for a variety of parent engagement events this term. More information to follow. Please put the following date in your diaries:

13/4/23 – Parent's Evening for ALL children – 6-8pm. Ten minute slots are available. Please pick your slot from the available times (on the playroom doors)

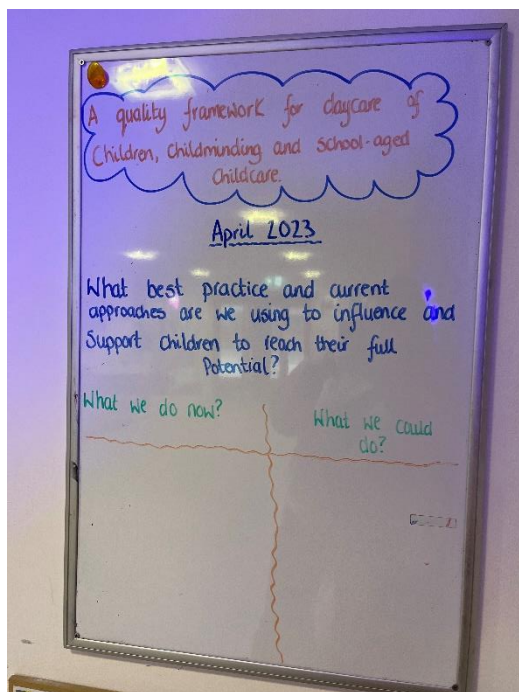
22/07/2023 – Class of 2023 Graduation

Stay and play - Dates to follow



## Parent Council

Laura will be in touch to arrange a date for a meeting this term. Please get in touch if you have any items for our agenda. Many thanks.



## Parental Consultations

### Question of the month April /May 2023

Each month we strive to self-evaluate our practice because we want to be a better nursery. We also need our parents to give us feedback. Please take five minutes to add to our self-evaluation board in reception. Many thanks – we very much value your feedback.

## KingsWellies Policy of the Month

This month we would like to provide you with the opportunity to review and consult on our Administration of Medication Policy and our Health and Wellbeing Policy. We hope that you find this information useful. Please provide us with feedback.

## Parent Tips, Ideas and Suggestions

This is a space for parents to communicate with each other. If you have any suggestions, please email us with your ideas so that we can include them in this section of the newsletter.

*KingsWellies suggestion: Think about mental health and how to be consistently kind and respectful to ALL those around you. Make use of our lending bags and libraries to have some fun with your children at home.*

## Comments, Compliments and Concerns

Please give us your feedback – good and bad. It means a lot to us! We only want to keep improving in order to provide the BEST service possible. PLEASE make us your first port of call if you have any comments or concerns. If we work together, we will be able to achieve the very best for all of our children. Many thanks.

### **Drive Carefully**

Please always drive carefully and reverse park when in our car park. The speed limit is 5 miles per hour at all times. Many thanks.

### **Absences**

Please call the nursery by 10am to inform us if your child won't be in that day. This is in line with our Child Protection and Health and Safety Policies. Please ALWAYS sign your child(ren) in and out. Registers are outside each room.

### **P1 Transition**

We have around 50 children who will be leaving us in July/August to go to P1.

These children will come from both rooms, Wellie Beans and Wellie Jellies. We have lots planned to make this transition process as easy for them (and parents) as possible. Activities include:

- Visits to their own schools (schools to provide dates)
- Visits by their new teachers to Kingswellies (we have already invited them all)
- Visits to Kingswells School and Playground
- Practicing how to line up, get our own coats on, change our shoes, pack our bags and eat our play piece
- Can we write our own names? Can we recognise our names?
- Developing our independence and resilience
- Completing our Life Skills Awards
- Bus journeys and lots of community visits
- Road safety and stranger danger talks
- Focus on Literacy, Numeracy and Health and Wellbeing
- School Uniforms
- Rules, Routines and Friendships
- Looking at our school websites
- Wellie Beans and Wellie Jellies spending lots of time together to discuss P1 and prepare for school
- Individual Learning Journeys sent to each school
- Lots of "School" stories and "School" topic activities
- Parent's Night
- Key Workers to contact each school to pass on all relevant individual information



- Stay and Play dates for parents to join us. More information to follow
- Learning Packs/bags available at each door to take home.
- Parents invited to visit each school (schools to provide dates)
- Graduation!! We can't wait for our Graduation committee to start planning the party of all parties!



Please let us know if we have missed anything. Have you got any other ideas of how we can make this exciting process as easy as possible?

If you would like this newsletter or any other documentation from nursery translated into another language or an alternate reading format, please don not hesitate to contact us.



# Administration of Medication Policy

<b>Published</b>	October 2014 (V1)
<b>Reviewed</b>	March 2016 (V2) June 2018 (V3)
<b>Revised</b>	Annually





## **Administration of Medication Policy**

### **Purpose of Policy**

The purpose of this policy is to ensure that any and all medication administered to children at KingsWellies Nursery, has been authorised by the child's parent / carer. Only authorised members of staff (qualified practitioners) will be allowed to administer medication and accurate records of any medicine administered must be kept at all times.

### **Who is Responsible?**

It is the overall responsibility of the Nursery Manager to ensure that there is written parental / carer permission to administer medication to children during the nursery session.

It is the responsibility of the Room Supervisor and qualified staff to ensure that parent / carers complete a medication form prior to any medication being administered. The Medicine Administration Form must be signed again by the parent or carer when they are collecting their child.

### **How will the Policy be implemented?**

- Members of the Senior Management Team must be aware of the Care Inspectorate Guidelines, "Management of Medication In Daycare of Children and Childminding Services" which inform and accompany this policy.
- Qualified members of KingsWellies Nursery staff may only administer medication to a child with the written consent of the parent / carer.
- Where members of staff are required to administer medication to a child (whether short term or long term) the parent / carer must first complete and sign a Medicine Administration Form. A new form should be completed where there is a change in circumstances.
- The Medicine Administration Form will detail the name of the qualified practitioner who administered the medication and another staff member will sign as a witness to the administration of the medication.
- Before medicine is administered, the designated member of staff should check the Medicine Administration Form for any changes.
- The Medicine Administration Form should be completed each time the child receives their medication. This form must be completed and signed by the person administering the medication, the witness and be countersigned by the parent or carer when they collect their child. This form should be retained and filed in the child's individual Care Plan for future reference.

The Nursery Manager and KingsWellies staff must ensure that all medications are inaccessible to children, stored securely, in their original containers and clearly labelled with their contents, date received, date they expire and the child's name.

It should be noted that specific medications have storage implications for KingsWellies Nursery. These include:

- Asthma Medication: The child should have an inhaler with them, and the setting should also have one as a spare. Each child's inhaler should be kept in a separate container, which is clearly labelled with its contents, date received, expiry date and the name of the child.
- Pain Medications: These should be kept locked away from the children. Each child's medication should be kept in a separate container labelled with the contents and the child's name. The label should also detail the date when the medication was given to the setting and the expiry date. Children who require regular pain medication must have a new supply of medication issued to the nursery on a monthly basis by the parent / carer. The Administration of Medication Form must also be completed each time as appropriate by the parent.
- Allergy medication / Antihistamines: These should be kept locked away from the children, each child's medication should be kept in a separate container labelled with the contents and the child's name. The label should also detail the date when the medication was given to the setting and the expiry date. Children who require regular allergy medication must have a new supply of medication issued to the nursery on a monthly basis by the parent / carer. The Administration of Medication Form must be completed each time as appropriate by the parent.
- Epi-pens: Where a child requires an epi-pen for allergic reactions, the child must carry one with them at all times. The setting should also be issued with one if possible. Only members of staff who are trained to administer this medication will be allowed to do so. Whilst KingsWellies Nursery aspires that all members of staff receive the required training, parents are reminded that it is their responsibility to ensure that their children's medication requirements are up to date and that KingsWellies Nursery is kept up to date with any changes or developments.



# Medication

At KingsWellies Nursery we promote the good health of children attending nursery and take necessary steps to prevent the spread of infection (see sickness and illness policy). If a child requires medicine we will obtain information about the child's needs for this, and will ensure this information is kept up to date.

We follow the Care Inspectorate guidance on the management of medication in daycare of children and childminding services when dealing with medication of any kind in the nursery and this is set out below.

## **Medication prescribed by a doctor, dentist, nurse or pharmacist**

*(Medicines containing aspirin will only be given if prescribed by a doctor)*

- Prescription medicine will only be given to the person named on the bottle for the dosage stated
- Early learning and childcare practitioners should not give the first dose of a new medication to a child. Parents should have already given at least one dose to ensure that the child does not have an adverse reaction
- Medicines must be in their original containers with their instructions printed in English and where possible early learning and childcare practitioners should always read and retain the information which is supplied with the medicine
- Those with parental responsibility for any child requiring prescription medication should hand over the medication to the most appropriate member of staff who will then note the details of the administration on the appropriate form and another member of staff will check these details
- Those with parental responsibility must give prior written permission for the administration of each and every medication. However, we will accept written permission once for a whole course of medication or for the ongoing use of a particular medication under the following circumstances:
  1. The written permission is only acceptable for that brand name of medication and cannot be used for similar types of medication, e.g. if the course of antibiotics changes, a new form will need to be completed
  2. The dosage on the written permission is the only dosage that will be administered. We will not give a different dose unless a new form is completed
  3. Parents must notify us IMMEDIATELY if the child's circumstances change, e.g. a dose has been given at home, or a change in strength/dose needs to be given
- The nursery will not administer a dosage that exceeds the recommended dose on the instructions unless accompanied by written instructions from a relevant health professional such as a letter from a doctor or dentist
- The parent must be asked when the child has last been given the medication before coming to nursery; and the staff member must record this information on the medication form. Similarly, when the child is picked up, the parent or guardian must be given precise details of the times and dosage given throughout the day. The parent's signature must be obtained at both times
- At the time of administering the medicine, a senior member of staff will ask the child to take the medicine, or offer it in a manner acceptable to the child at the prescribed time and in the prescribed form. (It is important to note that staff working with children are not legally obliged to administer medication)
- If the child refuses to take the appropriate medication or spits it out, then a note will be made on the form and parents told

- Where medication is 'essential' or may have side effects, discussion with the parent will take place to establish the appropriate response.

### **Non-prescription medication (*these will not usually be administrated*)**

- The nursery will not administer any non-prescription medication containing aspirin
- The nursery will only administer non-prescription medication for a short initial period, dependent on the medication or the condition of the child. After this time medical attention should be sought
- If the nursery feels the child would benefit from medical attention rather than non-prescription medication, we reserve the right to refuse nursery care until the child is seen by a medical early learning and childcare practitioner
- If a child needs liquid paracetamol or similar medication during their time at nursery, such medication will be treated as prescription medication with the onus being on the parent to provide the medicine
- We do not keep an emergency communal nursery supply of fever relief and anti-histamines on site (following Care Inspectorate guidance). If a child does exhibit the symptoms that would require non-prescription medication during the day, e.g. a high temperature the nursery will make every attempt to contact the child's parents. Where parents cannot be contacted then the nursery manager will help to reduce the child's temperature, contact the child's emergency contact and seek further medical advice if the child is:
  - under three months old and a temperature of 38 degrees or above
  - between three to six months and has a temperature of 39 degrees or above
  - over six months and shows other signs of being unwell – for example, they are floppy and drowsy or you are concerned about them
- For any non-prescription cream for skin conditions prior written permission must be obtained from the parent and the onus is on the parent to provide the cream which should be clearly labelled with the child's name
- If any child is brought to the nursery in a condition in which he/she may require medication sometime during the day, the manager will decide if the child is fit to be left at the nursery. If the child is staying, the parent must be asked if any kind of medication has already been given, at what time and in what dosage and this must be stated on the medication form
- As with any kind of medication, staff will ensure that the parent is informed of any non-prescription medicines given to the child whilst at the nursery, together with the times and dosage given
- The nursery DOES NOT administer any medication unless prior written consent is given for each and every medicine.

### **Injections, pessaries, suppositories**

As the administration of injections, pessaries and suppositories represents intrusive nursing, we will not administer these without appropriate medical training for every member of staff caring for this child. This training is specific for every child and not generic. The nursery will do all it can to make any reasonable adjustments including working with parents and other professionals to arrange for appropriate health officials to train staff in administering the medication.

### **Staff medication**

All nursery staff have a responsibility to work with children only where they are fit to do so. Staff must not work with children where they are infectious or too unwell to meet children's needs. This includes circumstances where any medication taken affects their ability to care for children, for example, where it makes a person drowsy. If any staff member believes that

their condition, including any condition caused by taking medication, is affecting their ability they must inform their line manager and seek medical advice. The nursery manager will decide if a staff member is fit to work, including circumstances where other staff members notice changes in behaviour suggesting a person may be under the influence of medication. This decision will include any medical advice obtained by the individual or from an occupational health assessment.

Where staff may occasionally or regularly need medication, any such medication must be kept in the person's locker/separate locked container in the staff room or nursery room where staff may need easy access to the medication such as an asthma inhaler. In all cases it must be stored out of reach of the children. It must not be kept in the first aid box and should be labelled with the name of the member of staff.

### **Storage**

All medication for children must have the child's name clearly written on the original container and kept in a closed box, which is out of reach of all children.

Emergency medication, such as inhalers and EpiPens, will be within easy reach of staff in case of an immediate need, but will remain out of children's reach.

Any antibiotics requiring refrigeration must be kept in a fridge inaccessible to children.

All medications must be in their original containers, labels must be legible and not tampered with or they will not be given. All prescription medications should have the pharmacist's details and notes attached to show the dosage needed and the date the prescription was issued. This will all be checked, along with expiry dates, before staff agree to administer medication.



# Health and Wellbeing Policy

<b>Published</b>	October 2014 (V1)
<b>Revised</b>	Session 2017/18



## **Health and Wellbeing Policy**

Learning through Health and Wellbeing promotes confidence, independent thinking and positive attitudes and dispositions. Because of this, it is the responsibility of every member of KingsWellies Nursery staff to contribute to learning and development in this area.

### **Experiences and Outcomes**

A variety of activities have been created for Early Level based on the Health and Wellbeing outcomes and experiences from Curriculum for Excellence. These have been structured underneath the following organisers:

- Mental, Emotional, Social and Physical Wellbeing
- Planning for Choices and Changes
- Physical Education, Physical Activity and Sport (see Dunnottar Expressive Arts Policy)
- Food and Health
- Substance Misuse
- Relationships, Sexual Health and Parenthood (see separate Dunnottar Policy)

KingsWellies Nursery staff are expected to identify appropriate learning and teaching styles to suit the needs of their children while recognising the importance of active learning and the capacities of Curriculum for Excellence.

Everyone within each learning community, whatever their contact with children, shares the responsibility for creating a positive ethos and climate of respect and trust.

### **Working with Parent/Carers**

The positive and continuing engagement of parents is essential to ensure the aims of this policy are met. This will include a range of actions and approaches including:

- Parental partnership in recognising health priorities over the nursery session.
- Communication with parents and carers on health and wellbeing themes and health related issues in nursery
- Engagement with parents on how to deal with sensitive health issues such as Sex
- Education
- Opportunities for parents to work with the nursery and support the learning of children.

### **Working with the community**

KingsWellies Nursery staff demonstrate sensitivity and non judgemental attitudes when considering the lifestyles, life circumstances and cultural diversity of the pupils, their families and the broader local community.

KingsWellies Nursery staff should encourage positive qualities in children of self esteem, confidence, initiative, resilience and emotional intelligence to ensure children can become responsible, caring and effective contributors to their community.

## **Working with other professionals and outside agencies**

KingsWellies Nursery welcomes the involvement of all professionals committed to Improving the health and wellbeing of our children through our health and wellbeing programme.

To ensure children receive the highest quality education we may work in partnership with the following:

- School Doctors
- School Nurses
- Health Visitors
- Road Safety Officers
- Health Promotion Team
- Dentists
- Active Schools Co-ordinator
- Speech and Language Therapists
- Community and Learning Development
- Fire Service
- Educational Psychologist
- Social work department

## **Learning and Teaching**

Health and Wellbeing may be taught in the following ways:

- As a discrete topic
- As part of RME and Social Studies
- Spontaneously, in response to situations or news stories
- Development of enquiry, critical thinking and problem solving skills
- Personal reflection and independent learning
- Collaborative discussion and debate
- Active learning and planned, purposeful play
- Through volunteering in the community and outdoor education
- Through links within an interdisciplinary learning project
- Through cross curricular programmes of work

Learning should be coherent, progressive and meaningful and should be planned for and taught in ways that encourage learners to recognise that the knowledge, skills and attitudes identified are inextricably linked. Differentiation in the children's responses and behaviour will reflect their broad level of development.

Health and Wellbeing can be an opportunity for children to feel valued as part of a whole class but some children may need individual support in tackling activities. Children of all abilities should be given the opportunities to realise their full potential using the resources and materials at the nursery's disposal.

Nursery staff will select the most appropriate class organisation according to the kinds of activities which are taking place. These could be:

- Whole class
- Group methods
- Working in pairs
- Individual work



Discussion of issues and sharing of the children's ideas and opinions will be encouraged. Where appropriate, links will also be made with the rights and responsibilities that children are entitled to. It is the responsibility of every member of nursery staff to provide learning and teaching opportunities which:

- Engage children and take account of their views and experiences, particularly where decisions are to be made that may impact on life choices
- Take account of research and successful practice in supporting the learning and development of children, particularly in sensitive areas such as substance misuse
- Use a variety of approaches including active, cooperative and peer learning and effective use of technology
- Encourage and capitalise on the potential to experience learning and new challenges in the outdoor environment
- Encourage children to act as positive role models for others within the nursery and local community
- Lead to a lasting commitment in children to follow healthy lifestyle by participation in experiences which are varied, relevant, realistic and enjoyable
- Help to foster health in families and communities through working with a range of professions, parents and carers, and children and enables them to understand the responsibilities of citizenship
- Harness the experience and expertise of different professions, including developing enterprise and life skills

### **Assessment**

Assessment in Health and Wellbeing will focus on children's knowledge and understanding, skills and attributes in relation to physical education, food and health, substance misuse, relationships, sexual health and parenthood and their social and life skills.

Evidence of progress in Health and Wellbeing comes from what children say, write and do. Children's learning experiences will involve learners in talking, writing, practical activities, personal planning, assessing risk, decision making.

Assessment, recording and reporting of Health and Wellbeing will involve an overall judgement about each child's level of attainment in terms of knowledge, skills and values. Assessment may focus on, for example:

- To what extent do they understand the role of healthy eating and physical fitness in contributing to their wellbeing?
- How well are they applying personal and interpersonal skills as part of their daily lives, and developing them as they grow and mature?
- Through their involvement in planning, managing and participating in individual and group activities in nursery, do they demonstrate skills, attitudes and attributes which will be important for the world of work, such as judgement, resilience and independence?

In assessing Health and Wellbeing KingsWellies staff are likely to use:

- Day to day learning
- Assessment tasks
- Observation of children's' ability to listen, express opinions and help others
- Evidence from pictures, writing and drawing and other artefacts produced by children
- Discussion

Assessment is an integral part of the learning and teaching cycles. We undertake assessment that is:

- Well matched to clearly identified purposes and encourages children to achieve their full potential
- Emphasises the formative, celebrating what has been achieved and identifying what has still to be achieved to progress
- An appropriate blend of self, peer and teacher evaluation
- Both formal and informal
- Useful and provides information which is shared with children, and where appropriate parents and other agencies

### **Quality Assurance**

Monitoring the quality of the teaching, learning and attainment in Health and Well being will be carried out by the Nursery Manager / Nursery Director and is set within KingsWellis Nursery quality assurance framework.

### **Recording and Reporting**

A child's performance in Health and Wellbeing is discussed with parents at parent's evenings and is reported upon in school reports.

Parents are welcome to contact the school at any time if they have any concerns or queries regarding their child's involvement in the Health and Wellbeing programme.

### **Equal Opportunities**

Equal opportunities means ensuring that all children, irrespective of belief, race, culture, class, gender and disability, are provided with an education which allows them to develop their own potential. Such an education recognises the uniqueness of the individual through ensuring that all children:

- Are equally valued, respected and cared for
- Have access to the full range of appropriate activities and outcomes

### **Forward Planning**

Our Nursery staffs' forward planning takes account of:

- Long-term(yearly), medium term (termly) and short term (weekly and daily) planning
- Prior learning and varied learning styles e.g. visual, auditory, tactile/kinaesthetic
- Setting targets/assessment criteria which specify what children are expected to learn
- Evaluating what has been taught and identifying next steps for learning and teaching
- Linking nursery work and homework
- Cross-curricular links
- Both interdisciplinary and disciplinary learning opportunities

### **Continuity and Progression**

The Health and Wellbeing programme of study at KingsWellies Nursery has been devised with reference to the Curriculum for Excellence guidelines on Health and Wellbeing and has taken into account the views expressed by parents, pupils and staff during the ongoing consultation process.

The Health and Wellbeing programme has been designed to build from the children's own experiences and levels of understanding in the Early Years.

As they progress through the programme, pupils will build on their prior learning and gain a deeper understanding of their own and others' motivations, attitudes, beliefs and behaviours. The learning expectations are progressively greater as children go from stage to stage.

The intention of the programme of study is to make learning easier and more accessible for our children. By building on their knowledge and experiences, KingsWellies children should be able to develop their own thoughts and opinions about Health and Wellbeing education and all of the issues related to this area of the curriculum.

As the child learns and develops, the framework of experiences and outcomes provides opportunities to visit and revisit issues and topics in order to deepen understanding. Health and Wellbeing experiences and outcomes encourage links with other areas of the curriculum to provide learners with deeper, more enjoyable and active experiences. These experiences contribute much to the development of the four capacities of Successful Learners, Confident Individuals, Responsible Citizens and Effective Contributors.

KingsWellies Nursery staff are able to organise and group the experiences and outcomes in different and creative ways to bring together various elements of learning as well as the wider community.

In KingsWellies Nursery, we will focus on the following Early Level Health and Wellbeing priorities with all children.

- Mental Health
- Food and Oral Health
- Physical Activity
- Alcohol, Tobacco and Drugs
- Sexual Health and HIV
- Accident Prevention

### **The Learning Environment**

For effective learning and teaching in Health and Wellbeing the learning environment should:

- Stimulate and promote problem solving, discovery, experimentation and enquiry
- Promote enjoyment and fulfilment through participation, experimentation, enquiry and reflection
- Encourage practical activities which are stimulating, challenging and safe
- Provide appropriate differentiation, giving every child opportunities to succeed
- Provide children with appropriate materials and equipment
- Provide a playroom ethos which is supportive of all children
- Create opportunities to place Health and Wellbeing in the wider context

### **Organiser- Physical Education, Physical Activity and Sport**

#### **Aims**

Children should encounter a variety of practical learning experiences, including working on their own, with a partner and in small and large groups, and using small and large equipment and apparatus, both outdoors and indoors.

Learning in, through and about physical education is enhanced by participating on a regular basis in a wide range of purposeful, challenging, progressive and enjoyable physical activities with choice built in for all children.

## Key Principles

Physical Education, Physical Activity and Sport will:

- Improve aspects of fitness
- Develop personal and interpersonal skills and attributes
- Develop skills necessary to participate in a range of physical activity, sport, dance and outdoor learning
- Be purposeful, challenging, progressive and enjoyable
- Have choice built in for learning

Physical Education, Physical Activity and Sport should provide all children with opportunities to:

- Engage in purposeful and enjoyable physical activities
- Develop physical skills, knowledge and understanding of the concepts involved and the ability to apply these in various contexts
- Develop self awareness, confidence and cooperative relationships with others( including team sports and games) and the ability to meet challenges presented in a variety of physical settings
- Develop critical appreciation of their performance and those of others and demonstrate qualities of good sportsmanship

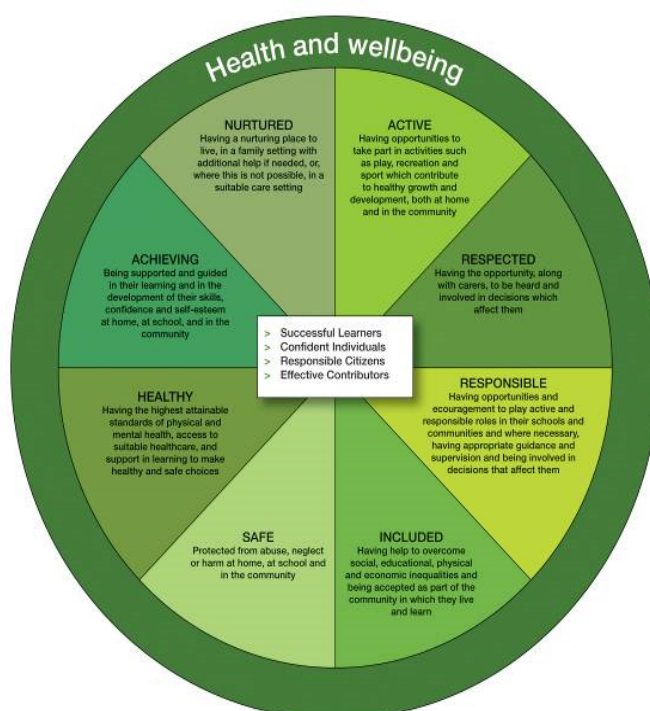
In Physical Education, Physical Activity and Sport, KingsWellies children will focus on developing

- Physical education
- Cooperation and competition
- Physical activity and sport
- Physical activity and health

At KingsWellies Nursery, physical activity and sport will take place in the playroom, during travel such as walking and cycling, in the outdoor environment, through Forest Schools and in the community.

**Outdoor learning can contribute to physical activity and enhance learning in different areas of the curriculum and will be a key focus at KingsWellies Nursery.**

The diagram below illustrates the shared vision and common goals for KingsWellies Nursery in relation to the Health and Wellbeing Curriculum at Early Level:





## **Update to Food Safety Procedures**

### **Entier Ltd**

**Entier Ltd** will provide all food within the nursery environment i.e. Breakfast, Morning Snack, 2 Course Lunch, Afternoon "Mighty" Snack.

Entier Ltd have full responsibility for all food safety and food handling procedures within KingsWellies. Entier Ltd have full management responsibility for the food operation within KingsWellies Nursery.

### **KingsWellies Nursery Staff**

**KingsWellies Nursery Staff** will support children when involved in curricular activities involving food preparation e.g. baking, smoothie making etc. They will also serve ready-prepared meals to the children.

All KingsWellies staff will have training in basic food hygiene principles. Food Hygiene Training will be reviewed and provided for all staff every 3 years. Infection Control and Risk assessment training will also be provided for all staff as appropriate'.

Good practice will be adhered to at all times by KingsWellies staff when handling and preparing food with the children i.e. appropriate staff: children ratio, hand washing procedures by all staff and children, use of aprons, all food dated and packaged appropriately, etc.

Good practice is detailed as appropriate throughout the attached KingsWellies Nursery Operational Policies and Procedures.