

Newsletter – February 2024 - Term 3

Wellies Nurseries – KingsWellies and QueensWellies

"Together we make a family!"

Follow us on Instagram and Facebook!

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



Norsery



Happy New Year and a HUGE thank you!

Happy new year to all of our children, parents, friends and staff! We really hope that you enjoyed a lovely festive period! We are all really glad to be back at nursery and are looking forward to a jam-packed third term!

We would also like to say a massive thank you to all of our parents, children and families for your generosity over Xmas. We received lots of lovely presents which were shared with all staff. Everyone went home with presents to enjoy. This was extremely generous of you and MUCH appreciated!

Many thanks also for your kind donations towards Mission Christmas. We managed to fill numerous boxes to donate.

December Highlights

We did not stop in December. We loved our Xmas parties and visits from Santa. We were also very proud of all of our children who really enjoyed their Christmas sing along's with their parents.

We also LOVED our Christmas lunch. Thank you to Entier for always feeding us so well.



West End Wellies

We are delighted to advise that we have recently purchased an additional nursery building which is based in Mannofield, Aberdeen and is within the grounds of Aberdeenshire Cricket Club. This nursery will be called West End Wellies (although we are totally open to suggestions for names) and we are SUPER excited about it! The outdoor space is just amazing! We are also really excited to be able to work in very close partnership with the Cricket Club. We have LOTS of ideas about providing enhanced provision for ALL of our Wellies children and families.

We are still in the very early stages with regards to our new nursery (let us know if you have any name ideas) but are hoping that it will be open around August / September 2024. This will be a smaller nursery which can accommodate around 85 children from 0-5 years. It will follow exactly the same ethos as KingsWellies and QueensWellies and will provide the same very good standards of learning and care for all children. We will of course keep you fully informed of all developments and arrange visits to the new nursery as soon as possible for all parents, children and staff.



Extra-Curricular Activities

Please see our classes below, for your information. We are very pleased to welcome back our specialists for 2024. We are also hoping to add PE lessons to our regular timetable.

- · Yoga
- French
- Flashdance
- Kids Rock
- Rugby Totts
- Chef Lisa
- Moo Music

Would you like to see anything else added to our timetable? Please let us know.

PE Lessons

Did you know that Chef Lisa is a professional bodybuilder, qualified personal trainer, childcare support worker, Chef AND owns a healthy food prep company? She has combined all of these skills and will be joining the Wellies Nursery team later in the year to offer PE Classes to all of our boys and girls. The sessions will be based on the Curriculum for Excellence (Early Level) which is currently taught in all Scottish Nurseries and Schools. Chef Lisa will focus on developing skills in Physical Education, Physical Activity and Sport. This will include lots of exciting activities based around Movement and Games whilst: investigating and developing fitness

investigating and developing mental, emotional, social and physical wellbeing using the body

applying skills

applying safety creating and designing

cooperating and sharing

communicating and competing

Each session will also focus on Food and Health whilst looking at healthy food choices and basic nutritional facts.

Chef Lisa will provide some free taster sessions and will also share her lesson plans with parents. These lessons will very much help to prepare the children for their transition to school and will focus on what will be taught as part of the P1 curriculum. Here at Wellies Nurseries, we also want to provide all of our children with as wide a range of experiences and outcomes, as possible. This will therefore be a great addition to our week.

Chef Lisa knows the children very well (through Chef Lisa and as a Wellies Support Worker) and is very popular with them. She is very much looking forward to beginning this journey with Wellies Nurseries. In the mean time she will continue to provide Chef Lisa classes on a weekly basis to ALL of our children. This is something that they thoroughly enjoy. More information will follow shortly!



Chinese New Year

We have been extremely busy planning our celebrations for The Year of The Dragon. This year Chinese New Year lands on 10/2/24 and lasts for 15 days. Over the last two years, we even opened our very own Chinese take aways – KINGS-WOK-AWAY. It was a great success. Our chefs cooked up a storm and fed the entire nursery. Look out for lots of exciting activities for this year's celebrations. If you would like to come in to speak to us about how you celebrate different family or cultural traditions, please let us know. We would LOVE to invite you in.

The Scottish Daily Mile

We will continue to aim for all of our children to walk, jog or run for at least 15 minutes each day. Most children can average around a mile in that time! Keep going gang!



Charities

We will be fully involving our Pre-School Charities Committee to help us to plan our campaigns for the coming year. **If you would like to nominate a particular charity for us to focus on, please let us know.**



Staff Training Update

Individual staff will continue to attend a variety of very valuable training courses. A large number of staff will also be completing / revising their Paediatric First Aid Training.

We work hard to ensure that all staff are confident, competent and knowledgeable and that we keep up to date with all new developments. Staff all meet monthly for a series of collegiate meetings and all staff participate in a very comprehensive continual professional development programme. 80% of our staff have achieved / or are working towards accredited SVQ qualifications also.

We will also be focusing on Realising the Ambition, one-to-one child observations, Eco Schools Scotland, Rights Respecting Schools Award, Forest Schools and Curriculum for Excellence this term. We will have a particular focus on Literacy, Health and Wellbeing and Numeracy. These are some of the main priorities within our Improvement Plan. We will keep you informed of our progress.

Have you got any ideas on how to better improve our learning and teaching? We will be asking our children too.

Room Transitions

Transitions to the next room will be planned depending on the individual child's needs. Room staff will discuss all transitions in depth with you in plenty of time.

World Book Day 2024 – KingsWellies Nursery

KingsWellies Nursery are holding a Scholastic Book Fair from the 12th-19th of March 2024. Over the course of the week the stalls will be set up in reception where you will be able to browse and purchase books. This will be a cash free event with a QR code for parents/carers to scan and pay online. We can't wait to see what brilliant stories we can purchase this year!



Topics for this term

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

- KINDNESS, relationships and friendship Are you a bucket filler or a bucket dipper?
- The Scottish Daily Mile we aim to jog, run or walk for up to 15 minutes every day!
- Winter, Frost, The Arctic, Weather LOTS of Science experiments!
- Animals
- Dinosaurs
- Houses and Homes
- Our Country Scotland
- Celebrations and traditions
- Chinese New Year



- Child-led improvement groups Eco Group, Charities Group, Outside Play Group, Kindness Group, Gardening Group and Buddies Group will continue to work hard
- New beginnings, Time, Months of the year, Birthdays
- All about me and my family and friends
- Rules, Rights and Responsibilities Why do we have rules? What can we do better? We will be revising our Nursery Golden Rules in every room, in the playground and across the nursery.



• LOTS of Reflection Time; talking about our learning and what we would like to learn with our key workers

• Grow well choices – making healthy decisions

• Makaton – we are getting good at using this sign language! Simone at QueensWellies is our in-house expert!

- 29th January Puzzle Day
- 30th January National Croissant Day
- 31st January Backwards Day
- 3rd February Carrot Cake Day
- 5th February National Weatherperson Day
- 7th February Send a card to a friend day
- 9th February National pizza day
- 11th February Make a Friend Day

- 13th February Shrove Tuesday/Pancake Day
- 14th February Valentine's Day
- 14th February Library Lovers Day
- 17th February Random Acts of Kindness Day. What could we do?
- 19th February International Read to Me Day
- 20th February Love your pet day! Would anyone like to take their pets in to visit?
- 20th February International Day of Happiness
- 20th February French Language Day
- 21st February International Day of Forests
- 22nd February International World Thinking Day
- 26th February Tell a fairy tale day. Bring in your favourite fairy tales!
- 28th February Floral Design Day
- 1st March St David's Day (Wales)



• 1st March – Food waste action week – Our ECO group are going to be busy!



- 6th March Dentist day
- 10th March Popcorn Day
- 17th March St Patrick's day (Ireland)
- 18th March Global recycling day
- 20th March world storytelling day
- 21st March World poetry day
- 21st March World down syndrome day
- 22nd March world water day
- 23rd March National puppy day
- 25th March wear a hat day (brain tumour awareness)
- 27th March World Theatre Day
- 1st April April Fool's Day
- Literacy, Numeracy and Health and Wellbeing LOTS of exciting learning opportunities.

Staffing Update

We have recently welcomed some new staff to both nurseries. They have all settled in very well with the Wellies Gang. Good luck also to those staff that we have sadly said farewell to. Also, a Big Congratulations to Caroline Reid (Depute Manager) on her pregnancy announcement. We can't wait to welcome him into the Wellie Gang. We would also like to welcome back Samantha Fryers who will be returning from her maternity leave and resuming her Supervisor role.

All staff photos are up in our reception area for your information.





KingsWellies Team



QueensWellies Team

1140 Hours Funding

Application forms for funding in term 3 will be made available to you soon. Scott will keep you right in applying for funding if your child has just turned three or will be turning three soon. If you would like to book additional funded sessions, please do so now, whilst we still have spaces available.



Enhancing our Environments

We are always very busy enhancing our environments. The children have <u>loved</u> designing their new areas too. We are always looking for junk, natural materials, wooden toys and old technologies (cameras, phones, remote controls etc). Please donate if you are looking for a new home for anything that you think would be useful to us.

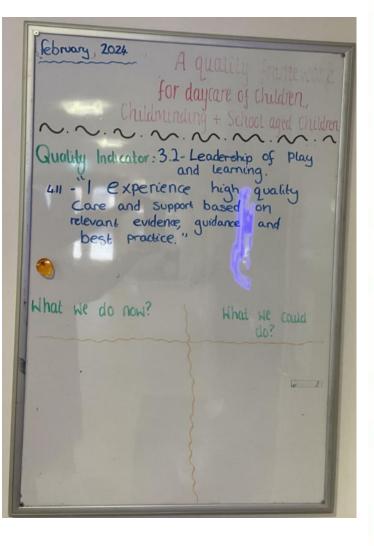
Rights Respecting Schools

KingsWellies have just signed up to become a Rights Respecting School. Keep your eyes peeled to see our progress in our application!!

Parental Consultation – Question of the month – February 2024

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.

Our February 2024 question of the month comes from A Quality Framework for Daycare of Children, childminding and School-aged Children (Care Inspectorate, February 22). We very much value your feedback.



Parental Consultations

This month we have included our Adverse Weather and Health and Wellbeing Policies for your information and feedback

Feedback

Please be reassured that a<u>ll</u> feedback is taken very seriously and is acted upon <u>immediately</u>. Individual parents are always responded to and ideas implemented immediately within the nursery environment.

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.

We also have Compliments slips available in reception in relation to our staff. The staff work very hard and we all know that it is nice to hear a compliment from time to time. Many thanks to those parents who have already paid staff members a compliment. We are always looking for Workers of the Week and Workers of the Month.



Drive Carefully

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

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

Wishing you a very happy Chinese New Year and a very prosperous and healthy 2024! Gong xi fa cai (Mandarin) and Gonghey Fat Choy (Cantonese)

Adverse Weather Policy

Published	June 2018 (V1) Feb 2024 (V3)
Revised	Annually



Adverse Weather

At Wellies Nurseries we have an adverse weather policy in place to ensure our nursery is prepared for all weather conditions that might affect the running of the nursery such as floods, snow and heat waves.

If any of these incidents impact on the ability of the nursery to open or operate, we will contact parents immediately.

Contacting Parents in the Event of Closure due to Adverse Weather

As we do not have access to the email information of parents at home (outwith Nursery opening hours), we have looked at the most efficient way to inform parents / carers / staff about any future closures:

- During opening hours (between 7.15am and 6.15pm) all parents will be notified by email and the information will be posted on Facebook
- During closed hours (between 6.15pm and 7.15am) all parent will be notified through Facebook

If you do NOT have access to a Facebook page, please set one up OR liaise directly with other parents who DO have access to this information. One notification on Facebook is the easiest, quickest, and most efficient way of making this decision known.

To conclude, in the event of adverse weather forecasts / notifications, we would ask ALL parents and staff to continually check their emails and our Facebook page. All relevant information will be posted on Facebook.

We do not take the decision to close lightly and this will only be done in extreme cases.

We will not take children outdoors where we judge that weather conditions make it unsafe to do so.

Flood

In the case of a flood we will follow our critical incident procedure to enable all children and staff to be safe and continuity of care to be planned for.

Snow or other severe weather

If high snowfall or another severe weather condition such as dense fog, is threatened during a nursery day then the duty manager will take the decision as to whether to close the nursery. This decision will take into account the safety of the children, their parents and the staff team. In the event of a planned closure during the nursery day we will contact all parents to arrange for collection of their child.

In the event of staff shortages due to snow or other adverse weather we will contact all available off duty staff and/or agency staff and group the children differently until they are able to arrive. If we are unable to maintain statutory ratio requirements after all avenues are explored we will contact the Care Inspectorate to inform them of this issue, recording all details in our incident file. If we feel the safety, health or welfare of the children is compromised then we will take the decision to close the nursery.

Heat wave

Please refer to our sun care policy.

Health and Wellbeing Policy

Published	October 2014 (V1)
Revised	May 2023 (V2)



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 Wellies Nurseries 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
- Food and Health
- Substance Misuse
- Relationships, Sexual Health and Parenthood

Wellies Nurseries 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

Wellies Nurseries 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.

Wellies Nurseries 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

Wellies Nurseries 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 Wellies Nurseries 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 Wellies Nurseries 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 Wellies Nurseries 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, Wellies Nurseries 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.

Wellies Nurseries 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 Wellies Nurseries, 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

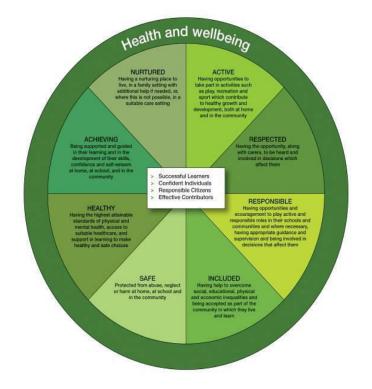
In Physical Education, Physical Activity and Sport, Wellies Nurseries children will focus on developing

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

At Wellies Nurseries, 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 Wellies Nurseries.

The diagram below illustrates the shared vision and common goals for Wellies Nurseries 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 <u>all</u> food safety and food handling procedures within Wellies Nurseries.

Entier Ltd have full management responsibility for the food operation within Wellies Nurseries.

Wellies Nurseries Staff

Wellies Nurseries 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 Wellies Nurseries 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 Wellies Nurseries 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 Wellies Nurseries Operational Policies and Procedures.