



CALSIDE NURSERY

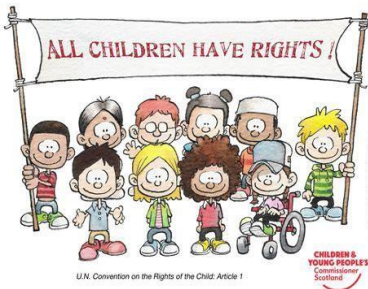
AUGUST / SEPT 2024 - NEWSLETTER



A very warm welcome, to all our new and existing families. We are looking forward to a very busy year with lots of fun and learning opportunities for the children to explore.

The children are settling really well and it has been a very positive start to our Nursery Year. We hope you are all happy with how things are going, however, if you have any concerns please do not hesitate to contact us, our door is always open.

At present in nursery we are supporting the children to settle in to their surroundings, by learning the routines and rules of the setting, strengthening their awareness of health and hygiene and developing their independence, sharing and turn taking skills. We do this under the banner of SHANARRI - which stands for Safe, Healthy Active, Nurtured, Achieving, Responsible, Respected and Included.



We are also talking to the children about UNCRRC Rights of the Child (<https://www.unicef.org.uk/what-we-do/un-convention-child-rights/>) this links very well with the above SHANARRI aims. This week we are developing our Nursery Charter with the children and we shall share this with you when completed. We are also exploring and developing our Meta Skills. *'Children use their meta-skills as they test and explore the world around them, and it is these meta-skills that act as a key to unlock the development of other transferable and technical skills'*. Skills Development Scotland.

<https://www.skillsdevelopmentscotland.co.uk/>

Care Plans - We are completing the Care Plans with parents to gather information on how best to support your child, once we have completed the new children, we shall organise meetings for the existing children. If you have not been contacted to organise a date, this will be done shortly. They will take approximately 20/30 minutes for completion of new care plans.

Soft Finish - We operate a soft finish for nursery. We shall open our doors at 2.45 for parents to come inside the nursery and collect your child. This gives you the regular opportunity to be inside the setting, collect any mail from the nursery mail docket, see the displays and give your child the opportunity to show you their nursery. While the staff members will be on hand, could we ask that we do not use this time for answering any concerns etc. We are happy to make an appointment to chat to you at any other time.

Nursery Opening Times - Our Nursery is open from 8.30am to 3.30pm and each child has their specific hours that they have enrolled for. Please do not be offended if we do not open the door for you if you arrive early as the staff team have specific duties that need to be carried out each morning before we let all the children in to play.

Staff Members - Mrs Douglas is not currently at work and in her absence if there are any issues, queries or concerns, please contact Mrs Gamble. As you may be aware Miss Ritchie is not with us at present as she is on secondment to Noblehill Nursery. Mrs McCleary has continued to work with us and we are delighted to have her back. We have supply staff supporting in the nursery so there are different faces and helpers for children to learn with.

Packed Lunches and Water Bottles - Please could we ask for your assistance in taking a healthy approach to packed lunches? We ask that parents do not overload children's lunch boxes with lots of different snacks and confectionery. For your child's age and stage, they should have a sandwich with a filling, some fruit and/or veg and a dessert such as yoghurt, custard, jelly or mousse. For drinks we provide milk and water, we do not offer juice in nursery.



When children are bringing in their water bottles in from home, please can we ask that it does have water inside it and not juice. Water bottles to be taken home daily.

We follow the "Setting the Table" guidance in nursery and we have copied an extract from the documentation for your awareness. Please see below.

Medication - If your child requires medication, paperwork for administration of medication must be completed. We cannot administer medicine unless this paperwork is complete. Medication must be labelled with an official prescription with your child's name on it, or we cannot administer. Nor can we administer medication that your child has not taken before: they must have had the medication at home, so that you are aware of any reactions to the medication.

Once the medication paperwork is complete, please ensure that the medicine is given to a member of staff or a staff member is informed of where medication is. We require to store medication in a safe place to ensure safety for all children.

Contact Details - Parents/carers to inform Nursery of any changes to contact details as soon as possible. We require current contact details so we can contact you in case of emergencies.

Clothing - We have a fantastic outdoor area at our Nursery which we utilise daily. Due to our weather, wellies are needed. Please bring in a pair and if your child does not we have some available in our box. Please ask a member of staff. All clothing to be labelled to ensure items are returned home.



Developing Independence - We encourage the children daily to develop their independence by dressing themselves, putting on their own coats, shoes, welly boots etc. To help us with this, could we please ask that children's shoes are slip-on or have velcro fastening. Laces on shoes are not great for helping them to be independent and the children get frustrated in having to wait for us to get round all the children ... they miss out being first to the bikes 😊

Wider achievements – Not all achievements occur at Nursery and we are keen to find out about any wider achievements children are working or achieved! Please e-mail Nursery with photos or inform a member of staff so we can share in our Nursery. This includes achievements such as clubs and trips as well as achievements such as remembering to brush their teeth or helping to put their coat on!

Stay and Play! – On Friday 11th October we invite you to join us in the Nursery to Stay and Play! You are welcome to attend anytime between 1.45pm and 2.30pm.

Sway

Dates for diary will be coming out soon so please keep an eye on the board or our new SWAY. Here is our new SWAY code – give it a scan! We suggest you then add this to your Favourites so that you see what we are doing. The SWAY will be updated weekly so you can find out we have been learning. Any issues, please let a staff member know.



Food group

Bread, rice potatoes, pasta and other starchy foods

Examples of foods that can be provided as part of a packed lunch

Sandwiches are an easy choice for a packed lunch. To give a little variety, different breads and rolls such as wholemeal, granary, poppy seed, sesame seed, pitta bread, bagels and baps can be tried. Breadsticks or crackers can also be included in this group.

Home-made pasta and rice salads are ideal for packed lunches. Fruit scones, pancakes or fruit loaf can be offered as healthier alternatives to confectionery.

Fruit and vegetables

Chopped raw vegetables such as carrots, cucumber, peppers or cherry tomatoes are ideal choices.

A wide variety of fruit can be included. Fruits that are in season are often more economical.

Include a pot of fruit salad as a change to a whole fruit. Try some dried fruit such as raisins, sultanas, mango or apricots.

Trying out new fruits and vegetables not normally eaten by children may increase the variety of fruit and vegetables eaten at home.

Meat, fish, eggs, beans and other non-dairy sources of protein

For sandwich fillings, include ham, turkey, chicken, fish, houmous and egg. Too much mayonnaise or salad cream should be avoided as these are high in fat, salt and sometimes sugar.

Milk and dairy foods

For a dessert, include milk-based puddings such as yogurt, fromage frais, a small pot of custard or mousse. A drink of milk or a small serving of cheese, e.g. cheddar, edam or mozzarella, on a sandwich could also be included as part of this group.

Drinks

As a provider, you may want to provide a drink at lunchtime for children who bring a packed lunch, and milk or water would be ideal choices. Small cartons of pure fruit juice should be kept to mealtimes only. Fizzy drinks, diet or otherwise, are not suitable for children, so ask parents to include milk, water or fruit juice at lunchtime instead.

“Our Promise to You”

We promise you every day your child will learn

something: Some days they will bring it

home in their hands; Some days they will

bring it home in their heads;

And some days they will bring it home in their hearts.

Valerie Welk