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**St. Mary’s Nursery Centre**

**Handbook**



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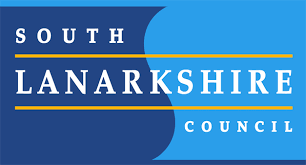
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The purpose of this booklet is to provide you with some details about us. We aim to familiarise you with some of the educational, organisational and social aspects of nursery. We hope you find it informative and that it will enhance the partnership between nursery and home.

We believe that every child should have the best chance to be the very best they can be. We are lucky to have a hardworking ELC team who encourage your child’s development. We also appreciate the important role that parents/carers play as we work together to help your child achieve their full potential.

Each person in our setting is an important individual and we hope our nursery will be a happy, caring and stimulating place for all. We look forward to welcoming your child and to working closely with you in the year ahead.

Should any questions not be answered here, please do not hesitate to contact us.



**Contact**

St Mary’s Nursery Centre

Skye Walk

Lanark

ML11 7NT

Telephone (01555) 678013

Fax (01555) 678159

Email: [gw14stmaryslannurser@glow.sch.uk](mailto:gw14stmaryslannurser@glow.sch.uk)

Website: [www.st-marys-lanark-pri.s-lanark.sch.uk](http://www.st-marys-lanark-pri.s-lanark.sch.uk)

**Meet the ELC Staff Team**

**Head of Establishment**

Donna Allen

**Principal Teachers**

Jennifer Fallon (ELC ASN)

Claudia Franchitti (School)

**Early Years Depute**

Heidi Love

**Janitor**

Andy Boyle/ Lee Reilly

**Cleaners**

Marjorie McKeown Andrea Yuill

Honor (Nora) Hamilton Lee Reilly

**Catering**

Susan Kennedy – Cook in charge

Catherine Beattie – Catering Assistant

**School Support workers (ASN)**

Carol Gilchrist

Helen Jack

Vivienne Reilly

Maggie Hamilton

Linda Sim

**Early Years Support Assistants**

Vacancy

Kelly Tierney

**Early Years Practitioners**

Jaydene Brown

Jenna Currie (Mat leave)

Lesley Gillan

Elaine Jones

Nicole Logue

Caroline Owen

Allison Paterson

Amy Pollock

Lucy Walker

Abby Dougall (Modern Apprentice)

Angela Smith (Temp)

**Clerical Support Worker**

Shari Cox

**Opportunities for Communication**

We value open communication between parents/carers and the nursery team. At the beginning of the session there will be a staff member at the door to welcome your child.

You will have the opportunity to talk to staff at the start and end of the nursery day or you can arrange a confidential meeting if there is something you wish to discuss in private. If you are unable to meet in person because of work commitments, please make an appointment to speak by telephone.

You can keep up to date with our latest news through newsletters, twitter, and school app and through learning journals. Also, our noticeboard is updated daily to provide information about what is happening that day and some of the learning that has happened. Look out for the newsletter as it is usually sent via email. These newsletters will also be displayed in the entrance to the nursery and on the school app.

Throughout the year, there will be an opportunity to discuss your child’s progress during parent consultations. A transition report is also provided during the final term of your child’s ELC year with us.

# Aims and values

At St Mary’s nursery centre, we aim to:

Provide a warm, welcoming, safe, secure and inclusive environment for all. Our environment is stimulating, responsive, fun, both indoors and out.

* + To provide an environment that encourages and values mutual trust. Where we have respect for every individual and their individual needs in a non-judgemental way.
* To foster the idea of Life Long Learning, excitement in challenge and an environment where motivation for learning is found.
* To ensure our younger children are encouraged and supported through South Lanarkshire Council’s planning for 0-5 years guidance document ‘Together We Can and We Will’.
* To encourage and support each child’s progress in becoming;

Responsible citizens

Effective contributors

Successful learners

Confident individuals

* To provide well planned, relevant, effective and stimulating learning opportunities which are developmentally appropriate, stimulating, challenging and build on each child’s own experiences and interests.
* To ensure and encourage children to express their views, make choices, influence decisions, and to be aware that these contributions are valued by others.
* To build on children’s self-esteem, encourage them to listen to each other and be confident when working with others.
* Our staff will be professional, respectful and enthusiastic. We will strive to build honest and caring relationships with all our nursery users.
* To provide a high-quality service that promotes development and learning for all and involves staff, parents/carers and children in the monitoring, evaluation and the development of the Centre.
* Staff will strive to have open communication with all stakeholders. We will make time to share information with parents/carers. Parent/carers will be included in their child’s development and kept up to date with their child’s progress.
* To encourage parents, carers, extended family, children and other agencies to be actively involved in the life of the Centre.
* To maintain strong links which have been built with parents/carers and other agencies.

|  |  |
| --- | --- |
| **Nursery Curriculum Rationale**  T:\NURSERY\NURSERY PHOTOS\Planning 2018-2019\FIRE PIT FRIDAYS\SEPTEMBER\DSCN6669.JPGOur curriculum is child-centred and inclusive. We value and recognise the experiences children bring from home. They are used as a starting point and through focused observations, interactions and exploration we strive to extend learning by linking them to the experiences and outcomes for the subject areas in the curriculum for excellence  These are:   * Language * Mathematics * Health and Wellbeing * Expressive arts * Social Studies * Sciences * Technologies * Religious and Moral Education   Planning is responsive to the questions and interests of our children so changes to planning may happen on a daily basis. Planning for learning is done collaboratively with children thus enabling them to direct their own learning. Please see the noticeboards for information and if you are able to offer any extra dimension to current interests being investigated, let staff know. We value the importance of the outdoors in improving health and wellbeing of our children using the wellbeing indicators-Safe, Healthy, Achieving, Nurtured, Active, Responsible, Respected and Included to ensure all children are supported and can realise their full potential. We are lucky to be located in a semi-rural setting which we regularly explore, venturing out to make this area part of our learning environment as much as possible.  Our curriculum is used alongside the Scottish Curriculum for Excellence (3-18) and is called South Lanarkshire Council’s Together We Can and We Will for 0 to 5-year-old children.  All your child’s experiences, when at home, at the shops, visiting relatives or at nursery are part of their learning experiences. As a parent you have a major role and are the most important person in your child’s life and learning. It is important that we share information about your child and what we do.  You will find displays in the foyer of learning experiences that the children have taken part. Showing artwork, photographs explaining what the children are learning about at nursery. The early years of children are ones of rapid growth and development. Children develop understanding in many different ways but they learn in an environment where they feel safe, secure, and confident and have opportunities for enjoyment. Children deepen awareness of themselves as learners by planning, questioning and reflecting. They consolidate this learning when they have the time and space to engage in activities in depth.  They develop their theories through investigation, first-hand experience, talk and play. The nursery uses National guidelines to plan and organise appropriate activities and experiences to help your child develop to their full potential. The nursery staff also observe the children at play to identify their individual needs and abilities. These observations and your discussions will assist the staff when planning opportunities to enable your child to become……  T:\NURSERY\NURSERY PHOTOS\Planning 2018-2019\June 2019\IMG_7409.JPG   * Successful learners * Confident individuals * Responsible citizens * Effective contributors   **Learning Journals**  Each child has an online learning journal which shows how their learning is progressing and any areas for development. We encourage parents to interact with these journals on a regular basis, making comments on staff observations and uploading photos of family, star moments and achievements from home.   |  | | --- | | We are always looking inwards, outwards and forwards to identify areas for improvement in order to continually improve our practice, the learning environment we create and the experiences we provide. We use ‘Realising the Ambition’ (Scottish Practice Guidance for Early Years) and How Good is Our Early Learning and Childcare (HIGIOELC) as core documentation to support us in providing a quality curriculum for our children.  **About us**  St Mary’s nursery centre is a South Lanarkshire Council run nursery, which caters for children from 2 years to 5 years of age. We are part of St Mary’s Primary School; and we are a multi denominational establishment.  The nursery is open 48 weeks of the year, closing for the two weeks over spring break, all public holidays, the two weeks over the festive period and all In Service days.  Our core operational hours are 8.00-12.35am/1.00-5.35pm or 2.5 days. We can also offer extended care from 8am until 6pm, including lunch.  T:\NURSERY\Website\Nursery garden photo.jpg  **Early Years Practitioners**  All children at St Mary’s are appointed an early year’s practitioner as their keyworker. They will be the main point of contact for you as a parent/carer, to liaise with you with regards to your child and to support your child’s learning and development. Our staff in the nursery work in shifts, starting early in the morning at 8.00am or later in the day to ensure that we have enough staff to look after the children throughout the day, 8am-6pm.  T:\NURSERY\NURSERY PHOTOS\Planning 2018-2019\April2019\22.4.19\DSCF6396.JPGT:\NURSERY\NURSERY PHOTOS\Planning 2018-2019\April2019\135___04\IMG_7206.JPG | |

**Positive Relationships Guidance**

In line with the Primary School, we promote positive behaviour in our setting with the expectation that children are safe, respectful and ready to learn. This is achieved through promoting positive relationships and understanding distressed behaviour.

Our expectations:

Use your walking feet in nursery and in the school

Kind feet and hands

Use kind words

Procedures we follow to promote Positive Behaviour

If a child has an outburst we will:

* Divert the child’s attention
* Ignore as much as possible
* When necessary, use ‘thinking time’ with an adult
* Offer comfort and reassurance when the angry outburst has subsided

If there is physical contact that is unwelcome we will:

* Intervene to support safe and respectful behaviour
* Remind child/children involved that we stay safe and use kind hands and feet
* Support children to find acceptable ways to communicate our feelings towards others

To help children restore relationships we will:

* Observe the situation
* Act as a mediator
* Encourage children concerned to resolve the conflict themselves using the St Mary’s nursery script: ‘Please stop, I don’t like that’
* Acknowledge the resolution
* If children are unable to resolve a situation themselves, staff will suggest ways in which the conflict may be resolved and encourage the children to choose the resolution which is fairest to all involved

We will consistently offer calm adult behaviour that models this guidance/practice.

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**Policy on partnership with parents/carers**

**Rationale**

* The purpose of this policy is to promote, support and maintain positive partnerships with parents and other carers by:
* Recognising parents/carers as the most important influence on a child’s development and learning.
* Respecting and valuing parents and carers as individuals with individual needs, concerns, interests and lifestyles.
* Acknowledging the special relationship and interest a parent or carer has in their child.

**Through this Policy we aim to:**

* Establish a welcoming environment for children and their families.
* Establish effective communication with parents/carers about their child’s progress and the nursery environment.
* Encourage parents/carers to become involved in the life of the nursery.
* Actively seek parents/carer’s opinion and ideas for improvement.

**Role of the Staff in achieving these aims:**

* To create a friendly environment where parents and other carers feel welcome, confident and at ease.
* To promote equality of opportunity for all parents and carers.
* To foster and develop an interest in the value of appropriate links between home and nursery.
* To provide frequent opportunities for parents/carers to discuss their child’s interests, the activities and experiences that they have and the development and learning that takes place, both at home and in the nursery.
* To plan regular opportunities for parents/carers to be involved in the monitoring and evaluation.
* To listen to parent/carers views and concerns.
* To take appropriate steps to address parent/carers concerns.
* To encourage and support parents/carers and others to take part in courses, activities and events organised by the nursery.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Settling In**  We aim to make the transition from home to nursery as smooth as possible.   * Before your child begins nursery, the Early Years Depute and your child’s keyworker will visit you and your child in the family home. This gives you and your child an opportunity to ask any questions and complete any consent forms before starting their placement with us.   To help with settling into nursery, parents can assist by:   * Explaining routines to your child e.g. who will bring them, collect them * Being patient and giving your child as much time as he/she needs * Informing staff if someone different will be collecting your child * Putting sun cream on your child before coming to nursery in warmer weather. * Naming all items of clothing. * Encourage your child to put on his/her coat and shoes to encourage changing independently. * Read any information on the notice board about activities, snack and lunch. Share this information with your child. * Letting us know if anything is upsetting our worrying your child or if you have any questions or concerns. We are here to help and understand.   **Remember, our staff are sympathetic to your child’s needs. We want them to be happy with us.**    As each child is an individual the length of time taken to settle can vary.  It is expected that you or a familiar adult would attend the nursery for a few days, leaving for short periods at first then increasing the length of time away from your child.  This time is extremely valuable as it allows you and your child to get to know the staff and familiarise yourself with the daily routines of the nursery.  Your child’s keyworker will complete a Personal Care Plan with you during this settling in period. This allows the opportunity for you to discuss your child’s likes and dislikes to ensure they do not become unnecessarily upset.  All these things will help ensure your child’s transition from home to nursery is as smooth as possible.  **Sleeping during the day**  If your child requires a sleep during the day, we recommend not using buggies as these restrict a restful sleep. The Care Inspectorate advise us that the best practice would be to use foldaway sleep mats, with individual sheets and blankets, washed after every use. The nursery will provide these for your child.  We monitor sleeping children every 10 minutes and record the times.  **Attendance**   |  | | --- | | Regular attendance is beneficial for your child. We ask that you contact the nursery if your child is going to be absent for any reason. Please try to drop off and collect your child on time and inform us if you are going to be delayed. |   **Illness**  If your child is unable to attend nursery **it is important** to contact us at the beginning of your child’s session to let us know the reason for their absence. Where no notification of absence has been received the nursery will make all reasonable attempts to contact you or the emergency contact.  We would ask that you keep your child at home if they have any ailment which is infectious or one which makes them feel unwell. If your child is suffering with sickness or diarrhoea, they should not attend the nursery for 48 hours. If your child has a fever/high temperature (37.5c or more) then they should stay at home until their temperature comes down to normal (approx. 36c)  If your child becomes ill while attending the nursery, you or the emergency contact will be asked to come and take your child home.  Please remember if your personal details change e.g., mobile phone number it is important to let us know. It is vital that you update personal information and emergency contact information.  **Arrival and collection of children**    A responsible adult over the age of 16 years of age should bring your child to and from nursery.  Parents/carers are asked to accompany children until they are safely handed over to nursery staff and they have been signed in to our care. We also ask you to keep your child away from doors and discourage them from opening the nursery doors especially the security doors.  If another person is collecting your child please let staff know in advance. At enrolment we will request a password from you, you should give this password to anyone unknown to us that you wish to collect your child on your behalf. For Health and Safety reasons, staff will not allow any child to go with someone not known to them without this password.  The nursery has a cloakroom where children have their own pegs where you can place their personal belongings. South Lanarkshire Council cannot be held responsible for the loss of any belongings, which are left in the cloakroom area of the nursery.     |  |  |  | | --- | --- | --- | | **Clothing for Nursery**  Your child should be dressed in comfortable, practical clothes which are easy to wash and easy for her/him to manage e.g. when going to the toilet. Some of our activities can be messy and although we provide aprons for children to wear, we ask you not to dress them in their ‘best’ clothes, but rather in their normal ‘play’ clothes.  Please provide:   * Nursery sweatshirt, t-shirt or cardigan. This is optional and can ordered from ALJ Workwear in Lanark High Street. * Gym shoes for wearing indoors/PE in the school hall (we will provide a named bag which will be left on his/her peg) * A full change of clothing e.g. pants, socks and trousers, top (in case of accidents) * Any nappies, wipes and creams that your child requires.   \*We can provide outdoor waterproof suits, snow jackets, hats, gloves, fleeces, and wellingtons for children to wear. If you have a suit or wellingtons that can be supplied for wear by your child or donated as is no longer a suitable size, we would gratefully welcome any offered.  **Please label all your child’s clothing clearly with your child’s name.**  **Please ensure your child is dressed appropriately for all weather types as we engage in daily outdoor experience in all weathers.**  There are certain items of clothing we like to discourage the children from wearing:  The wearing of football colours  Clothing with slogans that may cause offence (anti-religious, symbolism or political slogans)  Clothing which advertises alcohol, tobacco or drugs  We greatly appreciate your co-operation in this matter.  **T:\NURSERY\NURSERY PHOTOS\GREEN GROUP TERM 1\IMG_1072.JPG**T:\NURSERY\NURSERY PHOTOS\MRS B PHOTOS\IMG_8464.JPG  **Outings**  During enrolment you will be asked to complete an outings consent form which will give your permission for your child to take part in local outings e.g., outside play, local park etc. Throughout the year we endeavour to organise trips and outings which may involve transport. You will be asked to complete an individual form for each of these outings.  It is important that you return this form prior to the outing as it may result in your child being unable to participate.  We recognise the need for safety during these outings and we increase the staff-child ratio or ask for parent/carer helpers (who have been disclosed) to ensure your child’s safety.  Any transport used will have the appropriate safety checks and seatbelts and we only use bus companies which have been passed to use by South Lanarkshire Council.  **C:\Users\coxs60\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A03C7D3E.tmp[C:\Users\coxs60\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\30CC5AB.tmp](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=&url=http://www.lecroptnursery.com/health-promotion.html&psig=AOvVaw11KfeFSwQYTP1Jzc1l2ewL&ust=1564500406331053)**   |  |  | | --- | --- | | **Snack**  We are a health promoting nursery. We aim to encourage a positive attitude towards healthy eating and offer the children a selection of healthy snacks each day.  Children are actively involved in planning for and preparing their snacks as set out in the ‘Setting the Table’ Guidance. Snack will include fresh fruit and vegetables, cheese, yoghurts, cereal and pancakes etc. The children have the choice of milk or water to drink.  **Children who attend nursery for a half day 8am-12.35 noon and 1pm-5.35pm will be given a free two course cold ‘brunch/afternoon snack’ during their session.**  **Please make the school aware of special dietary requirements or any allergies your child may have.**  Snack will be provided free. Children are involved in choosing, ordering and purchasing items for the week’s snack.  **If your child is staying for lunch**, there is an option to choose a free hot or cold meal from the school canteen. Please see the poster on the nursery office door for food choices and to place your order. Water, and salad is provided with both options  .  Children can provide a packed lunch if preferred. Please follow healthy packed lunch guidance if providing a lunch from home. Ideas can be found here: <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes> Please note we are not able to provide refrigeration for packed lunches so please provide a cool pack with your child’s packed lunch to keep items chilled.  **Allergies**  We have a zero policy on food items coming into the nursery that may include nut products. We operate a Nut Free Zone as some children may be allergic to nuts, this includes chocolate/hazelnut spreads. These allergies are potentially life threatening and we would appreciate your co-operation in this matter.   |  | | --- | | C:\Users\loveh60\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\563EE45F.tmp | | |   C:\Documents and Settings\loveh60\Local Settings\Temporary Internet Files\Content.IE5\WWH94IAT\MC900437565[1].wmf**Photographs / Twitter / School App / Learning Journals**  In nursery we have the facilities to take lots of photographs of the children; these will be used in their individual online learning journals, in displays within the nursery and in albums for the children to look at. Children may also be involved in some filming experiences too e.g., filming the children singing or other productions.  We often use the School/Nursery App and Twitter to communicate with Parents and Carers to share photos and other information instantly. It is a closed account and can only be viewed by parents/carers who have been accepted by the Head Teacher. You can send a request to follow us: **St Mary’s PSNCLanark**  There may be occasions where we invite the local press to take a photograph to celebrate a special occasion or achievement to be placed in the newspaper etc.  **If you do not want your child to be involved in anything like this you must tell the nursery staff via our consent form and we will ensure they do not feature in pictures** **or productions**.   |  | | --- | | C:\Users\coxs60\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\38CB8C79.tmp**Tooth brushing**  As part of the Oral Health Promotion Programme, Childsmile, we are participating in a tooth brushing programme to encourage good dental health. The children brush their teeth each day and you will receive information about the Childsmile programme when you enrol your child at nursery.  Flouride varnish applications will also be offered to every child in the nursery from the Childsmile Team twice a year.  1,519 Cough Medicine Illustrations & Clip Art - iStock  **Medicines**  If your child has medical needs, it is your responsibility to bring this to the attention of the nursery team. Should medicines need to be administered by nursery staff, it must be prescribed by a doctor, in date and in the named original container. Medicines are only administered by staff after permission has been given by parents. Parents will be asked to complete and sign the appropriate medical forms before medication can be administered in the nursery setting. This includes nappy creams.  **Parents must give the first doze of any medication to ensure there is no allergic reaction.** |   **Nursery Charges**  Funded early learning and childcare (ELC) is available to all three and four year olds and eligible two year olds. From August 2021, the entitlement increased to 1,140 hours a year. Funding will begin from the Monday following their 2nd (if eligible) or 3rd birthday, unless their 3rd birthday falls between March and August when their funding will begin in the term in August.  If your child is not eligible for a funded place, then these sessions will be charged at £3.55 per hour and part hour.  You will be given relevant pro-forma on enrolment for payment of fees; payment is made directly to the local authority through ParentPay. This money will not be collected in the nursery.  You may be exempt from these nursery charges; when you complete an application form with us, you will be given an exemption form to complete which you take to your most convenient South Lanarkshire Council Q and A and they will then decide whether or not you will be exempt. You must then return the form back to us letting us know if you have been successful. |
| [Image result for parentpay uk](https://www.bing.com/images/search?view=detailV2&ccid=7O9Qxs1b&id=2203F1525CBC2FA32EFD64181F3D5719144C2588&thid=OIP.7O9Qxs1bxiXWzb5DYZ1RNgHaHf&mediaurl=https://img.cdn.schooljotter2.com/sampled/8543488/900/0/nocrop/&exph=911&expw=900&q=parentpay+uk&simid=608000581626168234&selectedIndex=96&adlt=strict)  **ParentPay**  Parent Pay is an online payment system for school meals, snack contributions, nursery charges and other activities, such as school and nursery trips. The nursery does not accept cash payments.  **What does ParentPay do?**   * enables you to pay for nursery snacks, trips and other items such as nursery charges online * offers a highly secure payment site * gives you a history of all the payments you have made * allows you to create a single account login for all your children that attend a ParentPay school * shows you all items available for payment relevant to each of your children * emails a receipt of your payment to the email address you register * offers you the ability to set automated email payment reminders   **How do I get started?**  We will send you an activation letter containing your activation code to enable you to setup your ParentPay account. If you have more than one child at a ParentPay school/s you can also add children to a single account providing one login for all children at ParentPay schools. |
| |  | | --- | | **Consent Forms**  When your child starts nursery you will be asked to complete a consent form which covers a variety of things such as; going on walks, allowing your child to be changed if they have an accident, permission for photographs to be taken etc.  **Accidents**  The nursery class and outdoor space are busy places and unfortunately accidents do happen. If your child has an accident, basic first aid will be administered by a member of the nursery staff. If your child has an accident which requires the attention of a doctor, we will contact you immediately. If your child has a bump on the head we will also contact you to let you know so you can continue to monitor their wellbeing after you collect them.  The nursery keeps an accident and incident log, and a copy will be given home. If your child has been involved in an accident or incident a member of the nursery team will discuss what has happened. | |

**Complaints Procedure**

We hope that you will be completely satisfied with your child’s education and be happy with the service the nursery provides. If you have any concerns or worries about your child, these should be raised with the nursery staff in the first instance. It is better that concerns are shared and resolved at school level, please be assured that your complaint will be dealt with appropriately.

If you are still unhappy with the service or with our response you can contact the Early Years team at council headquarters via the complaints form on the council website <https://www.southlanarkshire.gov.uk/info/200170/comments_complaints_and_consultations/579/comments_compliments_and_complaints_procedure>

**Child Protection**

We have a responsibility to look after the welfare of all the children in the nursery and throughout school. Staff with a concern about child protection issues are required to report the concern to our Early Years Depute, the Head Teacher and Child Protection Coordinator. If deemed appropriate the concern will be reported to the Duty Social Worker at Clydesdale local office who has the statutory responsibility for the protection of children.

**Professionals Visiting Nursery/ Information Sharing and Confidentiality**

All children’s records are treated as confidential and are stored securely. Parents have a right not to have their personal details passed to other people without their prior knowledge and consent. However, in Child Protection situations it may be necessary to pass on information about a child to the main investigating agencies e.g. Social Work Department at South Lanarkshire Council or Police, without parental consent.

Nursery can call on professionals from a number of different agencies/services for help and advice. These include Educational Psychologists, Speech and language Support, Health Visitors. Formal referrals to any of these agencies/services would only take place with the consent of parents/carers.



**We are a Balanceability Nursery**

Balanceability is the UK’s first and only accredited ‘learn to cycle’ programme for children aged 2 ½ to 6 years old.

Balanceability develops confidence, spatial awareness, dynamic balance and the skills to ride a bicycle without stabilisers.

Using balance bikes and other equipment sessions are constructed around games, challenges and new experiences proven to achieve desired objectives.

We have been offering children the opportunity to take part in the ‘Balanceability’ programme since August 2014. The children progress through two levels of training and receive a certificate as the pass each stage.

The introduction of the balance bikes has increased the all-round physical development of our children; Core stability, balance, spatial awareness, motor skills and sensory motor development have all been developed through the programme.

The children have also been developing their social skills through the balanceability group sessions. Practising and learning together as a group.

It has given the children and parents the confidence and motivation to try balance biking at home and to continue the skills learned at nursery.

Our aim is to encourage and support the children and their parents through the cycling process and to be able to experience the joys and fitness of riding a bike through their childhood years and beyond.



