



THOMPSON ROAD, UPLANDS, STROUD, GL5 1TE

01453 762409

admin@uplands.gloucs.sch.uk

www.uplandsprimarystroud.co.uk

Be Kind – Be Yourself – Be Part Of Our Community

Welcome to Uplands Nursery!

Settling your child into nursery:

Individual children are likely to respond differently to being dropped off at a new nursery for the first time. Some may confidently leave their parents/carers side and others may be a little more resistant to begin with. You are welcome to discuss the approach to your child's transition and we can discuss ways in which we can work together to ensure a successful transition into nursery for your child.

Many children settle into nursery gradually, by slowly building the hours up that they are with us. This helps them to feel safe and happy in their new environment. If their first session starts off too long they may become anxious about when they will see you again and it could make their next visit to nursery a struggle. An hour can seem a long time to a child in a new environment!

All children are unique and we want to work in partnership with parents/carers to ensure the smoothest transition possible for your child.

Your child's first session:

- Children can be dropped off at the wooden gate at the beginning of their session (9:00 for mornings and 12:30 for the afternoons. Staff will accompany them into the nursery classroom to put their belongings away.
- You are welcome to stay with your child 9:00-9:30 on their first day with us and then collect your child at 10:30. For afternoon session: You will stay 12:00-1:00 and collect at 2:00pm.
- The next day it will be necessary to stay with your child for another 30 minutes before you leave them. Your child may be able to stay the whole session or may need to be picked up earlier. It will all depend on your child's feelings.
- Be sure to always say goodbye to your child as you leave. They may react by crying but a member of staff will reassure them that you will return. If your child cries continuously for more than 10 minutes we will call you to return to them.

Ways to prepare for nursery:

Be excited when you get to nursery and smile lots. Your little one will be looking at you to help develop their feelings about this new place and experience. The more you can think and talk positively, the more your child will feel calmer and more reassured. Talk about the staff: 'Miss Greenow and Mrs Saha will be so happy to see you.'

Things to note:

- No shoes with laces are permitted. We recommend shoes with Velcro so your child can begin to take them on and off by his/herself. We also suggest clothes that allow your child to easily go to toilet, such as jogging bottoms that are easy for them to pull up and down.
- **All children must bring a bag with two changes of clothes each day.** We love water and playing in the mud kitchen! We will get dirty and wet – we are learning amazing skills while we do this, so please **always** bring changes of clothes and do not wear your best!
- Nappies: if your child wears a nappy then please be sure to pack these, along with wipes and nappy bags in your child's bag.
- Snacks: your child will be offered a healthy snack (between 10 & 10:30am/2 & 2:30pm). This is mainly fruit based, sometimes with breadsticks or biscuits too. Milk and water are also available. **Please provide your child with a labelled water bottle each day.** Inform us of any allergies.

Preparing for all weathers:

Please dress your child in weather-suitable clothing as we go outdoors in all weathers! Waterproofs and wellies should be provided on wet days and sunhats and cool clothing should be worn on sunnier days.





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Please note that when the weather is warmer, a labelled bottle of sun cream should be provided in your child's bag. Sun cream should be applied before they arrive at nursery and staff will reapply later in the session as required.

Packed Lunches:

Children that attend for the morning session/full day have the option of bringing a packed lunch. Lunch time takes place towards the end of the morning session at 12:00pm. If your child is attending for the afternoon session, please ensure they have eaten lunch before they arrive.

Please see the school's Health Eating policy for more information, available on the school website:

www.uplandsprimarystroud.co.uk

To encourage children to select healthy options in their life we have devised the following guidelines for parents:

A healthy lunchbox and snack should contain:

- Savoury items (Sandwiches, scotch eggs etc.)
- Yoghurts
- Fruit and vegetables
- A cake or biscuit or a cereal bar
- Nuts – **please do not provide nuts or any product containing nuts** (peanut butter/some cereal bars, etc) due to allergies within the nursery

Please ensure grapes/blueberries and sausages are **cut lengthways** due to choking hazards. It is advised that all foods are prepared in 'thinner strips' opposed to 'chunks' to support this.

We also request cutlery is provided in your child's lunch box if they will require it.

Staff will monitor what children eat each day to ensure they are eating a sufficient amount. Please be assured that feedback will be given to parents if staff have any concerns over the amount of lunch your child is eating. Please also note that fruit and milk is provided during both morning and afternoon sessions and so your child will be consuming these in addition to their packed lunches.

Drop-off and Collection:

Please be on time to drop-off your child as late comers disrupt the children's play and can make them upset. You must collect your child on time. For children to see all their friends leave while they are left behind is upsetting for them and will incur an additional cost of £5 per 15 minutes.

If you are late to drop your child off or early to collect your child, please ring the door bell.

Session times start at 9:00 and finish at 12:30.

For those doing afternoon sessions: The start time is 12:30, finishing at 4:00.

The Gate:

When you drop your child off at nursery please wait at the wooden gate and wait for a member of the nursery staff to come and unlock the gate for you. The nursery staff will open the gate at 12:30 when the session officially finishes, so please be patient. This measure is just to ensure the safety of all children, which is always our priority.

Tapestry:

We use this app as a way of communicating with you about your child's learning so be sure to click on the links when you receive them.

Any questions or comments please feel free to talk with a member of staff.

Many thanks,

The Nursery Team.

Mrs. McCaughey, Miss Greenow and Mrs Saha

