

# Welcome to



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## So... Why Rainbow?

Rainbow Nursery was established in 1990 at its present site in Barkston Ash. Its spacious buildings and grounds allow for facilities to be separated into 4 areas – Baby Nursery, Day Nursery, Preschool and Junior Club. Our 6 acres of secure private land, overlooking idyllic countryside, allows each area of the nursery to have its own dedicated outdoor space, as well as having a large playing field that enables all age groups within the nursery to mix together, giving them chance to socialise with older and younger children.



The Rainbow team are highly qualified, but more importantly, dedicated and passionate about their roles as nursery practitioners. They work carefully to plan your child's days to ensure they meet their individual needs. All activities are monitored and evaluated on a continual basis to ensure we are offering the best that we can.



Our ethos at Rainbow is simple, and is based upon basic principles of care, understanding and development. Our aim is to provide a service of the highest quality at all times in a loving, caring and welcoming environment. Through effective management systems we provide a stimulating curriculum which meets the individual needs of the children in our care, whilst allowing them to still have fun!

Fun is an essential part of childhood, and we have lots of that at Rainbow. Play is high on the agenda as we appreciate the social and physical benefits of it, but we also ensure that we learn along the way.

We have made large investments in our outside plays areas. The safe environment helps to develop motor skills, coordination and balance – plus having the equivalent of 30m<sup>2</sup> of space per child!! We do not believe in poor weather at Rainbow Nursery – just poor clothing. It takes extreme weather to keep us indoors at Rainbow!



Rainbow Nursery is open 52 weeks of the year, Monday - Friday, from 7.30am until 6.00pm - except Bank Holidays. The before and after school service runs for the 38 weeks of the North Yorkshire Council school term, and when it is not running, we instead offer a Holiday club for school holidays and teacher training days.



## Unique Child

Every child is unique, and not just because they are yours but because they are simply their own person.

We offer a varied day for the children at Rainbow and our aim is to ensure that the children are stimulated, educated and entertained. We have a flexible daily routine to ensure we can meet every individual child's needs. We follow your child's routine from home with regards to their sleep and bottle times to ensure the continuity of care between home and nursery. Each child has an allocated Key Person, who would be your main point of contact with regards to your child. A child's Key Person ensures that their individual needs and routines are being met when they are in our care. However, all the practitioners working in your child's room will equally know your child just as well – this is to ensure the continuity of care in the absence of your child's Key Person.

We provide a wide range of activities suitable for the individual needs and stages of development throughout the nursery, some of these adult-led and others child-led. Creative skills are encouraged giving children opportunities to express themselves through music, dance, painting and messy play. This is why we advise that you do not send your child to Rainbow in their best clothes.... Getting messy is lots of fun!



Children are encouraged to become skilful communicators from a young age. Right from the Baby Nursery the nursery practitioners constantly talk to the children, labelling objects as a child brings them to them, talking about what they can see and hear and what they are doing. This helps the children develop early communication skills. Throughout the nursery we have singing or story time at least twice a day –

children are encouraged to sit and listen to these. However, we understand that it takes time for attention spans to develop and if the children want to go and play then they can.

Our preschool Christmas productions are a testament to our success in how we develop skilful communicators – standing up in front of 40+ parents at 3 years old saying their important lines can be scary, but every year they do a fantastic job of this!

As the children grow we introduce them to elements of play that offer an appropriate level of risk and challenge in a safe environment. This helps to build the child's self-confidence and self-esteem, whilst also developing important life skills. These opportunities help your child to feel positive about themselves and develop respect for others around them.



We encourage all of the children right from our Baby Nursery to our Junior Club to be kind to others and to be polite. The nursery practitioners are positive role models to the children to ensure they are led by example.

We feel it is so important that every child feels safe and secure when they are in our care. Each child is unique and we take time to recognise each individual's qualities so they can be encouraged and developed.



# Your child at Rainbow

## Baby Nursery

Our Baby Nursery is children aged between 6 weeks and 2 years of age. We have 4 rooms in the baby nursery. The children are in mixed age groups, this gives the children opportunities to mix with both older and younger children.



The ratio within the baby nursery is one nursery practitioner to every three children and the nursery practitioners within your child's room stay in the same room so there is continuity for the children.

We understand the importance and benefits of sleep for children, therefore we have a separate room for the babies to go to sleep if they sleep in a cot. We also have pushchairs and sleep mats for the babies to sleep in the room if you prefer. As we follow children's individual routines we have children sleeping at different points during the day – however we endeavour to create a calm and peaceful atmosphere when the children are going to sleep. Children are checked on every 10 minutes when they are sleeping.

We ask that you provide formula or breast milk and bottles for your child if they have milk during the day. If your child is having formula milk, we ask that you send the formula milk powder premeasured in a powder dispenser along with sterilised bottles. To help us minimise the risk of bottles going missing we do ask that you label these with your child's name.

Your child will be provided with a box so that all of their belongings can be kept at nursery so that you do not have to remember nappies, baby wipes etc. every day.

## Day Nursery

Our Day Nursery is children aged between 2 and approximately 3 years of age. We have 2 rooms in day nursery. The children are of mixed age groups. The ratio within the day nursery is one nursery practitioner to every four children, the nursery practitioners within your child's room stay the same so there is continuity for the children.

Within the day nursery we begin to build on the children's independence. We have bathrooms that are custom designed for 2 year olds, including child height sinks and toilets. The activities that we provide for the children also encourage independence and turn taking. The children have a free choice of resources to enable them to choose what they would like to play with.

Your child will be provided with a box if they wear nappies to keep all of their nappies, wipes etc. in. You will also be provided with a Rainbow bag that you can use to bring your child's belongings to and from nursery.

In the day nursery we work on children's fine and gross motor skills and encourage imaginative and creative skills. The vast outdoor space that we have available for our day nursery children encourages their physical and social skills as well.

As with the baby nursery and preschool we follow the Early Years Foundation Stage to ensure that the children are making expected progress.



## Preschool

Our preschool children are aged from 3 and 4 years of age. There are 4 rooms within our preschool. The children are in mixed age groups. The ratio within the preschool is one nursery practitioner to every eight children. As with the baby nursery and day nursery the nursery practitioners within your child's room stay the same so there is continuity for the children.



As preschool is the last step before going to 'Big School' the nursery practitioners start preparing the children for this. This includes having register time on a morning, looking at days of the week, months of the year, beginning to count bigger numbers etc. We ask that you provide indoor shoes for your child, as well as outdoor shoes and wellington boots. This will get your child used to changing into their indoor shoes when they arrive at preschool as they will do at school.

We encourage the children's independence in preschool and will have leader or helper for the day. This child will help to set up the tables at lunch time, they will be the leader of the line when it's time to go outside and will help with other 'jobs' throughout the day.

We have our golden rules within preschool to encourage positive behaviour, we talk to the children about these on a regular basis to promote this.

As with day nursery there are child height sinks and toilets in preschool, and we encourage children's independence in using these. There are also potties available for the children to use if they prefer and nappy changing facilities for those children who wear nappies.

## Junior Club

Junior Club is our before and after school and holiday club. The children in the Junior Club are aged 4 to 12 years of age. Junior Club is open 52 weeks of the year, including teacher training days.



We provide a before and after school club service to, Athelstan, Barkston Ash, Saxton, Kirk Fenton, South Milford and Monk Fryston schools. We have 5 of our own minibuses which we use to transport the children. Children are supervised by our practitioners at all times.

Junior Club is all about the children having fun before and after school, although we do have quiet spaces so that the children can do their homework if they would like to. The Junior Club children have full use of the outdoor space at Rainbow, including the large well equipped play area.

Children attending before and after school are provided with breakfast and a light tea when they return from school. In the holidays we offer breakfast, a two course hot lunch and a light tea - except on trip days when we have a picnic lunch! There is always fresh fruit, juice and water available.

During the school holidays Junior Club operates for the full day. We always have a cram packed timetable of activities, including talent shows, themed days and BBQ's, and we make good use of our minibuses by going on outings to the seaside, National Railway Museum, Temple Newsam and Dalby Forest, to name but a few. You do need to book a place for any days that you require care for your children, and the holiday club does fill up quickly.



## Positive Relationships

Before your child starts at Rainbow Nursery we ask that you bring your child for an hour settling in session. This gives you chance to meet the nursery practitioners who will be looking after your child. It is also important to us that you pass on information with regards to your child's routine, stage of development, stage of weaning etc.

Your child will be allocated a 'key person' who you will meet on your child's first visit. The 'key person' is your child's main carer when they are at nursery, and they will also complete developmental records on your child in line with the Early Years Foundation Stage (see Learning and Development Section).

### What is a 'Key Person's' role?

Children thrive from a base of loving and secure relationships. A key person is a named practitioner with responsibilities for a small group of children. The key person will help those children in the group to feel safe and cared for when they are in nursery.

Although the children at Rainbow are allocated a key person, all of the nursery practitioners know all of the children just as well as they know their key children, this is vital should your child's key person be absent from work for whatever reason.



We feel that it is important for children to mix with different age groups, so as well as having mixed age groups within their room, the children mix with older/younger children when playing outside as well. We also feel that children being confident around other adults is important. So, as well as having the nursery practitioners who look after the children on a regular basis we also have nursery practitioners who do not work in a set room, giving children the opportunity to get to know different adults in a safe environment.

The rooms within each area of the nursery work closely together and although your child will have a set room which they will attend when they come to nursery, they will also have opportunities to mix with other children and adults by occasionally playing in a different room for a morning or afternoon. This encourages the children's confidence and also gives them the opportunity to explore new surroundings.

As well as developing positive relationships with yourselves and your child, we also develop positive relationships with outside agencies such as Speech and Language Therapists, Parent Support Advisors and North Yorkshire Learning and Teaching Consultants. Having positive relationships with such agencies ensures that we meet your child's development needs to the highest possible standard. Please do not hesitate to ask us about such support and advice should you require any further information.



# Learning & Development

Having fun is great! But we offer so much more than fun. We understand that Early Years are one of the most important times for learning. The nursery practitioners plan for every individual child's needs to ensure that your child is continually developing, in preparation for them starting school.

We follow the Early Years Foundation Stage Guidance to ensure that all children are developing as is expected for a child of their age, however we understand that every child is an individual and just because one child can walk at 9 months old, or tie their shoe laces at 3 years old – this does not mean that every child can do this. We track the children's development on a regular basis and if we did have any concerns, then we would speak to you with regards to this. We are always here for advice; the nursery practitioners are experts in child development so please just ask.

When planning for children's development we look at all 7 areas of learning within the Early Years Foundation Stage (EYFS):

## Personal, Social and Emotional Development

We encourage children to develop a positive sense of themselves and others, to form positive relationships and to develop respect for others. We encourage them to develop social skills, learn how to manage their feelings, to understand appropriate behaviour in groups and to have confidence in their own abilities.

## Communication and Language

At Rainbow we provide an environment that is rich with language and provide opportunities for children to communicate in a variety of ways and in a variety of situations. As well as communicating we also encourage the children to develop listening skills.

## Physical Development

With all of the outdoor space we have at Rainbow, children's physical development is high on the agenda. As well as physical exercise, healthy food is also a big part of physical development. The nutritious, home cooked food we provide at Rainbow aids this.

## Literacy

Children at Rainbow are given access to a wide range of mark making equipment from a young age. This gives children opportunities to develop the fine motor skills that they will need when they begin to learn to write. From the baby nursery right through to the preschool we read stories to the children every day and have an array of books that the children can freely access.



## Mathematics

We use our environment at Rainbow to develop children's basic mathematic skills, by asking the children how many cows they can see whilst they are playing with the farm, counting the number of children that are in that day or by singing counting songs. We also offer toys throughout the age groups that will develop children's understanding of shapes from basic jigsaws and shape sorters in the baby nursery to talking about different shape names in the preschool.

## Understanding of the World

Children's understanding of the world that they live in is an important part of their learning – we talk about our families at home, how plants and trees grow, and the objects that exist in our world.

## Expressive Arts and Design

We enable children to explore a wide range of materials which encourage them to share thoughts, ideas and feelings through music and movement, messy play and role play.

Everything we do during the day encourages learning. When it is raining outside and we splash in puddles we talk about where the rain comes from, when children are playing with the animals we talk to them about what noises they make – play is a very big part of learning.



# Outdoors

One thing we are not short of at Rainbow Nursery is outdoor space! Physical Development is a key part of a child's development and we've put a lot of time into our outdoor space to ensure it is as safe as it possibly can be. Our site is in excess of 6 acres with dedicated external play areas totalling over 6,000m<sup>2</sup> which is equivalent to 30m<sup>2</sup> per child when we are full capacity.

Our outdoor area has been designed and installed by a children's play area specialist, meaning full consideration has been given to learning and safety as well as fun. Children have the opportunity to play on or with:

- Bouncy Castle
- Swings
- Climbing Frame
- Slides
- Bikes
- Mud Kitchens

This of course is great fun for children, and along with our nature areas in the baby nursery, day nursery and preschool gardens, this gives children the opportunity to learn through nature.



The Baby Nursery Garden

Children at Rainbow are constantly monitored by the practitioners and the outdoor area is no exception. Safety and security are high on our agenda, giving you peace of mind and confidence. Minor cuts, bruises and grazes are all unfortunately part of growing up but our Accident Recording procedure ensures that these are dealt with and that you are informed of these incidents.



The Adventure Area

"Weather Permitting" is not an excuse at Rainbow, we will play outside whatever the weather as long as it is safe to do so. We have lots of all in one showerproof suits for the children to wear but do ask that if your child has their own waterproofs that you bring this into nursery for them.

As well as keeping dry from the rain we also ensure the children are protected from the sun, so we ask that you send your child with sun cream for us to apply as well as a sun hat. We avoid the sun between 11am-2pm and only stay out for short periods of time in hot weather.



Our 'Top Field'



## Mealtimes

Mealtimes at Rainbow Nursery are a social event, all of the children sit together with the other children in their room to eat their meals. A nursery practitioner sits with the children and encourages them to eat their meals and offer support where necessary.

From a young age the children are encouraged to sit at a table to eat, the children in the baby nursery who are unable to sit at the table will sit in a low feeding chair so that they are still at the same level as the other children.

Children at Rainbow Nursery are provided with nutritious food from our varied menu. All of our food is freshly prepared on site each day by our cooks. We provide the children with breakfast such as toast and cereal, a well-balanced two course hot lunch and a light tea. Our two week menu is displayed throughout the nursery so you can look at what your child has eaten that day when they have been in nursery.

If your child has an allergy or dietary requirements please make a note of this on your enrolment form and we can discuss this either prior to your child starting at Rainbow Nursery, or on their first visit. Our cooks have a lot of experience catering for dietary requirements such as lactose intolerance, wheat and gluten intolerance, nut allergies, egg allergies and soya intolerances.

We also cater for all stages of weaning – all we ask is that you keep us informed as to where you are with weaning at home and we will mirror this at nursery.

Children are offered water or cow's milk to drink (children under 12 months old just have water, under 6 months this will be cooled boiled water) with their meals. The children also have 2 snacks a day, usually mid-morning and mid-afternoon.

As we encourage the children to be independent, the preschool children have 'free flow' snack which enables the children to access fruit, breadstick or crackers themselves at any time when the snack area is open. This is monitored closely by the practitioners to ensure that children are not sitting at the snack table all morning. Water is available for the children to help themselves to all day in the day nursery and preschool. The children in the baby nursery are offered water at regular intervals during the day.

You do not need to worry about bringing bibs, flannels, cups etc. We provide all of these for your child. If you would prefer your child to have their own cup from home, this is not a problem, just please ensure this has your child's name on.

### Sample Menu

#### Monday

**Lunch** - Homemade Vegetable Curry and Rice

**Dessert** - Carrot and Orange Cake

**Tea** - A Selection of Sandwiches

#### Tuesday

**Lunch** - Turkey Tagine and Cous Cous

**Dessert** - Rice Pudding

**Tea** - Cheese and Crackers

#### Wednesday

**Lunch** – Fish Pie

**Dessert** – Yoghurt

**Tea** - A Selection of Sandwiches

#### Thursday

**Lunch** – Pork and Apple Casserole

**Dessert** – Homemade Sticky Date Cake

**Tea** – Spaghetti on Toast

#### Friday

**Lunch** - Chicken Arrabiata

**Dessert** - Peach and Ice cream

**Tea** - Homemade Scone



## Further information

### What you need to bring to nursery for your child

You need to provide nappies (disposable or reusable), baby wipes and nappy cream if your child wears nappies. We can provide nappies and baby wipes for you if this is more convenient – please see the letter enclosed regarding this.

We ask that all children have a full spare change of clothes at nursery. These will be kept in your child's box if they wear nappies or in their Rainbow bag if they are toilet trained.

If your child is in the process of potty/toilet training we ask that you send lots of changes of clothes as we have limited spare clothes at nursery.

We ask that you provide a bottle of paracetamol suspension for your child in case they require this during the day for a temperature or if you have requested this to be administered – you will receive a copy of our medication policy on your first visit explaining about medication.

You can also bring to nursery any comforters your child has i.e. dummy, blanket, teddy. We do encourage children not to have these during normal play, however we like to have them at nursery for sleep times and for if your child requires a little bit of comfort.

All of these belongings (except Paracetamol Suspension) will be kept in your child's box or Rainbow bag.

We strongly advise that all belongings you send to nursery have your child's full name on. Belongings do go missing from time to time, however they are much easier to locate if they have your child's name on.

### Settling in sessions

We offer 3 x 1 hour complementary settling in sessions for all children starting at Rainbow. You can book additional taster sessions should you feel your child requires these.

### Illness

You will receive a Sickness and Illness policy when your child first starts with us explaining about illness. If your child does need to be off nursery due to illness, payment is still required in full for the days they are absent.

### Payment

Invoices for the coming month are sent via email on the last day of the preceding month, and are payable within 30 days. A Direct Debit service is available and are collected automatically from your account on the nearest working day to the 12<sup>th</sup> of each month. We accept childcare vouchers for full or part payment. Terms and Conditions apply to all bookings and are available to view on our website.

### What to do next?

If you would like a place at Rainbow Nursery for your child, please complete the enclosed enrolment form. If you do not know some of this information i.e. child's name, date of birth, please just write to be confirmed and we can complete this at a later date. Once you have completed the form please return this to the nursery – there are no fees to pay at this point. The nursery manager will confirm that your enrolment form has been received. The nursery manager will then get in touch with you 12 weeks prior to your requested start date to confirm availability for the nursery place. Once your child's nursery place has been confirmed, there is a £40 non-refundable enrolment fee to pay.

If you have any further questions or need any assistance in completing the enrolment form, please contact the Nursery Manager – Lisa Watson on 01937 557115.

