

Aristo Tots

Nursery School

Returning to Aristo-Tots Parent Information



AristoTots

Nursery School

Hello 😊

Aristo-Tots Nursery would like to welcome you and your child back to join us and hope that over the next few days and weeks you settle back in and enjoy seeing friends and carers 😊

You will find some information for you for your return, we are here to support you at every stage.

If you have any questions, please speak to us anytime so we can be of assistance.

With Warm Regards

The AristoTots Team





Due to the changes at this time we will need each child to have the following things brought to nursery for us to keep here to prevent us from sending things back and forth.

What does my child need at nursery?

- ✓ **Clothing** – please dress your child in appropriate clothing to withstand nursery activities for both inside and outside activities. During the warmer weather please ensure children still have good coverage to not expose too much skin. As we are encouraging as much outdoor play as possible please keep clothing nice and cool for warm days.
- ✓ **Nursery bag** (no carrier bags please) – which contains 2 x full change of clothes. We will now keep the nursery bag here until we need to use items from the bag. Once we have used items we will send the bag home again to be refilled.
- ✓ **Weather appropriate wear** i.e. Sun hat to be kept here, a warm coat for the chilly days we may have, wellies if you don't have any here and wanted to leave them please feel free to. Please label these items with your child's name.
- ✓ **Dummy Comforters** – If your child has a dummy please provide a new one which we will keep here if you feel will help with settling/sleep times 😊
- ✓ **Medication if required** – we will require any allergy medication to be provided and left at nursery at all times. Children should not be attending with any other medication.
- ✓ **Toys** – we do ask that toys are left at home please. We cannot have any non nursery toys at the setting at this time
- ✓ **Personal items** – if you would like to provide your own nappy creams, bottles, wipes etc. This is absolutely fine, please bring them in labelled with your child's name.

- ✓ **Physical supports** – should your child require any items to support them daily then we welcome you to bring these in. These could include wheelchairs, crutches, walking frames etc.
- ✓ **Sun Cream** – We will be providing sun cream as normal, however if your child will require to use their own brand please provide a bottle that will stay here with us at the setting and we can let you know when this is running out to provide a new bottle. Please label any personal bottles of sun cream.
- ✓ **New Water Bottle** – Children will need to bring a new water bottle in to keep here at the setting. Please ensure this is dishwasher safe and could you refrain from using the bottles with straws as these prove difficult to clean correctly. Please label the bottle with your child's name.



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Nursery School

What Nursery Provides For Your Child?

Meals

Our nursery prepares a well-balanced menu which caters for all children regardless of their dietary needs. We are currently working with a flexible menu due to food delivery and stocks available from suppliers

Our Meals are offered as follows:

Breakfast - 7.30am-8.30am

Snack - 10am

Lunch - 11.30am (Hot cooked meal followed by dessert)

Tea - 3pm (Lighter hot/cold options followed by dessert)

Drinks - water or milk only (milk alternatives available)

Children 0-2 years old have a named tommee tippee free flow beaker

Children 2-5 have named water bottles (free flow).

Cups for milk at snack time

Health and Hygiene Resources

Wipes (Tesco unfragranced)

Nappy Creams - Sudocream

Suncream - 5 star rated UV cream

Fully stocked first aid kits and eye washes

Babies Essentials

Formula Milk (not follow on milks)

Bottles/Beakers (labelled with the child's name)

Bibs

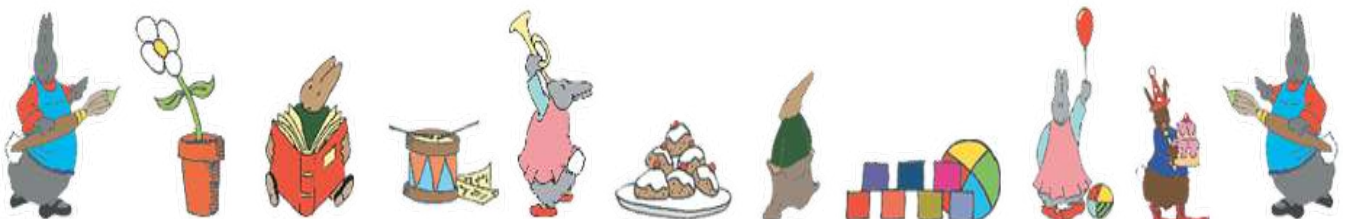
Bed-time

Cots for babies (0-1 years)

Sleep mats for children over the age of 1 years old

Fitted sheets - changed and labelled with your child's bed label

Blankets - changed and labelled with your child's bed label





Preparing Your Child For Return To Nursery

We fully appreciate that returning to nursery can be daunting for you and your little one. Rest assured we fully understand this and we have our new routines in to ensure you and your child are at the centre of it all.

- ✓ **Stay Calm and Be Positive** – Your child will look to you as being their ‘safe place’ and if you are not calm this can have a unsettling effect during your child’s early days at nursery. Talk about nursery in a positive way and share all the exciting adventures your child will get to go on along with playing with friends and carers.
- ✓ **Reassurance** – The new routines may cause some confusion for the older children, there will be a friendly face to greet them in the morning at the gate and take them through to see their friends in the bubble group. Please ask any questions on tapestry and the bubble staff will be able to respond to your questions.
- ✓ **Staff** – We will notify you on Tapestry on who the staff will be caring for your child’s bubble which you will be able to share with them. We are trying to place children into groups where we know they have friends which will hopefully help settle them back in and they can look forward to coming into to see them.
- ✓ **Our parent Facebook closed group** – please join the group if you haven’t already done so, we put regular updates on there and also there is a video to show you how to use the entry points.





How to drop off and collect children

We have in place new drop off and collection procedure for all areas which can be seen on a video we posted on our Parent Facebook Page, however please see the information below to follow these steps. Please remember only 1 person can drop off and collect per family, please do not come with others.

Only children and staff are able to enter the nursery and pre-school buildings, drop off and collections are done at the front door and the pre-school garden gate.

We have set out two metre distancing tape on the floor as a guide if there is someone in front of you, please wait until the drop off point is clear.

Using the NURSERY building –

- *Please use the marked areas to make your way to the entry to the main building
- *There is a table with hand sanitizer, blue roll, and antibacterial spray for you to use
- *You will not be able to use the fingerprint system there are new doorbells on the left hand side of the door. Each group is labelled so please ring the correct bell
- * A member of the bubble team will greet you at the door, taking messages from you and welcoming your child to nursery.
- *Please follow this procedure for when you collect after your session.
- *Please wait at the yellow line at the front of the line until the person in front of you on the walk way has dropped off or collected
- *Please do not park in the disabled bay unless you are a blue badge holder, and we will ensure you can use this area
- *Due to only 1 person being on the walk way please keep the area free, if you need to pass on any detailed information please use tapestry and your staff members will be able to communicate with you
- * Please make your way back into the car park where you will be able to leave the setting

Please follow this procedure for when you collect at the end of your session

We continue to support social distancing for all adults so please ensure you carry this out in the car park areas at all times.

Thank you for all your support 😊

Our Staff Team

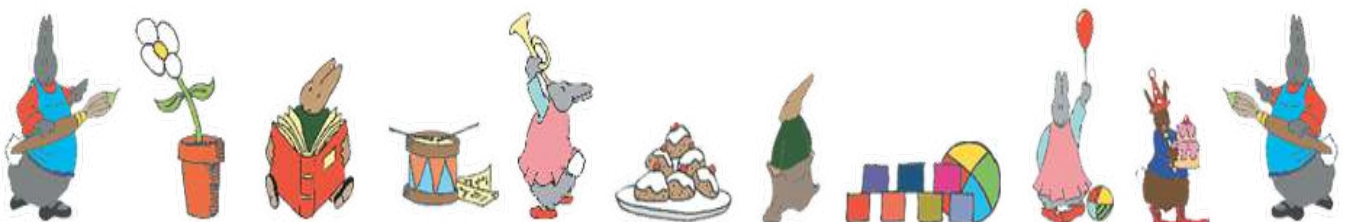
Over the coming weeks our staff team will grow as the children begin to return to nursery and Pre-school.

The staff that we bring back will be those whom work in the areas that have the children returning to us. These staff will have all had return to work training, completed a Covid-19 training course, new policies, cleaning schedules and have read or return plan. We will support our staff team continuously throughout to ensure they feel confident with our procedures.

The staff will be uploading to the children's tapestry for you as normal with photos and links each week. Please use your tapestry to ask any questions or pass on any information to staff members.

Our staff are really excited to be joining the children once again and look forward to seeing you all soon.

We of course look forward to welcoming some staff back over the next few weeks 😊



What Happened to my world...

With Excerpts from "What Happened to My World" by Jim Greenman

Children need our calm, empathetic presence more than ever. They need accurate information offered in "just right" amounts. They need emotional connections, predictable routines, and practical strategies that can help reduce their risk of exposure to COVID-19, while increasing their resilience and sense of control.

General Guidelines

- Be aware of your own reactions and fears. Children notice our anxiety through both verbal and nonverbal cues. Model healthy self-care by continuing to exercise, get adequate sleep, connect with others, and eat a nutritious diet. Children base their responses on those of the adults in their lives. They need a calm, reassuring perspective.
- Remind children that family members, teachers, and others care for them and are there to keep them safe and healthy. Local and national community health and government leaders are also working hard to prevent the disease's spread.
- Ask children what they already know or if they have any questions. Offer age-appropriate information based on their responses. Very young children need simple explanations, such as, "Some people have been getting sick. We are being extra careful so we can stay healthy." Elementary-age children will likely want a few more details. Every child is different and it's important to tailor your conversation to your child's developmental level and needs.
- Listen to children's fears and concerns. Offer empathy and understanding, but also help them realistically reframe their fears.
- Limit television and social media coverage. Repeated media exposure causes anxiety in children (and adults). Children don't know a repeated news story is about the same situation vs. a new incidence. Get the facts from a credible news source and then turn the news off. Tell children that the information they get from others or the internet might not always be reliable. Ask them to come to you instead.
- Understand that behavioural changes such as irritability, sleeplessness, or changes in appetite are a child's way of communicating anxiety. With extra comfort and reassurance, these behaviours will likely subside. Contact school staff or a mental health professional with concerns.
- Maintain your typical routines as much as possible. Rituals like bedtime stories or after dinner games or walks anchor children in normalcy. Intentionally build emotional connections through play, music, art, conversation, and time in nature.
- Take positive action to stay healthy. Teach children to wash their hands frequently with soap and water. Cough or sneeze into a tissue or the bend of your elbow. Keep their immune system strong with exercise, a healthy diet, and adequate sleep.
- Limit nonessential travel and visits to public places, such as museums, concerts, or shopping malls. Stay home if you're sick and avoid close contact with those who are ill.
- Show compassion and empathy for those impacted by the virus. Avoid making negative or stereotypical comments about others, such as blaming a group of people.

Talking Points for Children

Children vary widely in their need for information and their ability to understand it. Tailor your conversations to fit your own child's situation, considering the following topics:

- The risk of children becoming seriously ill is small. School and health officials are working to keep people healthy.
- Family members, friends, and school staff care about your health. Feel free to share your concerns and questions with an adult you trust.
- The coronavirus is spread through close contact with someone who has the virus, through droplets in the air (from coughing and sneezing), or through touching an infected surface.
- Symptoms of the virus are usually similar to the common cold or mild flu—fever, cough, or shortness of breath.
- There are many things you can do to stay healthy:
 - Wash your hands with soap and water before meals and after you use the bathroom, wipe your nose, play outside, or handle animals.
 - Cover your mouth with a tissue or the bend of your elbow and wash hands afterward.
 - Use soap or a hand sanitizer if soap is unavailable. Frequently clean toys, counters, tables, and other surfaces with a sanitizing cleaner.
 - Stay home. If you do have to go out, keep some distance between yourself and others. Wash your hands and avoid touching your eyes, nose, and mouth.
 - Get enough sleep, healthy food, and time outdoors.

