

# The learning tree day nursery

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## Young children's review

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January 2015

How we made our setting healthier.....

### BEFORE:

Snacks and mealtimes were somewhat chaotic. We noticed that children's wellbeing and involvement scores were low during these times and it felt the children did very little and it was more of a "system" rather than a positive experience where the children could be independent learners.

The children have thrived through being given more independence during tea and snack times and the changes we have implemented. Staff now sit with the children and share the same meal as them. Children cut all their own fruit and snacks and butter, toast, crackers etc. The children's wellbeing and involvement scores are higher at these times now.

We purchased a trolley which means the children can now help with cleaning up after lunch and snacks, this has increased their involvement and independence at these times. We asked the children shall I clean your plate? "No me do it, me do it myself" Max aged 2.



Children self serve now all their own food.

"I can do it, I can do it by myself, I like rice" Oliver age 3

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Staff enjoy meals with the children, this has helped provide lovely conversation opportunities during lunch time and a "family" feel.



Staff have also been eating and drinking more healthily as we encouraged this. The children noticed fruit in water and asked: "Jennie can I have water like yours" We let the children chose fruits lemons and cucumbers and pineapple and the children chopped and added them to their drinking water at tea time. This is happening daily now.

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Children can now access drinking water throughout the day independently.

"we can get water over there" Alfie age 3

"I push the button and put a cup under" Otis age 4

PARENTS VOICE: " It's lovely to see her being so independent, it's going to really help her get ready for school too'

"Drinking water is essential, my child loves drinking I like seeing it in the nursery"

"Great independence"

"Love my son being so independent at nursery, he helps at home now asking to cut fruit and vegetables all the time"

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We increased the amount of varied and planned physical play activities and experienced led by practitioners every week.

**BEFORE:** The children had some limited experience of Forest school just once a term. The children spent most of the session travelling to the forest school on a mini bus 45 minutes away. The session was always the same.

**NOW:** Children attend Forest school weekly linked with Peasedown school. The children enjoy varied sessions, which are run by our very own staff. The children can now walk to Forest school and their families can attend too. We have so far experienced willow witteling, snack outside, den making, pond skimming, bug hunting and with the seasons this changes. Children's confidence is higher, they are accessing fresh air for longer periods of time, their wellbeing scores have increased.

Because we now have a level 1 forest school leader we have also increased the varied play at our nursery daily.

What parents think.....

" we love the sessions, we have started going to the local woods on Sundays now"

"It gives all the children an opportunity to do something they would not normally get to do"

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