

Gwobr Ansawdd Genedlaethol
Rhwydwaith Cynlluniau Ysgolion Iach Cymru



Welsh Network of Healthy School Schemes
National Quality Award

**Healthy and Sustainable Pre-school
Scheme National Award
Re-assessment
Gelli Aur Flying Start Playgroup
March 2023**

**Completed by
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Leadership and Communication

Gelli Aur Flying Start Playgroup were awarded 'The National and Sustainable Healthy Pre School' award in June 2015 and this is the 4th reassessment. It remains to be clear that health promotion has continued to be a high priority for the nursery. Practice has been maintained and improved regarding health and wellbeing at each stage. Sally Brown and her team have continued to maintain the Healthy and Sustainable Pre School-Scheme at the setting. They work with the children and the community to raise awareness of health messages and provide support to put these into practice which is fully supported by all staff which is clear to see. There is a strong and consistent leadership which has placed health and wellbeing at the heart of the nursery to promote the aims of the scheme. The setting has completed a full policy review and this is done annually or when necessary. The nursery manager Sally Brown and is pro-active in accessing training for the staff, in order to keep up to date with current practice

Setting staff have continuous training. They have attended the new Curriculum training and forest school training, they have also attended training at Stackpole woods to promote this. All staff completed the necessary C19 infection prevention training. Adventures with Alice training has been attended which promotes developing the child's curiosity. A Speech and Language therapist has now resumed her visits to the setting.

Mandatory training is kept up to date for all staff. Staff working at the setting are qualified and experienced and they have access to ongoing training to improve their knowledge and practice. The setting has two sessions per day, five days a week. The setting has a very informative 'Seesaw App' which informs parents throughout the day of any ongoing messages and helps with the day to day running of the setting. It is used to inform parents of any news and health promotion and promote the settings day to day activities, so they are all fully aware of ongoing activities the children are participating in.

Welcome packs and registration forms include Public Health Wales Immunisation and Vaccination status forms and induction visits always highlight the importance of vaccinations and signpost when necessary.

The setting has an equal opportunities policy in place as well as arrangements and procedures for supporting children with particular needs.

Staff are continuously attending training to include Paediatric First Aid, Child Protection and Basic Food Hygiene.

The setting received a CIW inspection in June 2018 which was very positive.

Recommendations

- *Update new staff of the setting's involvement and continuous progression of the scheme.*
- *Continually review and update food and drink provision in line with local and national guidance*
- *Promote Healthy Pre School awards on SEESAW*

Planning and Delivery

Gelli Aur Flying Start Playgroup has clear planning and delivery in place to ensure all aspects of the scheme are ongoing and embedded into the daily routine of the setting. However with the new curriculum and the 'Four Purposes' a curiosity approach to learning is embedded into daily activities throughout the day to enable children to lead on child initiated play as well as physical development and quiet time as they need it. The outside play area is always assessable and appropriate weather gear is available for all children. Activities are reviewed and parents are informed of progress through observations and parents have feedback every day through the Seesaw APP. Play is an integral part of each daily routine within each session. New assault apparatus has been bought to allow children to build their own course and promote balancing and climbing.

There are many resources and initiatives built into the daily routine such as 'Busy Feet' and the nursery continues to be part of the 'Designed to Smile' programme where they have achieved the 'Gold' award. This was reintroduced in April 2022 and all staff have been retrained.

Children have access to choose from a wide range of toys and games in addition to completing activities which are in separate areas of the setting. The setting provides a very nutritious snack and on assessment had an array of fruits and toast to offer the children. Snack menus are on display for parents to see and on the Seesaw APP so parents are aware of what their children are eating daily. The setting have a food choice system to offer the children from a board which they choose from every day next to their picture and then this is served to them at snack time. This helps the children to decide for themselves to choose what they want that day. Toast, cereal, breadsticks, or crackers to go with the fruit on offer that day. The nursery has been awarded a 'Level 5' food hygiene rating by the Food Standards Agency. Children have the opportunity to be involved in many activities around food to include planning growing and then eating it.

Ethos and Environment

The ethos and environment of the setting continues to be health promoting in every way. The setting is very caring and supportive of children, staff and parents. The wellbeing of all members of the setting community is evident by the continued implementation of initiatives addressing the well-being agenda. Children with ALN are fully supported, and staff have attended training in this area. External agencies including, Designed to Smile, Health Visitors, Flying Start and Early Years advisory teachers come into the setting to further support staff children and their families. The Barnados 'PATHS' programme has been adopted and is fully operational. The setting has a very well promoted PATHS corner. Also a staff member has been recommended to be videoed for her good practice for future training by the PATHS coordinator. An open-door policy ensures a positive and friendly environment for children, staff, parents and visitors. Service reviews and questionnaires are regularly given to parents and partner agencies so improvements can be made or to just clarify good practice is ongoing. It is visible that children and staff are completely at home within the setting. There are many displays within the nursery where the children have participated in developing so are involved in the learning process.

Outdoor play is an integral part of the daily timetable, and the outside area is vast with ample equipment and resources to promote and develop children's physical movement and wellbeing. The setting is based within the school grounds where there is a wide variety of opportunities to use the schools' facilities to widen their opportunities to explore the wood land area and the new path through the vast field area adjacent to the setting. SKIP resources continue to be used regular along with Busy Feet/ Sticky Kids which are used daily. Bikes, balls, hoops are always used for free play. Sports day has been held with parents spectating after the Covid pandemic.

Craft stays inside the setting and children are encouraged to stand whilst doing craft activities instead of sitting. New furniture has allowed children free access to equipment allowing more independence and children are encouraged to access equipment themselves and also learn to tidy up. New furniture is movable to allow access for music and movement. Photographs of this is sent to parents to see via Seesaw. A hut has been built on the outside area so activities can take place in all weathers with some shelter form the elements.

The setting has had a local 'National Parks' ranger visit to introduce forest school ideas to the setting but also show them how to make the most of the environment and natural resources around them. The premises have adequate space and natural light. The settings continue to recycle waste and children often do activities to support this. Safety week was celebrated and the setting has continuously review the "health and safety risk assessment" procedures to ensure continuity and safety. Covid 19 Restrictions and information has been constantly promoted and sent to parents in order to comply with legislation.

- *Ensure all information displayed is current and up to date.*

Family and Community Involvement.

Gelli Aur Flying Start Playgroup has developed good home community links again using lots of outside agencies to build up and establish support to again meet the criteria and develop networking and partnerships to maintain standards. This is a playgroup which aims to ensure that all their children get the best start possible. Parents are welcomed in several ways and provided with numerous opportunities to contribute and comment on all aspects of the setting. Over the covid era obviously this has been more difficult however the setting welcomed parents in the break between sessions the to keep the staff and premises safe from C19. The setting uses the seesaw family app to inform parents of activities that the children have participated in and the setting distributes information via this to inform parents of upcoming events and these are also displayed within the setting. Gellu Aur Flying Start Play group has a very informative up to date notice board for all the parents and staff to access. Annual questionnaires, quality assurance, newsletters, welcome packs, suggestion box, parent information table, displays, induction and settling in procedures all aim to strengthen family and community involvement. Strong links have been made with D2S, Speech and Language and Family Information Service. The setting has regular support also from the Early Years development Team. The setting is continually working on building links with the local schools to ensure that children have a good transition.

This report provides only a flavour of the health promotion work the 'Gelli Aur Flying Start Playgroup' undertakes. Congratulations to all staff and partners for their continued support for the Healthy Pre-school Scheme and making sure the scheme is embedded into your whole approach to caring for your children and families.

Mary Jones
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