

St. Bernadette's Nursery Class



Edward Avenue, Falkirk FK5 4XR

01324 503404

<https://twitter.com/StBernNursery>

August/September 2025

A warm welcome

We would like to extend a warm welcome to all our new children and parents. We would also like to welcome back the rest of the children and parents after our Summer break. We hope our newsletter will inform you about events and activities happening during this term.



Staffing

The staffing in the nursery this session will be as follows

Cat —Senior Early Years Officer

Sarah - Early Years Officer (Orange Group)

Fiona —Early Years Officer (Green Group)

Sandy Early Years Officer (Purple Group)

Susan —Early Years Officer (Red Group)

Rachel — Early Years Officer (Blue Group)

Pam —Early Learning and Childcare Assistant

Sharyn —Early Learning and Childcare Assistant

Lisa —Support for Learning Assistant

Nursery door

The door will open at 9.00am for drop off and then 2.45pm for collection. All children must be collected by 3.00pm.

Please remember to sign your child in and write who is collecting your child at the end of the day, along with what time they are getting collected at.

Health Checks

Please remember it is **Falkirk Council Policy** that a child should not return to school or nursery until they are **48 hours clear** of any sickness / diarrhoea illness. (for example if your child was last sick at 7.30pm on a Saturday night, they are 48 hours clear on Monday at 7.30pm and can therefore return on the Tuesday if they feel well within themselves)

Regular checks for Head Lice are always recommended.



If your child is unwell the best place for them is at home. We cannot ensure children stay inside when recovering from illness as we are an outdoor nursery and children can spend a large part of their day outdoors.

Shoes in the ELC

Can we ask that no 'croc' like shoes are worn to ELC as we have noticed an increase in the amount of children having accidents and getting hurt due to them falling off the crates and other loose parts while wearing these.



Sunflowers

Please feel free to send us photographs of your child's sunflower that they planted with us before the summer holidays.

This can be uploaded on their online journal or sent via seesaw.



Improving our environment...

We are looking to see if anyone has any old jewellery they no longer use that they would like to donate for our nursery home corner, along with any empty perfume or aftershave bottles.

Activities in Nursery

Every Monday we have Miss Risk from Tiger Cubs who comes in to teach us Taekwon-Do.

Every Thursday morning the children have the opportunity to go to the school library.

Every Friday the children have the opportunity to go to the school gym hall.

The children have the opportunity to go into the big garden with the school children for shared playtimes most days.

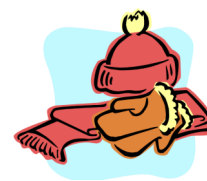
Items in nursery bags

Please do not send **any** food, drink or medication in your child's bag for nursery. We have children with **severe** allergies in the nursery and sometimes the children go into the bags and bring things out that they shouldn't which may be harmful for others.

If your child required medication to be given in nursery please speak to a member of staff and fill in a medical form for this.

Appropriate Clothing

Please ensure that your child has appropriate clothing for nursery. As the weather is getting colder over the next couple of months, we ask that you provide your child with a hat and gloves which can be kept at nursery.



We also ask that your child has their own pair of wellie boots and waterproofs which can be kept at nursery.

We understand that the cost of living is increasing at the moment so if you are unable to provide these items to be kept in nursery, please speak to Cat.

Please make sure your child's name is on these items. It would also be helpful if you could make sure there is at least one change of clothes in your child's nursery bag.

If your child borrows nursery clothes, could these please be returned once your child has finished with them.

Wheelie Wednesday



Wheelie Wednesday is when the children bring their bikes or scooters (**with their helmet**) with them to nursery. We then go into the big garden in the afternoon where they have the freedom to explore the grounds on their bike or scooter!

The children loved Wheelie Wednesday last term and this is something staff are keen to continue.

We will do wheelie Wednesday for the following 6 weeks and then stop for the winter months.

Wednesday 17th September

Wednesday 24th September

Wednesday 1st October

Wednesday 8th October

Wednesday 29th October

Wednesday 5th November

You must sign a form to give permission for your child to participate in this. Staff will have these forms at the door over the next few weeks for you to sign.

Outdoor Play and Learning

Our staff are huge believers in outdoor play and learning, and the benefits it has on children's learning and development. Our children have access to their outdoor environment throughout their day and choose to access it as they wish.

Many of our children engage in 'risky play'. As a parent, this may seem daunting but it is a huge part of our day to day life. Staff support children to challenge themselves during their play. This might involve climbing up a tree, walking along a wobbly plank, rolling tyres or using real life tools. The children are encouraged to assess obstacles prior to attempting them and are always encouraged to 'give it a go' to challenge themselves.

Accidents do happen, and sometimes your child may have a wee fall or tumble. This is all part of the learning experience and observations have shown us that our children are becoming more resilient, meaning they just get up and try again. Staff ensure that children are taking safe risks that cannot cause serious injury or harm.

Communicating to parents

Staff will only be using SeeSaw to send out messages about group events/activities and to let parents know about anything that is coming up in ELC.

Our main platform for sharing pictures will be the Online Learning Journals.

Every child has their own Online Learning Journal. Staff will update this with significant observations of your child at least once a month. There is a section on the left hand side that says 'parent contribution'. Please feel free to add pictures onto your child's online journal so we can what they have been doing at home.

Star Moment

+ Parent Contribution

If you have forgotten your log in details for the Online Learning Journals please tell Cat and she will resend them for you.

You can also follow us on Twitter using the @stberrnursery tag. Twitter will only be used for sharing good practice and for alerting parents to things happening in the local community and retweeting any useful information.

Stay and Play

We would like to invite parents and carers to along to our 'stay and play' sessions.

These sessions are relaxed and give your child the opportunity to show their grown up what they like playing with in the ELC and they allow you to see your child in the ELC environment.

September dates

Tuesday 30th September 9.00am– 9.45am

Thursday 1st October 9.00am-9.45am

We will have various opportunities to come in during the year so please don't worry if you can't make the above dates.

If you would like to come to this please tell a member of staff what day suits you best to come.

The dates for November, March and May's stay and play will be in next month's newsletter.

Family Photograph

We would love for all of our children to have their family photograph up on our wall in the nursery.

If you could please e-mail a family photograph to Catriona.kinnaird@education.falkirk.sch.uk staff will print this out for you so your child can see themselves on the wall.

Thank you to those who have e-mailed this over already.

Busy Things

We have renewed our account with Busy Things. This is a website that we use on a daily basis in the nursery with a variety of educational games.

For access at home please use the following details:

www.busythings.co.uk

Username: **home4938**

Password: **sweets0943**



Lending Library

Outside our ELC door is our Lending Library!

You will find a yellow folder in the green dinosaur where your child has their own page in this folder. Please write the number of the book you are borrowing and the date you have borrowed the book. When you return the book, please write the date that you have returned this on.

Staff will monitor this on a termly basis and add more books. If you have any books that you would like to see in the lending library, please speak to Sarah or Lisa.

Please feel free to look at these books with your child when you are waiting to come into nursery, but please put these back in the dinosaur to help us keep it tidy.



Setting the Table

The Scottish Government have updated the guidance that we must follow in regards to snacks and meals provided for children during their time in the ELC setting. Due to these changes we are now unable to bake birthday cakes for each individual child during their time in the ELC but we will however continue to provide baking opportunities for each child. When it is a child's birthday in the ELC we will celebrate this in another way from now on.

We are unable to accept any form of sweets/treats from parents to hand out to children on special occasions.

ELC Lunch Menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	FISH FINGERS PEAS & SWEETCORN POTATO DICE	LENTIL SOUP SUPER BEEF GRILL SERVED IN A WHOLEMEAL BUN CUCUMBER	CHICKEN GOJONS BEANS WEDGES PEPPER STICKS	LENTIL SOUP CHEESE OR CHICKEN SANDWICH MIXED SALAD	TOMATO PASTA GARLIC BREAD SWEETCORN
WEEK 2	LENTIL SOUP CHICKEN OR CHEESE FINGER ROLL CUCUMBER	TOMATO PASTA CRUSTY BREAD CUCUMBER	MACARONI SWEETCORN MIXED SALAD	BAKED POTATO SALMON OR CHEESE MIXED SALAD CUCUMBER	MINCE PIE CARROTS & PEAS MASH
WEEK 3	TOMATO PASTA CRUSTY BREAD SWEETCORN	LENTIL SOUP CHEESE PIZZA SLICE CUCUMBER STICKS	BREADED HADDOCK SWEETCORN DICE	LINDA MCCARTNEY SAUSAGE BEANS CREAMY MASH PEPPER STICKS	HOMEMADE CHICKEN CURRY (V*) RICE CHAPATI CUCUMBER STICKS
WEEK 4	NATURAL YOGHURT & MANDARIN ORANGES	N/A	FRUIT	JELLY & FRUIT	NATURAL YOGHURT & FRUIT
WEEK 5	CUSTARD & PEACHES	FRUIT	NATURAL YOGHURT & PEARS	FRUIT	ICE CREAM & FRUIT
WEEK 6	TINNED FRUIT IN JUICE	N/A	ANGEL WHIP & FRESH FRUIT	NATURAL YOGHURT & PINEAPPLE	FRUIT



Falkirk council have introduced new guidance and policy around mealtimes and snacks. Please click the link below to ensure you are up to date with what your child will be offered each day at St. Bernadette's ELC Class.

[Parents Guide to Setting the Table, 2nd Edition & ELC Mealtimes](#)

Important dates

Monday 8th September - Nursery closed for holiday

Tuesday 30th September—Stay and Play

Thursday 1st October—Stay and Play

Monday 13th October—Nursery closes for 2 weeks for holiday

Friday 28th November—Nursery closed for in-service day

Friday 19th December—Nursery closes for Christmas holidays

Monday 5th January—Nursery reopens

Friday 13th February—Nursery closed for holiday

Monday 16th February—Nursery closed for holiday

Tuesday 17th February—Nursery closed for in-service day

Monday 6th April—Nursery closes for 2 weeks for Easter holiday

Friday 1st May—Nursery closed for in-service day



Cold and flu

It is coming into that time of year when children and adults can catch the flu.

All children should be offered their Flu Spray by the NHS. If you have not received your letter you can contact NHS Scotland via their online portal to arrange your child's flu spray.

All children are encouraged to cough or sneeze into their arm rather than their hands as another way of preventing the spread of infection.

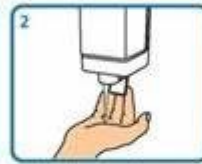
Staff are vigilant in the ELC and encourage all children to use the hand washing technique (seen on the right) which is displayed at all sinks. Staff also model this while singing the 'wash your hands song'.



Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



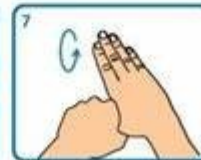
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



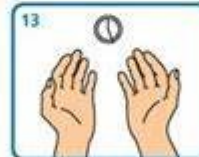
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15-30 seconds



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Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care

NHS
National Patient
Safety Agency

Meet our team...



Cat—Senior Early Years Officer



Fiona—Early Years Officer



Sandy— Early Years Officer



Sarah—Early Years Officer



Susan—Early Years Officer



Rachel —Early Years Officer



Lisa —Support for Learning Assistant



Sharyn —Childcare Assistant



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