

St. Bernadette's ELC Class

Edward Avenue, Falkirk FK5 4XR

01324 503404



August/September 2026

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

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.



ELC Photographs

Tempest Photography will be in on Tuesday 1st September to take all children's individual photographs, as well as sibling photographs if you would like this done.

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.

If your child is not well enough to go outdoors, then they should not be in nursery.



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 Tuesday and 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.

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, usually in the afternoon, where children 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 4 weeks and then stop for the winter months.

Wednesday 16th September

Wednesday 23rd September

Wednesday 30th September

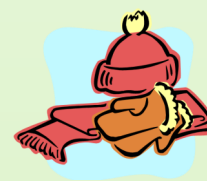
Wednesday 7th October

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.



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.

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.

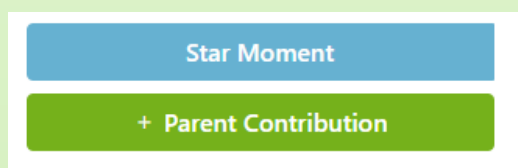
Accidents do happen, and sometimes your child may have a wee fall or tumble. This is all part of the learning experience and observations have shown us that our children are becoming more resilient, meaning they just get up and try again. Staff ensure that children are taking safe risks that cannot cause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



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

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 29th 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.

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.

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.

Our Parent Council need your help!

The PTA brings together parents, teachers, and our community to support our students and create amazing experiences throughout the year.

When you joint the PTA you help to

- Support our children
- Build community
- Enhance school and ELC experiences
- Support our teachers
- Make your voice heard

The next fundraising meeting for the Parent Council is Thursday 27th August at 7pm at Tim Hortons. As ever, new faces will be made very welcome!

If you are interested in joining please email stberna-dettesparentcouncil@gmail.com or turn up on Thursday at 7pm.

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



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



Setting the Table

The Scottish Government have 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 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 by giving them a 'birthday apple' and allowing the child to choose an item from the birthday box.

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

The lunch options can be found displayed at the door as you come into the ELC above the white board. Staff will write on the board which week we are on so you can follow this. This will be shared on SeeSaw once we have the digital copy.

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

These are all the dates we currently know for this year which you may wish to take note off. This will be in every monthly newsletter so please remember to check for new dates added.

Monday 7th September - Nursery closed for holiday

Tuesday 29th September—Stay and Play

Thursday 1st October—Stay and Play

Monday 12th October—Nursery closes for 2 weeks for holiday

Friday 20th November—Children in Need

Monday 30th November—Nursery closed for in-service day

Friday 11th December—Nursery singalong with parents (afternoon)

Friday 18th December—Nursery Christmas Party (morning)

Tuesday 22nd December—Nursery closes for Christmas holidays

Tuesday 5th January—Nursery reopens

Thursday 11th February—Nursery closed for in-service day

Friday 12th February—Nursery closed for holiday

Monday 15th February—Nursery closed for holiday

Friday 26th March —Nursery closed for holiday

Monday 29th March—Nursery closed for holiday

Monday 5th April—Nursery closes for 2 weeks for Easter holiday

Friday 30th April—Nursery closed for in-service day

Monday 3rd May—Nursery closed for holiday

Thursday 27th May—Transition event for children going to school (parents to attend)

Thursday 10th June—Transition event for children going to school (parents to attend 3.30pm)

Friday 18th June—Nursery end of year celebration (afternoon—all families welcome)

Friday 25th June—Nursery closes for summer holidays



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



Pam —Childcare Assistant