

## Settling into Sheringham Nursery School

**Welcome** to Sheringham Nursery School. We are looking forward to getting to know you and your child.

### Settling in is important

Starting nursery is a big step for most children. That's why we think settling-in is really important. The time you spend helping your child to settle in will really benefit them in the long run – it will mean your child will be happier, more confident, learn better and enjoy nursery more.



We start children slowly, so they can get lots of support and attention. We do not want them to have a bad first experience of school. Different children will settle in at different rates.

The absolute minimum amount of time you need to stay and help to settle your child will be 3 sessions. Most children need more than this – some a lot more.

During the home visit and the nursery meeting, we will ask you some questions about your child and their health and development. This information will help us to settle your child in, and help us to make sure we meet your child's needs in nursery.

**Lindsey Foster**  
Headteacher

Sheringham Nursery Children's Centre,  
Sheringham Avenue, London, E12 5PB.

T: 020 8553 2479 (reception)  
E: [info@sheringham-nur.newham.sch.uk](mailto:info@sheringham-nur.newham.sch.uk)  
[www.sheringham-nur.org.uk](http://www.sheringham-nur.org.uk)

## There are two important parts of settling in:

- Your child feeling confident to play in the nursery
- Your child playing with and talking to their key person

We will really need your help during settling in, because you know your child better than anyone. Please talk to your key person about how you think things are going.

## These are some of the ways you can help:

- **If your child has spent time away from you** (e.g. with other members of the family, in a nursery, with a childminder, with a friend) – tell us how your child got on. Did she or he find anything difficult? What helped to comfort your child?
- **Even if your child has already been to another nursery or been with a childminder**, you will still need to help with settling in – Sheringham Nursery School, the adults here and the routines of the day will still be new and strange.



- **During settling-in, please try to be “available” to your child.** Let them come back to you when they want to. Make sure your child knows where you are, and can come back to you easily. Don't put any pressure on them to move away from you. But try not to be *too interesting* – it's helpful if you sit back a bit and let your key person play with your child.

- **It will be for you and your key person to decide together when your child is ready to have a little bit of time in nursery without you.** Please make sure that your child knows you are leaving – if you “slip away” when your child is busy, then your child may look round, expect to see you, and be really upset that you are not there.

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- **Settling in goes well for most children, and they soon start to enjoy nursery.** But if your child gets upset or sad, don't worry. All of us can feel sad when we are parted from someone we love. What matters is that your child can be comforted by their key person and helped to settle. Try to be as confident as possible that your child will be OK. If your child sees that you are upset or anxious, then they will get upset too.
- **If your child can't be comforted by your key person,** then we will ask you to come straight back in. We do not want your child to have a bad experience and get really upset in nursery.

*Thank you for your support. If you have any questions or worries then please talk to your child's key person.*

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## **Top tips – bringing your child to Sheringham Nursery School**

- We value our close partnership with parents and carers. Please talk to your child's key person if you are unsure about anything, or have any worries or concerns. We will talk to you regularly about how your child is getting on and how we can work together to help your child.
- Our Children's Centre offers lots of groups, courses, trips and other services for families – we hope that there will be services you want to use, or if there aren't tell us what you would like so we can think about adding something new.
- The main way children learn in nursery is through play and through exploring real things. The children can go in and out freely for most of their session. Children will sometimes get messy or dirty in nursery, so please dress them in clothes and shoes that they can run around and play in freely. It's best not to send them in their best clothes.

## **Some ways you can help your child at nursery**

- We will send videos of our essential books and rhymes to your phone by Whatsapp every two weeks. You can help your child by sharing these videos with them and talking to them about them. This will support your child's communication and language development.
- Children can be more independent if they wear clothes they can take on or off themselves. Velcro shoe fasteners and elastic waistbands are easy – laces, lots of buttons and belts are difficult for young children.

## **Please help the nursery by:**

- Not using your mobile. When you are dropping off or picking up your child, we think it is important that you are available to listen to your child and talk with them.
- Not taking photos – other families may not want you to photograph their child. We take pictures of the children regularly for classroom displays and their online tapestry journal to record things that are important for your child.
- Telling us if someone different is going to pick up your child (if it isn't going to be you or one of the other people on your form). The minimum age for picking up a nursery child is 16 years old. If we don't know the person who comes to the nursery, we will not let them take your child.

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**It really helps children if they come to nursery on time, and are picked up on time.** Coming late is hard for children as everyone else is busy and playing. Being left behind in an empty classroom can be upsetting for a small child. Please do everything you can to be on time.

**If your child is sick,** please phone the nursery to let us know. You can call us on the school number 02085532479 or send us a WhatsApp message on 07484509548.

Please add our WhatsApp number as a contact on your phone to receive regular messages and updates from us.

**Please label your child's coat with their name,** and as many other items of their clothing as possible. Please check "lost property" regularly in case some of your child's clothes are there.

**Morning session:**

Please bring your child to nursery for the start of the session at 8.45am. Please come to talk to your key person and pick up your child at 11.35am.

**Afternoon session:**

Please bring your child to nursery for the start of the session at 12.35pm. Please come to talk to your key person and pick up your child at 3.25pm.

***Thanks for your help and support – the staff team at Sheringham Nursery School***

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**We are part of a Healthy eating project in the Nursery School and Children's Centre.**

This means we promote healthy eating in a number of ways

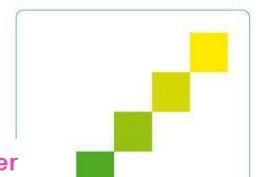


**Snack** - we provide a snack in school for children to eat and drink if they wish to during the nursery session. This includes water or milk to drink, fruit and vegetables and a range of other healthy foods.

**Dental Health** - it is really important to register your child with a dentist. We can give you a list of local NHS dentists: all treatment for children is free.

If you bring a snack for your child when you collect them at the end of the school session – we recommend something healthy like fruit, bread, or vegetables. To protect your child's teeth and health we recommend that you do not bring sweets, chocolate, biscuits or crisps.

**Toothbrushing** - All children take part in supervised toothbrushing everyday in nursery. This means that children brush their teeth at the start of their session and learn about importance of oral health.



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**Birthdays and Celebrations** We will celebrate your child's birthday if you want us to by singing Happy Birthday to them at story time. We use a pretend cake so they can have the experience of blowing out candles. Please do not bring in any sweets or cakes as we will not be able to hand these out.

When we celebrate other festivals we may ask you to bring in some food items so that we can make a range of healthy snacks with the children.

**Nutritional Advice** If you have any concerns about your child's eating habits or about their weight please speak to your child's key person - we can support you through a range of courses and individual sessions run by our staff and by nutritionists as needed.

Your child's key person will also speak to you if they have concerns about your child's health including their weight.

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