



Welcome to Grass Roots Day Nursery, we are so pleased that you have chosen us to take care of your child. We understand that this is a huge decision and we will support you through this transition and others during your child's journey with us.

### **Settling sessions**

We offer three settling sessions when children start with us at Grass Roots. However, we understand that some children may need more time to settle into a new environment. We will work with you to accommodate your child's needs anyway we can. All settling sessions are free of charge.

The three sessions usually take the form of 1-2 hour stay and play with parents/carers, a 2 hour session where the parents/carers will leave for a little while and then 2.5 hour session over a meal time (usually lunch) for the child to experience the routines of nursery life.

### **Food and drink**

We offer home cooked meals which are prepared on site. Our cook works hard to ensure that all dietary needs are met. If your child has dietary needs, please discuss this with us during your first settling session. We base our menus around the government guidance for early years menus.

We follow a three week rolling menu in each of the seasons, spring, summer, autumn and winter, to ensure that we are providing a wide range of seasonal food for the children. We make sure that there is a balanced range of food throughout the day for all the children in our setting.

Breakfast consists of a range of healthy cereals and milk.

The morning snack menus include proteins, carbohydrates and vegetables.

Lunch is a variety of different meals throughout the week, including a range of meats, fish and vegetarian meals.

A light tea is provided later on in the afternoon for the children that are with us all day or the full afternoon session.

### **What to bring**

We ask that you provide nappies and at least one change of clothes. We encourage the children to play out whatever the weather so we also ask for weather appropriate clothing, where possible eg. sun hats, woolly hats and gloves, coats and wellies. Please ensure that these are all clearly labelled with your child's name.

We provide wipes, nappy cream and sun cream. If your child is allergic to any types of these, please discuss which types we use with the staff.

## **Hours and fees**

We are open 7.30am to 6pm every day excluding bank holidays and a week between Christmas and New Year. Our fees are available on our website or you can ask us for a copy. All fees are invoiced through the Family app and are due in advance. You can pay weekly or monthly, please let us know which you would prefer and we will invoice you accordingly.

## **Entry system**

We have a secure entry system. Press 01 followed by the bell symbol which will ring through to the office. At drop off, we will collect your child from you at the door and at pick up, a member of the room staff will bring your child out to you.

## **Family App**

Here at Grass Roots we use an app called Family to record observations for children in their learning journey. This app also allows you to see how your child is getting on at nursery through the daily records including meals, bottles and sleep. It also allows us to track all children's bookings, attendance, invoicing, development levels and progress and communicate directly with parents. You can also notify us if your child is sick, going to be on holiday or absent for any other reason.

## **Contact Information**

Grass Roots Day Nursery

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