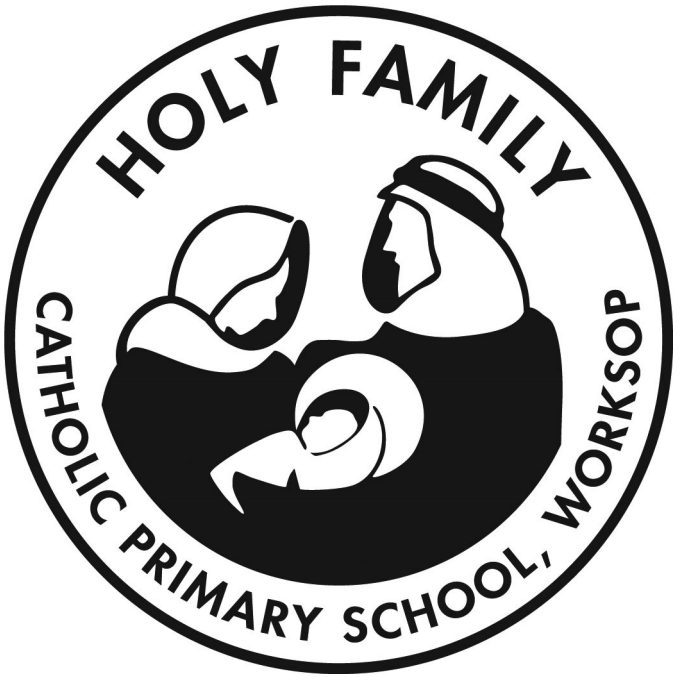
Welcome to Nursery



Welcome

Welcome to Holy Family Catholic Primary school.

We are a small primary school in Worksop that serves a large catchment area. We are proud to be an academy within the St. Francis Catholic Multi-Academy Trust, working with schools across Nottinghamshire, Rotherham and Doncaster to provide the best education for all our pupils.

You are the first educators of your child.

This pack aims to help you support your child so that they can truly thrive.

Please make sure that we have your correct phone number, email and address. This is so we can reach you in an emergency.

Please contact office@holyfamily.notts.sch.uk if you have any questions or contact the class teacher on Dojo.

Helping your child learn

We all want your child to thrive. We make sure that our curriculum is the best it can be and that the staff who are working with your child are highly experienced and well-trained.

We will support your child through singing, speaking to them, listening to them, practising reading and counting, praying with them, giving them new experiences, doing lots of outdoor learning, crafting, modelling good behaviour, insisting on good manners and filling each day with joy.

You are their first educators, the ones they learn the most from. They learn positive attitudes about school from you. Sing along with the songs that they share with you and talk about what they have been playing and learning each day.

We will share some of their experiences on the Dojo app and this is a great way to share what you are doing at home too. We will also invite you into school to look at what we have been doing.

Our symbol of Jesus, Mary and Joseph signifies the importance of a loving family, at the heart of which is building our relationship with God, through the teachings of the Catholic faith.

Our Mission:

- We are committed to the highest quality education for all.
- We are committed to promoting an inclusive, loving family through the teachings of the Catholic faith.
- We are committed to safeguarding everyone in our family.

Our values and school motto are a L.I.S.T. of how we will achieve our mission:

We promise to keep everyone
Learning
Included
Safe

Holy Family: *Together* *in love*

In our holy family, we all thrive socially, academically and spiritually to our fullest potential.

Thriving socially

In Nursery, children are assessed using Development Matters.

Your child should be able to:

- Use a wider range of vocabulary
- Understand a question or instruction that has two parts.
- Understand 'why' questions, like: "Why do you think the caterpillar got so big?"
- Sing a large range of songs
- Know many rhymes
- Use longer sentences of four to six words
- Be able to express a point of view and to debate when they disagree using words and actions
- Start a conversation and continue it for many turns
- Develop their sense of responsibility and membership of a community
- Become more outgoing with unfamiliar people in the safe context of their setting
- Show more confidence in new social situations
- Show different feelings in their paintings

Sleep

Sleeping well is the best thing to support children's health, learning and mental well-being. Nursery children need around 12 hours of sleep each night. Did you know that lots of learning is lost when children have not slept well and it also affects their behaviour.

Here are some top tips to help your child sleep well:

- Make sure screens are turned off at least an hour before bedtime
- Spend some time winding down, colouring in or doing jigsaws.
- Have a relaxing bath
- change into comfortable clothes
- Have a warm, sugar free drink
- Brush your teeth
- Dim the lights and create a calm atmosphere
- Read a bedtime story
- Have a cuddle
- Sing a gentle song
- **Keep the same routine and time, even at the weekends**

Screen time

Please avoid screen time on mobile phones or tablets. It affects pupils' eyes, their ability to focus on tasks in school and can negatively affect behaviour. The NHS recommends no more than 1 hour a day for children aged 3-4. Try to have screen free days too, choose a book, go for a walk and do some talking and playing!

We will help children learn more about staying safe online but they need your help by limiting their access and protecting them on home devices. At school we have lots of filters to help us keep children safe. If you do want your child to have some screen time, sit with them, talk to them about what they are playing or watching, make sure it is age appropriate and then move onto a different, practical task.

- Play with one or more other children
- Find solutions to conflicts
- Increasingly follow rules
- Remember rules without needing an adult to remind them
- Talk with others to solve conflicts
- Talk about their feelings using words like happy, sad, angry or worried
- Understand how others might be feeling
- Be increasingly independent in meeting their own needs including using the toilet, washing and drying their hands
- Make healthy choices about food and drink
- Continue to develop balance and riding scooters / trikes and ball skills
- Skip, hop and stand on one leg
- Collaborate with others to carry larger items

Thriving Academically

Your child should be able to:

- Understand that print has meaning
- Understand that we read English text from left to right and from top to bottom
- Spot and suggest rhymes
- Count or clap syllables in a word
- Recognise words with the same initial sound
- Write some or all of their name
- Write some letters accurately
- Recite numbers past 5
- Show finger numbers up to 5
- Experiment with writing numbers
- Compare quantities e.g. more than, fewer than

- Make simple patterns and spot mistakes
- Use words like first to put things in order
- Show interest in different occupations
- Explore how things work
- Use one handed tools including scissors
- Use a comfortable grip with good control when holding pens or pencils
- Make imaginative small words with blocks or construction kits

Learning to read

Children are learning to read long before they start Nursery. Bedtime stories, books to play with and see other people read books all help with early reading.

We support pupils by reading different stories from around the world, including stories from the Bible. We share books together and love talking about the pictures. We also begin teaching children to read through books with lots of rhymes and repeated sounds. By the end of Nursery, your child needs to be ready to start the phonics program.

You can help by reading to them each night before bed, a really special time to share a book. Have books around the house to look at and take books on long journeys. Encourage them to help you read signs in shops and anywhere you find words. If you are lucky enough to be able to speak and read in different languages, remember to read stories in these languages too, they help our children learn new words.

Uniform

Our school uniform helps our children to feel part of our family. In Nursery we ask that children wear a white polo shirt, a red cardigan or jumper and grey trousers, leggings or skirt. Plain black school shoes or trainer style shoes (ideally Velcro) should be worn that are good for climbing and playing.

In the Summer, girls may wear a red and white checked dress and boys and girls may wear grey shorts.

The teacher will let you know which days are P.E. days. On these days, children should come to school wearing plain black jogging bottoms, a red polo shirt, black jogging top and plain black trainers.

We also ask that children **do not wear jewellery.** If they have their ears pierced, earrings must be simple studs. This is for the safety of our children.

Please remember that the children will be climbing, playing, gluing and painting so they will get a little messy at times. This is all part of their learning.

- Draw with increasing detail including drawing a face
- Listen with increased attention
- Remember and sing full songs
- Create their own songs
- Play instruments with increasing control to express their feelings and idea
- Talk about and explore 2D and 3D shapes—circles, rectangles, triangles and cuboids.
- Understand position e.g. under, on
- Describe a familiar route, like the way to school
- Use words like sides, corners, straight, flat, round
- Select shapes for the right job e.g. choosing the right shape to build a tower
- Be able to talk about familiar books
- Be able to tell a long story
- Use large muscle movements to wave flags, paint and make marks

Thriving spiritually

- Respond to what they have heard, talking about their thoughts and feelings
- Remember and sing full songs
- Use their sense in hands on exploration of natural materials
- Talk about what they see with a wide vocabulary
- Begin to make sense of their own life-story and family's history
- Plant seeds and care for growing plants
- Begin to understand the need to respect and care for the environment and living things
- Develop positive attitudes about the differences between people

- Know that there are different countries in the world and talk about the differences
- Take part in school events like the nativity
- Know why it is important to look after each other and the world
- Sing familiar hymns
- Be able to say sorry

Please provide a pair of wellies and a waterproof all in one / puddle suit labelled with your child's name and make sure that they recognise these. These will be kept in school so that they can get wet and muddy!

Always make sure that your child has a coat or jacket, even in the Summer as the weather can change quickly and we play out all year round.

In hot weather, a sun hat is a good idea. Please make sure your child has sun cream on before they come to school.

We also ask that you **label** everything with your child's name so that we can help you and your child look after your things.

Getting Dressed

Part of our learning everyday includes helping the children become independent.

The children will be playing outside a lot and need to be able to dress and undress themselves.

We will support children with tricky zips, shoes on the wrong feet and turned inside out sleeves but learning to do things on their own are key parts of their learning. We will encourage them to do things for themselves and to look after their own things.

You can support your child by practising these key skills:

- putting on and taking off shoes and wellies
- putting on and taking off their coat, jumper or cardigan
- putting on and taking off socks or tights
- zipping up their coat
- fastening and unfastening buttons
- Turning sleeves the right way
- Putting on gloves
- Fastening and unfastening trousers
- Pulling up their underwear
- Putting on hats

- Our learning is based around 6 branches that help us learn about different parts of the Catholic faith and about other faiths from all around the world.
- We take part in prayers everyday
- We take part in weekly Celebrations of the Word
- We take part in special events like Christmas, Lent, Easter, Pentecost and the Feast of Holy Family
- We earn progress points for our house team and mission points when we follow our school promises.
- Join in with familiar stories from the Bible
- Join in with familiar prayers
- Follow the school rules and know why they are there
- Be able to make the sign of the cross

How we can work together to support your child...

As your child starts their journey with us, it is essential that school and home are able to work together.

Attendance

Making sure that your child is in Nursery every session is essential. Building routines is really important to children and it can slow down progress if they miss lots of sessions. Avoid taking holidays in school time; begin to get into the habit of going in school holiday time in preparation for when they start Reception / FS2.

You can find our school holiday calendar on our website: www.holyfamilyworksop.co.uk Stick to the agreed sessions so that we can make sure the resources and staff numbers are just right.

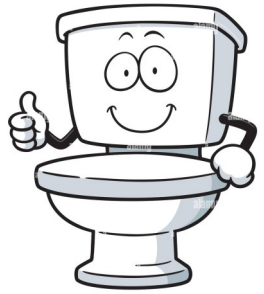
Missing sessions can mean that children miss key parts of learning and it affects their friendships too.

Remember to go take your child to check-ups, the dentist may put a special treatment on your child's teeth to prevent any decay. **Did you know that thousands of days of school are missed each year due to problems with teeth?** We will teach the children more about how to keep their teeth healthy.

We will also provide milk for your child to help keep their teeth and bodies healthy.

Toileting

Now that your child has started a school Nursery, we ask that your child is **fully toilet trained**. This means that they can **take themselves to the toilet, wipe themselves, flush and wash their hands.** We support our children with child friendly toilets and sinks and watch out for signs when a child may need to 'go'. We understand that accidents can happen. **Please send in a spare pair of clothes in their day bag.** Please avoid using nappies or pull-ups as we do not have changing facilities. If you are worried about your child's toileting, please use the NHS website for support.



(Please note that for children with medical or special educational needs, a separate care plan may be needed)

Eye Tests

Did you know that children should have their eyes tested **each year**? The test is **free** for all children and can be done even before they can read. Take them along to your eye test appointment to get them used to it and get them booked in. As your child spends more time learning to read, which they start in Nursery, it is really important that we check their eye health. If you notice any eye issues, please speak to your GP too.

We will keep you informed if we have any concerns about your child's eye sight and will support your child if they need glasses or extra support.

Teeth

As soon as your child gets their first teeth, often before they are 1 years old, you should start taking them to the dentist. It helps them get familiar with the dentist and it is free for all children.

A **grown up** should brush the child's teeth twice a day but they can also have a go.

We will make sure that our planned program matches the children's needs for each session and that staff are able to support your child's next steps.

We will monitor attendance and work with our safeguarding team to make sure that all pupils are safe.

If your child is ill, please telephone the school office on **01909473917** or email **office@holyfamily.notts.sch.uk**

School Matters!

Staying healthy

Staying healthy improves your child's attendance and their ability to take part in everything we do.

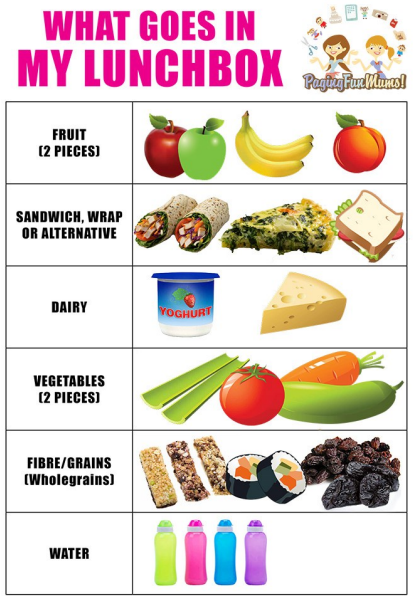
At Holy Family we ask that children bring water in a water bottle. Please do not send fizzy drinks, fruit juice or dilute pop. Get your child used to drinking water at home too. It is the best for staying hydrated, keeping the brain healthy and supporting their teeth.

Our children can access fresh water, milk and a wide range of fruit throughout the day.

If your child is staying all day, you may decide to provide your child with a packed lunch. Here is a guide for making sure this is healthy. Please avoid lots of sugary snacks. These give quick energy release but children then feel tired for the afternoon learning.

You may decide to pay for a school meal. Our meals are cooked on site by Nottinghamshire Council Catering who serve a range of healthy meals and support special menus for children with different dietary needs.

Encourage your child to eat a wide range of foods at home. This helps develop their tastes and develops their mouth muscles to help them make different sounds, perfect for speaking and reading.



Teach your child to use cutlery correctly—knife in the right hand and fork in the left. This really helps develop their coordination for all sorts of activities including writing and helps to keep their hands clean. We will support your child with this at school.

Sitting at a table whilst eating is really important too. It helps develop their core muscles which are really important for cycling, climbing and sitting at a desk to do their work.