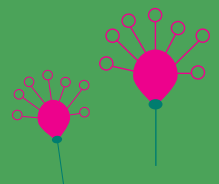


first steps

CHILDCARE

Worthing



Taking the first steps...

We understand that leaving your little one, especially for the first time, is a huge step. If the time has come to start thinking about enrolling your child into nursery our experienced, dedicated and friendly nursery teams are ready and committed to help support you in taking those 'First Steps'.

We will provide you with the reassurance, and the confidence to leave your children with us – safe in the knowledge that they are extremely well cared for in your absence and gaining wonderful experiences during their time away from you.

Within a safe, secure environment newborn babies through to children who are ready to start school will learn, play, socialise and enjoy new experiences every day.



About us...

Locations

We currently have nurseries in four locations; Chichester, Brinsbury, Bersted & Worthing. Each of our nurseries is dedicated to providing a happy environment 51 weeks of the year with convenient, flexible day care session times between 7.30am – 6.00pm.

What's included?

We strive to make our prices as clear and inclusive as possible. Therefore all of our prices include nutritious snacks, drinks, freshly cooked meals (at appropriately timed sessions) and a dedicated key person (and co-key person) with whom you can directly liaise about your child's care. The only things we ask that you provide, are nappies, wipes and formula milk if required.

Who's involved?

Every member of staff at First Steps either has, or is working towards a relevant childcare qualification and undergoes regular top-up training so that they have the knowledge and abilities to handle whatever situation presents itself. The childcare managers at each setting have a wealth of knowledge and work closely together to deliver outstanding childcare in each setting. Supporting that drive – be it in the nursery settings or 'behind the scenes', are: Childcare Officers, Assistants, Apprentices, Administrators and Catering teams. Heading up the entire First Steps group is Sue Carpenter, Senior Childcare Manager who has worked in childcare for over 30 years.

The extra mile

We believe in providing children with happy, memorable experiences and throughout their time with us we proudly offer; messy play, arts and crafts and for those preparing to start school; 'Phonics', Forest School inspired Sessions and a focus on Early Maths and Literacy related activities. In addition, each of our nurseries is proudly led by qualified Early Years practitioners.

OUR TEAMS BELIEVE IN WHAT
WE DO HERE, SO MUCH SO THAT
MANY OF THEM BRING THEIR OWN
CHILDREN TO FIRST STEPS.

Our commitment...

From apprentices to managers, all First Steps staff hold either a full 'Early Years' qualification or are working towards one.

Each of our nurseries has a named SENCO (Special Educational Needs Co-coordinator – please see our SEND policy on our website for further details).

We facilitate access to free childcare entitlement for two, three and four year olds.

24hr access to your child's development file so you can always monitor and add to their learning journey.

Our Intent

We aim to support individual children to be happy, confident and engaged in their learning and development. Our intent is that children are motivated to become:

- Curious
- Resilient
- Empathetic
- Social
- Independent
- Passionate

Through our core opportunities and experiences we strive towards making a positive impact for children. Our implementation of this approach is through the delivery of child focused, varied and rich play opportunities which inspire active learning and critical thinking through playing and exploring.



Our Rooms...

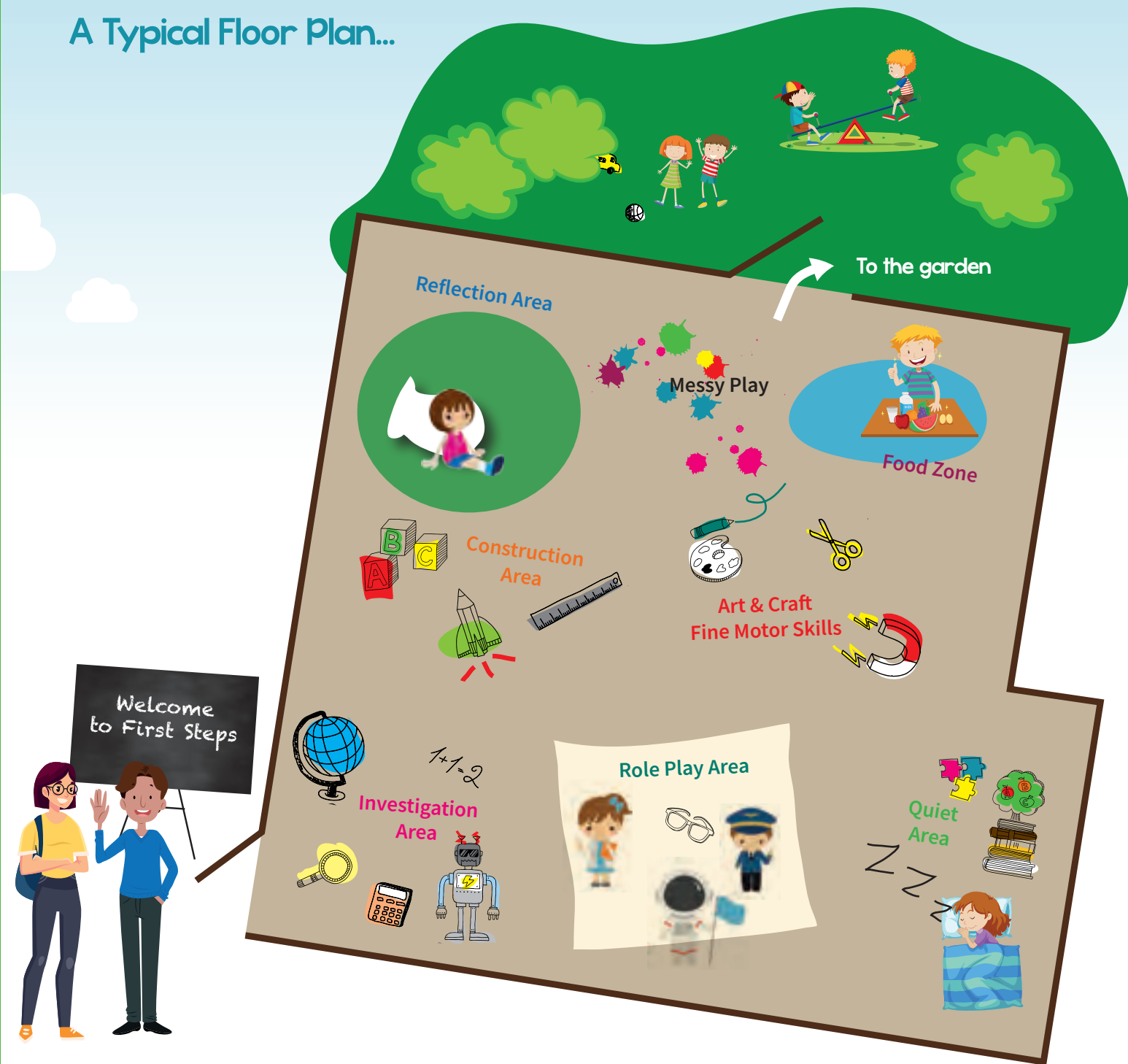
- Quiet area – all children are welcome to take naps in the comfortable quiet areas if and when they need to.
- Baby area – sensory experiences and cause and effect toys.
- Role play area - an area that regularly changes to reflect the theme the children are following and allows their imagination to come to life. One week it might be a hospital or a farm while the next it could be a hairdressers, a florist or an ice cream parlour. In addition to our ever changing role play area, we also have a designated 'home corner' filled with things you'd find around the house giving children the chance to re-invent their home lives.
- Investigation area – literacy, phonics and science.
- Access to garden – outdoor experiences, play equipment and mud kitchens.
- Messy play area – a place to do the things that aren't so practical at home and explore different textures such as: sand, water, cornflour and even baked beans, shaving foam and custard.
- Free-flow snack area – once weaned, children are encouraged to enjoy healthy snacks throughout the day.
- Construction area – be it blocks, tyres, boxes or crates, children at all developmental stages can construct and create at their own level.
- Art and craft/fine motor skill area - pegs, hammers and magnets as well as paints, feathers, junk modelling and play dough.
- IT & Technology area – children have access to age appropriate technology and programmable toys.

Our positive behaviour policy is based on a book called 'The Colour Monster' by Anna Llenas which helps the children understand and identify their own emotions by associating them with a colour.

In keeping with this our rooms also offer a quiet **Reflection Area** (Green) which is an area that children can spend time in when they need to get in touch with their feelings.

WE MAKE OUR OWN FRESH
PLAY DOUGH MOST DAYS
OF THE WEEK

A Typical Floor Plan...



What will my child be doing?

When our youngest children begin, we take your lead on feeding and nap times and provide dedicated staff to care for them.

We have a quiet sleeping area as well as resources that will stimulate each child individually while encouraging interaction and play with each other. We encourage explorative, open ended activities with no set outcome such as simply noticing the textures of items in the 'treasure basket' as well as providing them access to 'cause and effect' apparatus like musical instruments.

As our children progress through nursery, they will move into new rooms with which come new experiences and a more structured day which will begin to prepare them for school. More planned events and activity sessions will be a part of their day while still finding time for 'free flow'. Outside play is also an important element of nursery life and we encourage all of our children to make use of our dedicated nursery gardens – regardless of the weather.

The Structure

The Early Years Foundation Stage (the EYFS) forms the backbone of our learning and playing structure. It covers all aspects of a child's development in their early years. Each area has developmental milestones which we monitor throughout their time at First Steps. Every family is linked to the nursery by a key person & co-key person who ensure that your child receives the individual support and education that they need and are ready for. The key person will be your point of contact and will communicate regularly with you as well as at key person's evenings.



“ A journey of a thousand miles begins with a single step
- Lao Tzu ”

Our Food Program...



Seasonal

Meal times are a key learning opportunity within each nursery day. All special dietary requirements are strictly adhered to whilst ensuring a variety of food is on offer. Our seasonal food program changes twice a year with 11 different daily menus to rotate through.



Balanced

We pride ourselves on serving healthy, nutritious and enjoyable food to our children. Our in house chef prepares food on site for both Chichester and Bersted while Brinsbury takes advantage of the onsite caterers. Feeding routines for babies are followed according to parent's instructions, ensuring consistency and working together for a smooth transition on to solid foods when the time comes.



New

Not only is it important for children to enjoy a nutritionally balanced meal, but we encourage children to develop healthy social habits as well. Meal times take place sat at a table with their peers learning to use cutlery and children quickly start to enjoy discussing what's on the menu and trying new tastes.





Nursery Life

We focus the majority of our nursery time being led by the children and their interests. This involves the children choosing (within reason!) what they'd like to do and they can explore the possibilities made available to them. These activities are often open ended with no set outcome however it goes without saying that in addition to this freedom we also plan activities for the children in advance. Throughout the year, we follow themes – these may be seasonally influenced or developed from topics that the children are expressing a natural interest in.

Circle Time – From parachute games, turn taking, memory games, music and movement to stories, singing, special news and visitors, circle time is widely enjoyed by all.

Outside Play – We believe outside play is an important element of nursery life and we encourage all of our children to enjoy exploring and playing in our dedicated nursery gardens. As well as planned activities in the garden – this is the place where children can enjoy getting messy in a mud kitchen, building, climbing, balancing, having a go on bikes, can run around to blow off steam and may even have a go at mark making with chalks, paintbrushes and water.

Key Person Time - A dedicated fun time for children to spend time with their key person, sharing news or playing a game. For the key person this is the chance for them to expand on their knowledge of the child's current interests so that they can tailor activities towards them – whether that's dinosaurs, dolls, or even Fireman Sam it gives us a very useful starting point.

Snack Time – Healthy, balanced snacks are free flow in all rooms. Our pre-school age children are independent in coming to the table (with washed hands) and selecting their choice of snack following the number guides attached to each which let them know how much they should take. By this stage in their development, they also pour their own milk or water and clear their own plates and cups away.

Tidy up time – We try to practice good habits right from the earliest opportunity so at the end of an activity, the children will learn to expect to tidy away the things they have been playing with before we can move on to something new. Much like anything else at nursery, this is approached in a fun and child friendly way but quite often this is the time where we will see the beginnings of some future work ethics developing!

Potty Training – We appreciate that potty training doesn't exactly sound like fun but believe it or not most children are just as keen to progress in this area as you are and when receiving praise and positive attention it can actually be an enjoyable part of nursery life. We monitor the development of each child and follow the individual routines you are implementing at home.

Forest School Sessions

We are lucky enough to be able to offer children from all four of our nurseries experiences in 'outdoor classroom' environments in our woods at both Worthing and Brinsbury and on the grounds of Chichester college (which is just a short bus ride for Bersted children). Forest School experiences give the children 'life lessons' such as teamwork and environmental responsibility as well as giving them a greater understanding of nature, the wider world and their place within it.

All of our pre-school age children have the opportunity to visit the Forest School and we systematically rotate small groups so that everybody gets a turn, for a block of sessions, at least once within the year..

Children who attend Forest School will...

- Learn new skills
- Gain confidence with nature and woodland areas in a fun and age appropriate way
- Improve health and wellbeing
- Learn about nature, habitats and the great outdoors
- Develop social skills
- Understand safety rules and boundaries while exploring healthy risk taking



Safe Socialising

The government acknowledge and expect that children and staff will be unable to maintain 2m social distancing within nursery settings. We are confident that we can continue to provide a happy, safe and secure environment as usual - even in the unusual times we have found ourselves in.

Systems of control

All of our managers and staff teams have been trained and are knowledgeable of the identified 'systems of control' and every member of our team is responsible for making sure they are followed.

The First Steps systems of control are:

- Ensuring that those who themselves display Covid 19 symptoms, or have had contact with someone that has symptoms, do not attend the setting.
- Cleaning hands thoroughly and more often than usual.
- Ensuring good respiratory hygiene by promoting the 'catch it, bin it, kill it' approach.
- Implementing enhanced cleaning of frequently touched surfaces
- Allocating nursery rooms and outdoor play space exclusively to individual groups and minimising contact between those groups whenever possible. This applies to both children and our nursery teams.
- Operating a meet and greet procedure for drop off and collection.

Risk assessments

We have carried out specific risk assessments relating to Covid 19 across each of our nurseries – tailored to their individual environments. All of our managers are knowledgeable of the risk assessments in place for Covid 19, and ensure that the safety measures that have been put in place are strictly adhered to.

Symptomatic children/adults

It is extremely important that we are vigilant when identifying children who are potentially symptomatic. As such, we are currently running enhanced absence reporting and proactively checking back with families who have not attended without notice.

If symptoms occur at home... your child must not come into the nursery setting. Children will only be allowed to return to nursery once a test has been carried out and the results found to be negative.

If symptoms occur at the nursery... that individual will be sent home immediately and advised to follow the most up to date government guidelines on what to do if symptoms occur. A series of infection control and sterilisation responses will then be triggered within the nursery environment .

Enhanced cleaning regimes

With lots of busy little hands to look after every day, keeping things clean has always been an important party of nursery life – but now more than ever it is a key focus for us. We have reviewed and upgraded our cleaning programmes so that we can continue to provide a safe environment. We use child-safe disinfectants on everything your child will come into contact with and heat treat or steam carpets, soft furnishings, cloths, bedding and role play costumes.

Alongside the rigorous cleaning regimes that our staff follow, a professional cleaning company also come in once a month and spray everything with a child-safe sanitising mist which sterilises everything it touches.

Why First Steps?

The First Steps group was established in 1990. Since then, lots has changed, but our mission hasn't. **To provide the perfect place to play, learn and make friends.**

Having started as just one, we now have four nurseries within our group, Chichester, Brinsbury, Bersted & Worthing and employ in excess of 80 staff at First Steps of whom we are extremely proud.

From our apprentice practitioners through to our Early Years teachers, Administrative Assistants and our catering team everybody plays their part to make the First Steps wheels turn.

“

As the Senior Childcare Manager at First Steps, I work across all of our nurseries supporting the Managers of each of our nurseries and their teams on a day-to-day basis. Many of our staff have been with us for a number of years, including our highly experienced nursery managers, and we work closely together to provide the best possible experiences for the children.

– Sue Carpenter, Director | First Steps Childcare Group

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Sarah Baker
(Brinsbury)



Emily Moore
(Bersted)



Emma Merriott
(Chichester)



Raina Eldridge
(Worthing)



Kim Frost
(Worthing)

Testimonials

Don't just take our word for it, as their time has drawn to an end, we asked our families if they would be kind enough to give us feedback about their time at First Steps and they had this to say...

“

My daughter has been going to First Steps just over a year, and the difference in her still amazes me. She is saying proper sentences and has become very talkative now. Her confidence is growing every day and she loves all the staff in the nursery.

Every day she comes home and says she has had a good day and lets me know what she has been up to! She is also now eating lunches at the nursery and at home which has always been a struggle for her, so she is now eating three meals a day!

I can't thank the staff enough for everything they do for her.

A. Wernham

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“Since we made our first enquiry with First Steps right through to now, we have been so impressed with the kindness, enthusiasm and child-focussed approach that all of the staff have.

Our daughter loves coming to nursery; she gets so many opportunities for messy play, singing, dancing, outdoor play and more, and it really shows in her development over the year she has been with you.

First Steps not only supported her to transition into the nursery routine, but also supported us and reassured us that she was in great hands when I went returned to work; something that I am so grateful for.

You really are amazing!”

R.Benson

“

I am so appreciative of all the support in my son's speech development which has progressed in leaps and bounds along with his knowledge of feelings, the alphabet and counting.

I know he is now ready for school! He loved going to First Steps and we always have to wave to 'my school' every time we drive past

F. Inns

”



the perfect place to play, learn and make friends

Contact Us

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