

# Heirs & Graces

Day Nursery



"Our goal is to ensure a safe, nurturing and learning environment to suit the individual needs of each child in our care"





## INTRODUCTION

We pride ourselves on being a family owned and run business and we all work hard to provide the best quality child-care for all children and family groups. The nursery offers a wide variety of childcare options from full time, part time and funded care.

Heirs and Graces is located in Tring in an old Victorian house with a good sized garden and covered decking area. We have refurbished the house to provide ideal childcare accommodation whilst retaining a lovely homely feel.

Heirs and Graces is designed to accommodate all our age groups on the same site, allowing siblings to have a reassuring contact with each other, and making life easier for you, the parents and carers. **We are open Monday to Friday 7.30am to 6pm.** The nursery is not open on Bank Holidays, for the last full week of July, on Christmas Eve and between Christmas and New Year.



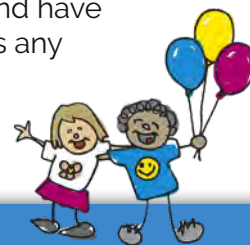
## STAFF

We feel so very lucky to have such a well qualified and hard working staff team, several of whom have been with us for over 10 years. We encourage all of them to keep training and further their qualifications. Several are parents too and understand the feelings and worries that our Nursery parents feel at drop off. Our staff have different skills, different backgrounds and different experiences, and we value them all.

All staff are given an enhanced DBS Police Check which is undertaken by the management team to ensure the safety and well being of all children in the nursery. All staff start on a 6 month probationary contract to ensure their suitability to the nursery. We do not choose new staff lightly. We ensure that we check their references, backgrounds, qualifications and health history.

We realise that staff retention can be an important issue to prospective parents; therefore we try very hard to retain all of our staff by offering a programme of continuous training to update and extend their qualifications, and help them to reach their personal goals.

We strongly believe that alert, fun and content carers benefit your children and insist that staff have their one hour lunch break away from the children in the staff room which has a separate entrance/exit allowing them to have a complete break, and come back refreshed and re-energised; we have several ladies who come in and help us look after the children at lunchtime. They are also police checked, and have the same background checks as any other staff members.







## 0-1 YEAR OLDS - BABY ROOM

At Heirs and Graces, we offer a Baby Room that caters for up to six babies at one time.

We provide one staff member to every three babies.

In this room, the staff create a loving, safe and secure atmosphere in which the babies are encouraged to achieve their own potential. We take great effort to hire staff who are soft, gentle and calm with the babies.

Working closely with parents, the babies are helped to settle into a familiar home routine, adapted to suit the nursery environment.

Leaving your baby in childcare can be a difficult time for both you and your baby and it is important that you let us know if there is any way we can help you both feel settled and calm.

We have a relaxed induction procedure, we take it slowly so both parent and baby are comfortable and happy.

We are happy for you to bring any bedtime toys or special blankets that you feel will help settle your baby. We do ask that you label them and that they are not precious to you, as from time to time things may get lost.

When settling babies into the Nursery we ask that the parent stays for the first settle.

We have a separate sleep room for the babies. We have CCTV in all the rooms and babies are monitored by camera and by a baby alarm. This enables them to have a peaceful and safe sleep in the room.

## 1-2 YEAR OLDS - JUNGLE ROOM

We feel that children of this age need more room to roam, toddle and crawl about to explore their surroundings, but at the same time they are not quite ready for the more energetic older children.

With a ratio of 1 staff member to every 3 children, this big light room is a little more structured than the Baby Room.

They also use the dining area to play with sand, water, play-doh, paint and even spaghetti.

The children have access to soft play where they are able to climb, a ball pit, sensory toys and lots of age appropriate equipment.

The decking area, which is covered by a UVB tinted glass roof is equipped with a climbing frame on a child friendly surface. Here the children are encouraged to develop their social skills and their motor skills and muscles on the bikes and trikes, large outdoor games, balls and lots of other fun equipment.

The staff we choose to work with this very exciting age range are fun, lively and enthusiastic.







## 2-3 YEAR OLDS - BALLOON ROOM

It is so much fun to be a carefree toddler and we enjoy encouraging our young ones to explore their world.

We have a ratio of one staff member to every four children in this room.

At Heirs and Graces there is a daily routine that is adapted to outside influences, such as the weather, special celebrations, cultural activities, the children's personal likes and dislikes and their own environment.

The children are encouraged to try sensory play, structured play and educational play to help learn about the world around them.

We encourage the children to play outside in the garden where there are toys designed for each age range.

Because we feel activities should be fun as well as educational, we plan topics or themes that can be linked to the seasons, festivals or cultures.

Inside we have a cosy corner filled with books and comfy places to sit, read and relax and discover the joy and excitement books can offer.



## 3-5 YEAR OLDS - PRE-SCHOOL

Our programme for this age group is designed to help the children achieve the skills that they will need when they start school. The Early Years Foundation Stage ensures the children are ready for this. The EYFS is followed throughout the Nursery and can be linked to current topics.

We encourage interactive group play, activities, and 'home corner' time, which can be linked to the week's special theme or topic. The required ratio is one staff member to every eight children.

We use the 'time out' method of discipline, which is effective in a large group of children, and gives the children an opportunity to think for themselves.

The daily routine of this room offers indoor and outdoor play, group time, messy play, sand, water, art, music and learning activities.

The reading corner is a place where a child can go to be calm and quiet.

In this room, the children learn the importance of respect for other children, adults and their surroundings. We feel that this helps them to become more open to accept a wide diversity of people in the world. Pre-school children also help to grow vegetables in the nursery garden.









## FOREST SCHOOL



Forest school is an educational ethos. It focuses on the concept of the holistic development of children through regular and purposeful visits and experiences in a woodland area. It is monitored to ensure it is a safe and secure space where each child can develop according to their needs. It encourages respect for nature and each other in addition to an awareness of the need for sustainability of the area. It aims to encourage curiosity about the natural world: a place where they can safely explore the world around them in a variety of ways.

We strongly believe in creating a safe environment where children can assess their own risks and face challenges in their own time. Children are encouraged to direct their own learning using the staff as facilitators to help them scaffold this

learning, while the staff observe and document each child's individual learning.

Providing the children with a woodland environment allows them to explore seasonal changes using their senses. How things feel, smell, look like and taste, as well as how they feel physically and emotionally, whilst also developing an awareness of atmosphere, weather changes and/or danger. The children will also be encouraged to be still and quiet in order to watch and listen, therefore enabling them to develop the skill of contemplation.

Activities are not heavily planned as it's important to promote the understanding of the natural world and provide challenges where children can develop confidence and self-esteem, social skills and an understanding of their emotions. Experiences provided will also allow for the children to follow and explore interests and ideas of their own, whether individually or with others.

In our activities we aim for the children to become inquisitive and curious and to ask questions which they can find out about and share and talk about with others.

The children are encouraged to understand about the need for and the artistic beauty of nature. We show children how nature provides habitats for many creatures, how it inspires us, how it provides food, shelter, fuel and timber. In addition to spiritual needs including mysticism and mythology: whilst also enabling the experiences of other aspects of the natural world such as the sunlight shining through the trees, shelter from the rain and much more.



## OUTREACH

For some time now pre-school have participated in a Community Inclusion Project, an initiative proposed by the nursery, in conjunction with St Joseph's Care Home, Tring. Preschool visit residents at St Joseph's, taking part in a range of activities designed to broaden the children's learning opportunities and social interactions whilst simultaneously improving residents' wellbeing and social relationships.

Activities at St Joseph's have included seasonal crafts, art projects, easter egg hunts, gardening, baking and story-telling. With story-telling being a particular highlight for both the children and residents alike, with a story read to the children by one of the residents every session. St Joseph's residents have also enjoyed seeing the Preschool Children's Nativity performance at the local church. We have also participated in a Hertfordshire Care Providers Association (HCPA) initiative, whereby the children and residents were able to join in a series of combined exercise classes which has been very well received, with the children loving the chance to demonstrate how to do the exercises to the residents!

There is an array of evidence highlighting the benefits of this inter-generational partnership, including combating loneliness, facilitating social relationships and boosting physical and mental wellbeing. This project has been a wonderful opportunity to witness these benefits first-hand and we are looking forward to continuing our work in the local community.

## ADDITIONAL ACTIVITIES

As well as Forest School, Pre-school have weekly yoga sessions and Balloon Room have weekly Rugby Tots. All ages have music and movement and everyone takes trips to the parks, the Memorial Gardens, the market and the surrounding area.





## CHEF AND SAMPLE MENU

We have a new industrial kitchen where our full time chef prepares and cooks the meals. We use fresh vegetables, meat and fruit each day, organic if possible. The babies and Balloon Room children eat in their own rooms and Jungle Room and Pre-school children eat in the dining area or outside if it is a warm day. The staff sit with the children creating a family environment. They teach the children how to hold cutlery and how to behave at meal times. We also work with the Early Years Nutrition Partnership and cater for allergies.

		WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	L	<ul style="list-style-type: none"> <li>• Macaroni Cheese</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey &amp; Broccoli Bake</li> <li>• Banana Custard</li> </ul>	<ul style="list-style-type: none"> <li>• Chilli &amp; Rice</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Herby Chicken Stew &amp; Dumplings</li> <li>• Shortbread</li> </ul>
	T	<ul style="list-style-type: none"> <li>• Tuna, Cucumber &amp; Bread Cups</li> <li>• Oatmeal Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• French Bread Pizza</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Apple Crumble</li> </ul>	<ul style="list-style-type: none"> <li>• Pilchard/Salmon Pasta Salad</li> <li>• Yoghurt &amp; Fruit</li> </ul>
TUESDAY	L	<ul style="list-style-type: none"> <li>• Roast Chicken</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage &amp; Mash</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni Cheese</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti Bolognese</li> <li>• Cake</li> </ul>
	T	<ul style="list-style-type: none"> <li>• Pitta, Hummus, Carrot &amp; Cucumber</li> <li>• Brownies</li> </ul>	<ul style="list-style-type: none"> <li>• Couscous Salad</li> <li>• Pineapple Upside Down Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit Scones</li> <li>• Blancmange</li> </ul>	<ul style="list-style-type: none"> <li>• Sandwiches</li> <li>• Yoghurt &amp; Fruit</li> </ul>
WEDNESDAY	L	<ul style="list-style-type: none"> <li>• Lasagne</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted Ham &amp; Cauliflower Cheese</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Bacon Risotto</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Lancashire Hot Pot</li> <li>• Fruit Salad</li> </ul>
	T	<ul style="list-style-type: none"> <li>• Chicken Soup</li> <li>• Semolina</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Pasta Salad</li> <li>• Blueberry Muffin</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza Bagels</li> <li>• Jelly</li> </ul>	<ul style="list-style-type: none"> <li>• Crumpet &amp; Cheese</li> <li>• Yoghurt &amp; Fruit</li> </ul>
THURSDAY	L	<ul style="list-style-type: none"> <li>• Sausage Casserole</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chick Pea &amp; Vegetable Curry</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Toad in the Hole</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Broccoli &amp; Lentil Pasta</li> <li>• Jam Tart</li> </ul>
	T	<ul style="list-style-type: none"> <li>• Crumpets &amp; Cheese</li> <li>• Apple Tart</li> </ul>	<ul style="list-style-type: none"> <li>• Sandwiches</li> <li>• Shortbread</li> </ul>	<ul style="list-style-type: none"> <li>• Pitta, Hummus, Cucumber, Carrot</li> <li>• Ginger Biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• Soup</li> <li>• Yoghurt &amp; Fruit</li> </ul>
FRIDAY	L	<ul style="list-style-type: none"> <li>• Smoked Haddock Risotto</li> <li>• Cake</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagne</li> <li>• Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Pie</li> <li>• Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>• Fish Cakes</li> <li>• Yoghurt &amp; Fruit</li> </ul>
	T	<ul style="list-style-type: none"> <li>• Potato Skins</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Scones</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Quiche</li> <li>• Yoghurt &amp; Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza Bagels</li> <li>• Jelly</li> </ul>



## TESTIMONIALS

"The care my son has received has been superb and he has enjoyed every day at nursery. This is all down to the hardworking and dedicated staff team"

"Thank you for taking such wonderful care of my son since he joined the Heirs and Graces family. He has been very happy there and we are sad to be saying goodbye"

"Thank you for taking such good care of our daughter for the past 3 years. She has thoroughly enjoyed her time at Heirs and Graces and will really miss you all"

"Thank you for everything you do and have done for my daughter. It is clear that you all know her very well and as a parent that definitely makes leaving your child much easier. Your care and attention has been faultless and we are very sad to be leaving"

"From the moment I visited Heirs and Graces I was struck by the clear management structure, positive ethos and the fresh bright surroundings. I was left in no doubt that this was the right setting for our child. As parents we entrusted our most precious possession to you and you did not let us down"

## CONTACT US

### Heirs and Graces Day Nursery

Florence House  
2 Christchurch Road  
Tring Hertfordshire  
HP23 4EE

**T: 01442 891818**

**E: [info@heirsandgracestring.co.uk](mailto:info@heirsandgracestring.co.uk)**

**F: Facebook**

**Design/Artwork: [dexter.h@icloud.com](mailto:dexter.h@icloud.com)**

