

*bright beginnings*  
*Falkirk*



# Welcome to Bright Beginnings Falkirk!

## Our Nursery

Bright Beginnings Nursery is located in Falkirk's town centre near Comely Park School. We are a 2 minute walk from the High Street with excellent links to public transport and we even have our own car park making for safe and easy drop offs and pick-ups. Our nursery is beautifully designed and finished to an exceptionally high standard, creating a warm and homely atmosphere.



Our nursery has spacious, bright areas dedicated to each stage of development from birth to 5 years of age. We provide childcare from 7am - 6pm, and are open all year round except for Christmas and New Year. We offer full time and part time sessions and we also work in partnership with Falkirk Council to provide free funded places to eligible 3-5 year olds.

## Our Childcare Approach

Bright Beginnings Nursery Falkirk provides stimulating and inspiring childcare aiming to encourage the development of children through play, interaction, creativity, physical activity and through a warm and nurturing environment.

We are passionate about quality Early Years Care and Education and recognise the importance of each child's self-development. We believe that children learn through play, example, interaction and teaching. These four concepts form the core of our ethos and we strive to expand your child's development through these methods.

We support every child in every aspect of their growth and achieve this through praise, guidance and encouragement. Children are encouraged to develop manners, learn to be kind, share, and respect others, as well as being stimulated creatively and mentally through our child led activities. Our child led activities allow our children to flourish into independent and confident individuals. Above all, we strive to provide a secure and friendly environment which will make you completely relaxed and at ease when leaving your child in our care.

# Our Aims and Objectives



To provide a safe and stimulating atmosphere to encourage each child's development.



To develop every child's healthy self-image through play, guidance, support and encouragement.



To encourage children to develop respect, learn to share, learn to be kind to others and develop good manners.



To encourage children's interest in learning through promoting their desire to learn and experiment in an active learning environment.



To work in partnership with parents. To update parents regularly with information about their child's development and the nursery, through newsletters, parents evenings, focus groups and E-Learning Journals.



To constantly train our staff through our in-house training company, BNG Training, and through local authority courses, aiming to increase and extend the skills and knowledge our staff currently possess.



To continue to liaise with local schools and members of the local community, allowing us to share good practice.



To continue to monitor, self-evaluate and improve our service to ensure our children and parents are getting the highest quality standard of care.

## Starting at nursery

We provide complimentary settling in sessions which gives you and your child time to get familiar with our nursery. Once your child starts with us, they will be assigned a designated key worker. Your child's key worker will be responsible for monitoring your child's development and will be your first point of contact at nursery. Your child's key worker will always be available to discuss your child's progress.



## Settling in Sessions



Your child will be settled into our nursery gradually. Firstly spending one hour, building up to a half-day session and then staying for lunch. This phasing in allows your child to become familiar with our nursery surroundings and staff. These settling in sessions usually last a week, but this is dependent on each individual child. We understand that every child's different and our aim is to make these sessions as flexible and comforting as possible to guarantee that both you and your child are well adjusted to our surroundings. Parent visits are encouraged whilst your child is gradually settled into nursery so please feel free to do drop in any time to see how your child is doing, even if they are no longer in their settling in phase.

*"I have two children at Bright Beginnings and I am really pleased with the care they receive. My children enjoy attending the nursery and I feel it has been beneficial for them in a number of ways including helping to develop their language skills when they were younger and general socialisation skills. Transitions between different rooms as they have gotten older have been well handles and the staff are always very helpful at answering questions or addressing any queries. The newsletters are also very informative."*

**Bright Beginnings Parent.**

## Our Rooms

Our playrooms are generously proportioned, carefully planned and extensively resourced to create inspiring learning environments in which children can grow and learn with confidence. Each playroom has access to outdoor play areas, offering the opportunity for regular outdoor learning opportunities across all areas of the curriculum. A set of development records are held for each child in the nursery and on our E-Learning Journals. These are available for viewing at all times and are continuously updated with pictures and observations made on your child's progress. Access to your child's records are available 24 hours a day so you don't miss out on anything and strict confidentiality is maintained at all times.

### Baby Room (0-15 months)

Our Baby Room is registered for up to 12 children from birth to 15 months old. We have highly experienced staff whose priority is to mirror the home routine of each baby as closely as possible. This room is a comforting, spacious area with a quiet and secure sleeping area where babies can go to sleep in our cots. We ask parents to supply their own nappies, wipes and milk to ensure continuity between home and nursery. Our staff take babies out for walks every day to ensure babies get as much fresh air as possible. We provide a variety of stimulating activities in order to promote your baby's all-round development and have a display wall to see what activities they have been up to that week! We are a breast feeding friendly nursery, with staff trained in breast milk storage. We encourage and welcome you to visit during the day to feed your child whenever necessary.

### Tweenie Room & Toddler Room (15 months - 2 years & 2-3 years)

Children progress into our Tweenie Room after a discussion with yourself and once your baby is walking confidently. Here we begin to adopt a more challenging and varied approach to the day. Your child will be introduced to activities such as painting, sand modelling and water play. There will also be a more prominent focus on physical and musical activity, giving children creative scope to explore what they want, helping them to develop skills and individuality.

After our Tweenie Room we will look to move your child to our Toddler Room. This should happen when your child is about 2 years old. We care for up to 15 children in this room. In this room we provide a more structured day with a much greater choice of learning opportunities including construction activities, table top games, stories, problem solving and much more. We find these activities allow children to express their creativity, encourages children to explore and develop their senses, and can even help develop language skills. We will also introduce early numeracy and literacy skills and activities designed to develop your child's communication skills.

## 3-5's Room (3-5 years)



Bright Beginnings Falkirk is recognised as an early learning and childcare centre by the Education Department. We believe your child's development between the ages of 3 to 5 years is crucial in forming your child's core development. Your child will progress to the 3-5's Room when they are ready. We pride ourselves on ensuring that when children leave our nursery to move on to school they do so confidently and independently, whilst taking with them the enjoyment of learning and a pride in their achievements. We would strive for your child to be able to have the following skills when leaving the nursery: recognising and writing their own name, demonstrating good observational skills, showing preliminary ready skills, able to confidently control a pencil, showing creative skills and knowledge of numbers.

## Outdoor Play



We love to get outside here at Bright Beginnings! We have a large outdoor play area for our children to use. All our outdoor areas provides children with opportunities to get fresh air and have fun in a safe and secure environment. The children love playing in our outdoor area and going on woodland walks in the surrounding area! Our youngest children are often seen out in our double buggies enjoying the fresh air, sights and sounds of the local community. We use Walkodile Child Safety Systems and high visibility vests to keep children safe when out on trips away from the nursery. We believe there is no such thing as bad weather, only inappropriate clothing - so we ask parents to provide their children with appropriate clothing for all types of weather, from wellington boots to sunglasses!

## Our Team

The Bright Beginnings nursery staff team comprises of a blend of mature, experienced and professionally qualified nursery practitioners and trainees working towards their qualifications. All staff are skilled in expertly guiding your child through the wonders of learning whilst playing. Our staff are dedicated to treating your child with patience, affection, enthusiasm and understanding. All staff participate in ongoing training to constantly progress their own skills and abilities.

### Our Manager – Alison Frampton

"I have a professional qualification in childcare and over 19 years of experience working with children of all ages. As the nursery's manager I ensure we are able to provide a secure family environment where you can feel relaxed and confident in the knowledge that your child is being cared for by a dedicated staff team in a safe environment."



## Awards & Accolades

Our passionate commitment to being a leading independent provider of Early Years Care and Education, providing quality standards has led us to being the proud recipients of many impressive awards, including:

- NMT Nursery Group Award 2018
- Day Nurseries Top 20 Large Nursery Group 2019
- Recognised Investors in Young People Organisation
- Equal Opportunities Employer Award
- Eco-School Award – Green Flag



## Environmental Commitment

We are committed to being an environmentally friendly nursery, making changes wherever we can in order to make the world a cleaner place! We are a registered ECO-Nursery and are committed to teach our children about their environment and the effect we have on it in our day to day lives. Our children are passionate recyclers and love nothing more than an afternoon caring for their garden. We always consider environmental implication when planning activities for our children. We will continue in our green approach to develop strong environmental awareness within our children, helping their little green fingers to care for the world for many years!



## Our Menu

Our wholesome and nourishing meals and snacks are expertly designed to give your little one the very best start in life.

The meals we provide are all home-cooked within our nursery by our experienced, on site nursery chef. Our chef has carefully created a 4 week rolling menu which ensures a healthy well balanced diet for all children. Whenever possible we try to source all our food locally and organically, including seasonal vegetables and fruit. We believe that by providing our children with nutritional food, bursting with fresh fruit and vegetables, is a necessity in each child's physical and mental well-being.

Our staff have all been fully trained in Food Hygiene and are passionate about teaching children the importance of good hygiene too. We promote washing hands before and after meals and snacks and encourage children to help serve their own food and clean their teeth after meals.

Above all, we believe that meal times should be a happy, relaxed time where children learn social skills, manners, good hygiene practise and healthy eating habits to last them a lifetime.

**All of our delicious food is included within our fees! We offer hot lunches and 2 snacks everyday!**

## Dietary Requirements

Our menus change every 4 weeks, in line with the availability of seasonal produce. We have a flexible approach and are happy to cater for a range of special dietary, medical, religious or cultural requirements.

We ask our parents to bring in formula milk for babies, in accordance with current guidelines. These will be made up as required and stored safely in accordance with manufacturer's suggestions.

**To receive a sample of our 4 week rolling menu, please contact us and we will be happy to send you a copy of our delicious menu.**



## Sessions & Fees

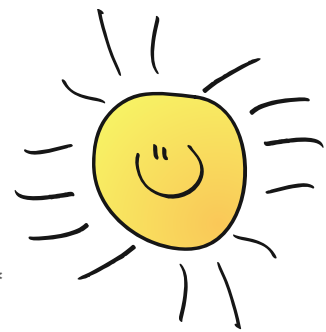
Our nursery is open from 7am - 6pm and cares for children from birth to 5 years of age. Full/Part time sessions available and 3-5 year old funding is available. We are open all year round with the exception of Christmas and New Year.

## What's Included?

- Quality Early Years Care and Education
- Quality resources and equipment
- Freshly made, healthy meals and snacks
- Celebration of festivals throughout the year
- Regular outings in the local area
- Graduation Ceremony when ready to move on to primary school
- E-Learning Journals & Tablets
- Nursery Teacher
- Enjoy-a-ball activities
- Music Classes
- Nursery Animals

## Extras & Discounts

- Sibling discount 10%\*
- Emergency Services and Military Staff discount 10%\*
- Spanish Classes






*\*Terms & Conditions apply*

## Keeping in touch

In recognition that education begins in the home, we are fully committed to a partnership approach with parents. The needs of each child are discussed in full, prior to admission and on an ongoing basis. We are keen to keep parents as involved as possible during their child's time in nursery. Each day's activities are tracked to ensure that parents are encouraged to discuss their child's day with their key worker and individual records are available at all times for parents to view. We also hold regular Parent Focus Groups and issue a monthly Newsletter to keep our parents in the loop!

## Social Media

We use social media to keep our parents up to date with upcoming events and offers available. We also believe it is a great and convenient way for us to receive your feedback and suggestions.

-  Facebook.com/BrightBeginningsFalkirk
-  Twitter.com/@BertramNG
-  Instagram.com/@thebertramnurserygroup

## The Care Inspectorate

We are regulated by The Care Inspectorate and by Environmental Health Services to help us maintain the highest possible standards within our nursery. Should you wish for any further information please do not hesitate to contact them on 0845 600 9527.

We are proud of our regulatory reports and these are available for you to view within our nursery and on our website.

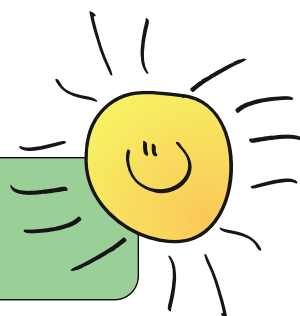


## Visit Us!

If you haven't already done so, we recommend you come for a unique viewing of our nursery to see all of our fantastic facilities for yourself! We can arrange a personal showround during any weekday, and will be as flexible as we can to fit around your family's needs.

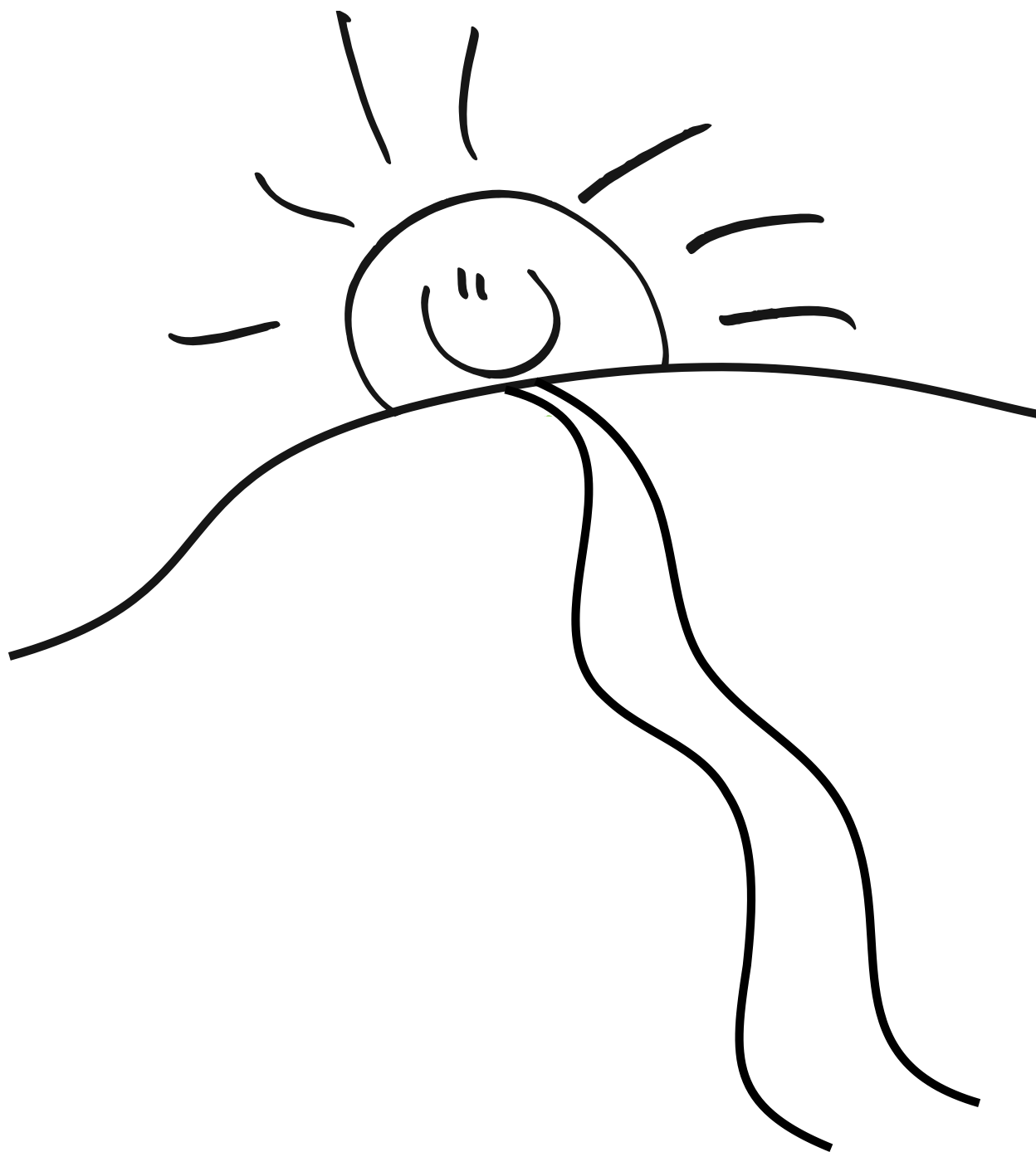
If you would like to book your nursery visit or require more information please contact us on 01324 633 327 (select option 2) or email [BrightBeginnings@bertramuk.com](mailto:BrightBeginnings@bertramuk.com)

**Thank you!**



# Colour and Fun Time

Oh no! Bright Beginnings has lost its colour. Can you help us colour it back in?





# Bright Beginnings Nursery Falkirk

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[www.brightbeginnings-nursery-falkirk.co.uk](http://www.brightbeginnings-nursery-falkirk.co.uk)

[www.facebook.com/brightbeginningsfalkirk](http://www.facebook.com/brightbeginningsfalkirk)

