



At Little Adventurers we believe that childhood should be just that - an exciting adventure, a time for children to discover, explore and investigate the world around them



Little  
Adventurers  
Nursery



“Early childhood is the most crucial  
time in the life of an individual  
and thereby in the life of society”

Bruce Perry (neuroscientist)

## Dear Parent/Carer

Thank you for taking the time to look at our prospectus. We hope it will give you an insight into who we are and what we believe about high quality childcare for our children.

When looking for a nursery you will want to be sure that your child will be loved, supported and given the best possible start in life. This is at the heart of our ethos and practice at Little Adventurers Nursery.

Therefore, we recognise that reading words on a page are not the same as seeing it in action so we invite you to come and visit and chat to myself and my staff so you can see our warm and friendly Little Adventurers family.

At Little Adventurers Nursery we believe that childhood should be just that- an exciting adventure, a time for children to discover, explore and investigate the world around them.

Our nursery aims to:

- support a rich childhood both indoors and outdoors
- respond to the individual needs of every child in a safe environment
- build relationships that are loving and supportive

We will do this through jumping in puddles, making clay hedgehogs, growing tomatoes, building the 3 bears' house and so much more! As they play children have time and space to become creative and independent people, find their place in our fabulous world and learn the essentials they need to become life-long learners.

We look forward to meeting you in the near future, answering any questions you may have and sharing who we are with you and your child. Please feel free to call me on 01708 227657 or pop in for a visit.

Warm regards

**Ginny Andreas**

Manager





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# Welcome to Little Adventurers

## **Our Mission**

At Little Adventurers Nursery we believe each child's unique needs must always be at the heart of our ethos and practice.

We believe in giving each child our utmost care and the best of our expertise so they grow into confident, happy and competent little people who love learning.

## **Our Ethos**

We believe passionately that each child, with differing needs and interests, should be loved and supported as they grow. We know that children will thrive best in their learning if they feel emotionally secure, so we work very hard to promote warm friendships with staff and other children and to offer plenty of creative opportunities to learn through play.

At Little Adventurers we aim to support a rich childhood, responding to the individual needs of every child through relationships that are loving and supportive.

## Early Learning at Little Adventurers

The **Early Years Foundation Stage** (EYFS) is the government framework that guides the early years sector in ensuring children learn and develop well.

The EYFS states “a secure, safe and happy childhood is important in its own right. Good parenting and high quality early learning together provide the foundation children need to make the most of their abilities and talents as they grow”.

At Little Adventurers our aim is to support children in learning the building blocks for life. All that they learn in these formative years will form the vital foundations for future learning and our role is to ease their path towards independence and equip them for the journey ahead.

We want to ignite children's curiosity and make learning fun, through play based investigation, exploration and discovery!

Children under three, (Discoverers and Explorers) will learn about themselves and about being with others. They will learn the fundamentals of understanding, speaking and listening and will enjoy lots of active play (these are called the Prime areas of learning as they underpin all other areas of learning).

Older children in Adventurers who are more ready to learn about the wider world, will learn about early literacy and foundational maths concepts through fun and stimulating child adult initiated activities.





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## **Discoverers** (0-2 year olds)

*“Each day is a new day of discovery when you are small and our safe and stimulating play spaces will promote active learning, encourage rest time and enhance emotional wellbeing.”*

### **Discoverers**

Our little ones will begin to learn about the world through their senses, cared for by staff who create a home from home feel and follow individual sleep and food routines. Staff will enable each little one to thrive and build firm foundations for the future. Sensory play including water, painting, music and songs will feature regularly. Each child will learn about how amazing their own body is (from learning to crawl and walk to learning how to say their first words and understanding their special place in the world).



## **Explorers** (2-3 year olds)

“Exploring snow and rain, jumping in puddles, singing action songs and playing with mud all promote learning with their whole bodies and provide vital foundations for holistic learning.”

### **Explorers**

The 2 to 3 year olds will continue to explore the world around them, both inside and outdoors. Our staff will support each child’s growing independence and developing language skills by offering fun experiences that promote confidence and self-esteem. As children mature their social skills develop so opportunities to explore friendships with others and learn about sharing and turn taking will be an important feature in this room. Time to play with older children is important too so that they can learn from children who have greater understanding and knowledge. While their safety is ensured by the attentive staff, they will be encouraged to find out for themselves, have a go and learn from each other.

## **Adventurers** (3-5 year olds)

“Activities will support imagination and creativity, enable children to “do it by myself” as well as important foundations for literacy and maths, giving each child the foundations for learning needed for their next adventure in school.”

### **Adventurers**

In Adventurers the older children will continue to investigate the wider world following their own path of discovery and using resources that invite experimentation. Friendships will develop, essential skills will be learnt and positive attitudes fostered, like perseverance, independence and motivation. By giving children space, time and quality resources, we know that children’s bodies and brains will be stimulated and learning will take place. Looking for worms, creating with sand, planting vegetables and building with blocks are essential elements of an exciting early childhood learning experience.



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## **Our Nursery Team**

Our staff are hand chosen for their professional, caring and dedicated approach to childcare. Our staff team hold a variety of qualifications including: Early Years Professional Status; Montessori Nursery Teaching Diploma; NNEB; NVQ level 2 and 3. A significant number of staff are first aid trained, ensuring that each child's health and safety is maintained at all times. Little Adventurers is committed to furthering the professional development of our staff team through ongoing and pertinent training courses that support them further in their caring role.

Each child will be supported by a key person, who becomes the special person dedicated to developing secure friendships, meeting each child's needs and working closely with parents.

Staff are supported by the deputy manager and manager, both of whom have years of experience and expertise in many aspects of early childhood.

*"We wanted to achieve a warm and homely environment for Little Adventurers - with the highest quality care and resources."*

Little Adventurers nursery has been built to the highest specification and solely with children in mind. The safety and wellbeing of each individual child has been thought about when designing and building each aspect of the premises.

From our bespoke kitchenette in the baby room to the colour scheme on each wall, selected specifically to help encourage development, our remit has been to offer the greatest possibility for discovery, exploration and adventure in an environment that promotes positive and relaxed learning.

Each room has child-sized toilets, low level sinks and paper towel dispensers offering children ample opportunity to learn about self-care and independence without having to leave the comfort of their play room.

The garden has been designed to incorporate areas for quiet and active play and sensory exploration. Children spend time in the garden each day climbing, building, reading stories or playing in our hand-made mud kitchen. Through play based activities children learn valuable lessons about balance, early literacy, problem solving and getting on with others, supported by sensitive and encouraging staff.

Each room contains high quality, often wooden resources - ensuring that children do not spend all day surrounded only by plastic toys. We recognise that while plastic is durable and suitable for lots of little hands to use, resources made of more interesting textures promote sensory exploration and creativity which stimulates brain development.





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## **Working with Parents**

At Little Adventurers we recognise that as parents you are the expert on your child, so we want to do everything we can to work closely with you to ensure your child's needs are met.

When you visit you will want to ask lots of questions so that you feel secure with the people who are being left to care for your child. We will ask you to tell us all about your child- their routines, their likes and dislikes, their favourite toys – anything that helps us to know and support them better.

We ask you to visit at least twice to familiarise your child with the nursery. This will be time for you and your child to get to know their new key person and to see what we do. When they start with us we encourage you to leave a familiar toy or comforter from home to help them settle and will keep you informed of their time with us.



Because evidence shows that the involvement of parents in their children's learning results in longer-term benefits for the child and parent we want to involve you and keep you informed in all we do. We do this in a variety of ways including:

- Informal verbal feedback
- Communication books for the youngest children
- A learning journal of photos, pictures, observations and art masterpieces
- Regular progress reviews
- Regular newsletters with ideas for games and activities that can be enjoyed at home

**It's important to us that your child's individual needs and emotional wellbeing are being looked after in the best possible way and with the highest quality of care so we welcome your input and suggestions throughout their time with us.**





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“Sharing happy meal times together as a nursery family is part of our ethos and approach.”

“Having our own chef as part of the team to cook fresh and nutritious meals daily was essential to us.”



Learning to share and enjoy meals together from a young age has shown to provide many positive benefits that carry through to adulthood and is often a ritual that we appreciate and enjoy more as we get older. It is no surprise therefore that meal times at Little Adventurers are very important; we also understand that healthy eating and nutrition during the early years is critical to child development. Having fresh meals cooked for our children each day was something which we felt strongly about when developing our nursery. Our Chef will follow nutritional guidelines set out by the Caroline Walker Trust to support nurseries in providing healthy, balanced diets for young children.

**Breakfast**  
7.30am-8.45am

**Lunch**  
11:45am

**Tea**  
4:00pm

mealtimes are approximate

## Meal Times

A light breakfast of cereals and toast will be served between 7.30am and 8.45am where children will be encouraged to serve themselves with as much support as they need.

Children will stop for a community snack time mid-way through each morning and afternoon session, encouraging children to listen and chat to each other and develop social skills. Snack will consist of healthy food including fruit, toast, crackers and cheese. Babies will follow their home routines wherever possible.

Older children will be encouraged to be involved in preparing and serving snack in their room which will support independence and self-help skills along with a sense of belonging.

We stop for a tasty and nutritious home cooked lunch at 11.45am, which will consist of a main dish, a side dish of vegetables, a dessert and a drink, all cooked in our own nursery kitchen by our chef. Nursery lunches will follow a healthy balanced rolling menu, which will be reviewed and updated regularly by our chef who understands the nutritional needs of young children.

Tea is provided in the late afternoon (about 4.00pm) consisting of soup, beans on toast, sandwiches or similar healthy option, with fresh fruit and something sweet.

Individual dietary and cultural requirements will be catered for wherever possible and will be discussed and reviewed with parents regularly. Please do come and talk to us if you have any specific dietary requests or questions.





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## Where Families Matter

For parents, entrusting someone else to look after your child is a big decision. As a family run nursery, we really do want Little Adventurers to be considered an extension of your own family. We aim to do this by:

*Having a caring team of professionals to help and support the individual needs of children in a loving and caring environment:*

- Highly experienced Nursery Manager
- Professionally trained and friendly practitioners
- Fully qualified first-aiders on site at all times



## Providing a clean and safe environment where children can thrive:

- 1st class equipment and many natural resources
- Purpose designed nursery rooms and outdoor play area
- Extensive range of learning activities
- Highest levels of security in place

## By always listening to the needs of parents:

- Longer hours to meet family needs
- Own chef with nutritionally balanced, fresh meals cooked on site daily
- Provision of branded nappies, wipes, formula milk and sun cream

## We encourage you to come and experience 'our family' at Little Adventurers for yourself;

- Meet our passionate and experienced manager and deputy manager
- Talk face to face with our nursery practitioners
- See our homely and inviting nursery rooms

By visiting, we feel confident that you will appreciate both our ethos and our approach to caring for your child; assuring you that in our nursery setting your child will be given the highest quality childcare. Please contact us to arrange a visit and we look forward to welcoming you.



## OPENING TIMES & SESSIONS

Little Adventurers is open from 7.30am to 6.30pm Monday to Friday each week.

We also offer half day sessions from 7.30am to 1pm and 1pm to 6.30pm.

The nursery is open throughout the year, except bank holidays and the nursery will be closed during the week between Christmas and New Year.

To ensure continuity of care for children we ask that children attend for a minimum of 2 full days or 3 half days per week.

For further information about our availability and costs please contact us via our website or on the nursery number below to find out more.

## CONTACT INFORMATION

Little Adventurers Nursery  
24 Severn Drive  
Cranham  
Upminster  
Essex  
RM14 1SW

Tel: 01708 227657

Email: [info@littleadventurersnursery.co.uk](mailto:info@littleadventurersnursery.co.uk)



### Our nursery is easily accessible

Little Adventurers Nursery is located in a residential area with drop off facilities; directly opposite Engayne School. We can be found close to the 248 and 346 bus routes and less than 20 minutes' walk from Upminster station and town centre.

We are positioned in an excellent location with easy access from main road routes (A127, M25 and Upminster)

**VISIT [WWW.LITTLEADVENTURERSNURSERY.CO.UK](http://WWW.LITTLEADVENTURERSNURSERY.CO.UK)**

**OR CALL 01708 227657**