

Holiday Club Information

Pack 2022

Welcome to Wivenhoe Park Day Nursery's Forest School Summer Club! To prepare both yourselves and your children, we have put together this pack so you can know exactly what to expect this summer. If there are any further questions about summer club, please do not hesitate to email us at nursery@essex.ac.uk or call the nursery on 01206873224 and someone from the nursery team will be happy to help.

1. What is Forest School?

Forest schools is specialized learning approach that works with the whole child to develop confidence and self-esteem through being given the time and space to develop new skills or interests as well as an understanding. This is done with the use of various practical activities and hands-on experiences that take place in the natural forest environment.

In our Forest Schools, children are given the opportunity to freely explore and choose an activity they wish to get involved in as well as have the choice of something that has been set up for them or an adult-led/supervised activity such as using tools. The children will be able to learn key life skills through Forest Schools such as decision making, problem solving, social skills and risk assessing.

Our forest school is set up with a large mud kitchen, a climbing tree, a hidden den, rope swings as well as opportunities for bug hunting and many free play opportunities with accessible equipment.

Some activities we may participate in include:

- Den building
- Rope activities – rope swings, rope walks
- Fire building and cooking
- Use of tools
- Making dolls/stick men
- Leaf sorting
- Creating fairy homes
- Making nature bracelets or crowns
- Leaf and bark rubbing
- Tree climbing

- Making leaf mobiles
- Bug hunts

2. COVID-19 Procedures

To protect and prevent the potential spread covid-19 we have put in additional measures to our daily practice including:

- Staff to continue wearing face coverings when on public transport for trips out of campus
- Procedures for daily cleaning of tools and equipment to ensure high standards of hygiene
- More frequent handwashing opportunities throughout the day
- All new Summer Club that focuses on Forest Schools to allow the days to be spent in open air, outdoor spaces
- Clear one-way system when arriving and departing the nursery

If you, a member of your household or your child/children feel unwell or are displaying symptoms of COVID-19, please do not attend under any circumstances. For further guidance on what to do, please contact the nursery for advice.

For more information, please see the nurseries policies and procedures.

3. Before you arrive

Please ensure that the following is done before the first day:

- Please read this document thoroughly and familiarise yourself with the nurseries policies and procedures
- Ensure you have read the terms and conditions on club application. By signing up to the summer club, you have agreed to our terms and conditions and consent for your child to take part in sessions ran by Wivenhoe Park Day Nursery

4. How to get to us

Address: Wivenhoe Park Day Nursery, University of Essex, Colchester, CO4 3SQ. Find us off Clingo Hill, come along Boundary Road, go straight over at the first roundabout, then turn left beside the circular wooden business school (Day Nursery signposted). Take the first carpark on the right.

Nearest Train Station: Hythe (between Colchester Town and Wivenhoe)

Nearest Bus Stop: N-W bound bus stop on boundary road.

The nursery has a designated pick up and drop off area which can be used for if you are arriving by car.

5. When you arrive

The nursery is currently using a contact-free drop off and pick up system. You are required to queue on the nursery slope, a summer club staff member will be notified and will come out to collect your child. This is the same procedure for pick up where a staff member will bring your child out to you. We please ask that only one parent or guardian attends your child when dropping off and picking up.

Please can your child arrive dressed in appropriate clothing for the day, keeping in mind the forest school site will be muddy and dusty.

You can start arriving to nursery from 08:30 and we ask for you to please arrive by 09:15 at the latest. This is due to there being some trips onto the campus grounds. If for any circumstance you are going to be arriving later than 09:15 please contact the nursery to make us aware.

6. What to bring

- Suitable clothing for the day alongside a bag of spares and waterproof overlays. Clothes are likely to get dirty so please be prepared for this!
 - For warm weather: The forest school site is shaded due to trees and a canopy, so we ask for your child to please wear long-sleeved top and long-sleeved bottoms. This also acts as a layer of protection against bug bites and stinging nettles.
 - We ask that you apply your own sun creams or insect repellants at home on warmer days, we do hold a supply of sun cream and insect cream repellent to use as a 'top up' throughout the day. If you are worried your child might have an allergy to these creams but you forgot to mention it on your registration form, please drop us an email so that we can update our records.
 - For cooler weather: As above with a jumper, jacket, or waterproof coverings. If it has been raining, please wear welly boots as the site gets very muddy.
- Please bring a healthy and balanced packed lunch with additional snacks for throughout the day and a reusable water bottle.
 - Please be aware that we are a **NUT-FREE** nursery, and it is important for items in lunch bags to NOT contain any nuts.
 - We will be able to refill bottles on days we are at the nursery and will bring additional water out on our day trips.
 - Please be aware that some of the children attending summer club do have food allergies and it is particularly important that children are aware that they should not share food with others.

- We advise that you place an icepack in your child's lunch pack to keep food as fresh as possible. Lunch bags will be stored outside in a shaded area.

7. What is included in the session?

The summer club session will include your child's breakfast around the campfire of our forest school site. The day will be spent at our forest school site where we will follow the children's interests to enhance their learning and confidence in the outdoor environment. We have countless opportunities for the children in our outdoor area and many new skills they could learn including different tool usage and woodwork activities. Some of the days will be spent on day trips exploring our campus grounds where we will be able to have picnic lunches! Near the end of the day, the children will be involved in preparing and cooking their tea over a campfire! Please be assured that all dietary needs and preferences will be catered for. Teas will include campfire cottage pie, chili feast, veggie tacos, pasta Bolognese (all vegetarian versions of some of favourite dinners!).

8. End of session

The pickup routine follows the same process as drop off. Please wait on the nursery slope by the entrance. A staff member will be notified you have arrived and will bring your child out for you. If you are planning to pick up your child up earlier than 17:00 please can you make the nursery aware so we can ensure we are in the nursery setting.

The session ends at 17:30 so please ensure you arrive before this time. If for any reason you are going to be late to pick up your child, please phone the nursery to make them aware. Please note that there may be a charge for late collection.

9. Illness or non-attendance

If for any reason your child cannot attend a day of the summer club, please ensure that the nursery is informed as soon as possible by emailing nursery@essex.ac.uk as it is important for us to keep our numbers updated ready for the day ahead. If you have not arrived by 09:15, a member of staff may contact you via a phone call for further information.