



Wellington School Nursery

Eco Nursery and Health Promoting Nursery News

As detailed in my recent report on Parental questionnaires I am delighted to introduce our first dedicated Eco and Health Promoting Nursery Update. I hope you enjoy hearing about our activities!

Eco Nursery

We have been an Eco Nursery for 2 years now and have obtained our Bronze and Silver Certificates. We are now ready to apply for our first Green Flag; the highest achievement. We are listed as a whole school, however due to the different ages and stages, we have 3 separate committees. One for the Senior school, one for the Primary and one for the Nursery.

The Nursery committee is presently led by Mrs. Audrey Jamieson and our committee comprises Mrs. Linda Fleming and volunteer Parents and we meet a couple of times during each term. Last year the Parents were very involved in the Nursery garden, however if gardening is not your thing, we also meet to discuss ideas for activities within the Nursery. The children are very involved and help with the audit to decide what we need to do to make the Nursery more "Eco" friendly, together with getting hands on with the activities.

In the past we have covered recycling and have taken the children to Heathfield Recycling Centre, a trip the children really enjoyed and we hope to visit again! We have held an Eco evening to highlight the hard work carried out by the whole school. We celebrated World Environment Day with various activities in Nursery followed by refreshments in the garden. Our garden parties have been very successful and we have had some success growing vegetables in our Nursery garden vegetable patch. We also participated in a potato growing project organised by the British Potato

Council and successfully grew 4 very large plants, which produced a tasty crop of potatoes.

Finally, we are involved with helping "Hessilhead Wildlife Centre" at Lochwinnoch. There is a box in the Nursery entrance to collect your used postage stamps, old mobile phone handsets and ink cartridges to pass on for recycling to help this worthwhile cause.

Health Promoting Nursery

Health promotion is a national policy and is embedded in our practice. We recently attained the commitment award under the South Ayrshire accreditation scheme.

Health promotion is a very high priority within Wellington School Nursery and the children participate in an extremely full range of activities designed to promote healthy lifestyle choices.

At present the children are participating in the following activities:

- Tooth brushing programme
- "Wash Your Hands of Them" hand washing programme
- Healthy snack choices
- Daily outdoors and indoors physical play
- Movement to music and swimming
- Learning about friendships and feelings
- Learning about people who help us in our communities
- Road and personal safety

Since the beginning of the term we have been concentrating on establishing excellent hand washing routines with the children using the Scottish Governments Hand washing Pack containing a DVD with the "Handy" character. You will see this little character popping up all around the Nursery and on posters beside all washbasins.

In order to highlight our health promoting activities to Parents in session 2008-2009 we held a "Health and Well Being Fair" inviting Ayrshire and Arran Health Board representatives to participate. It was very successful

and our work has been recognised as an example of good practice by Learning and Teaching Scotland and is to be published as a case study on their website in the very near future. Our work will also feature in "Early Years Matters" a publication which is distributed throughout Scotland. Needless to say we are delighted!

For the start of this new session we have purchased a number of new resources for health promotion - lots of lovely balls of various sizes, colours and textures, some monster feet, feelings mirrors and a healthy eating game.

If you have any suggestions for health promotion activities please speak to a member of Nursery staff.