

# Rock A Tots

Play. Learn. Grow.

Parent Information Pack



Award-winning  
Childcare

Building Bright  
Futures

Where Curiosity  
Thrives

# Parent Information Pack

At Rock A Tots, our aim is to provide a warm and caring nursery that ensures your child feels safe, secure and respected. We believe that when children feel truly valued and supported, they are empowered to reach their full potential.

## Welcome to Rock A Tots

At Rock A Tots, we are passionate about creating a nurturing, inspiring and joyful early years environment where children flourish as unique individuals. We understand that choosing a nursery is a big step and we're here to guide and support you every step of the way.

Every child in our care is welcomed into a calm and stimulating setting that feels like a home from home.

Our nursery environments have been thoughtfully designed to offer safety, warmth and wonder-places where children can explore freely, discover new interests and build the foundations for a lifelong love of learning.

We are proud to be deeply rooted in our local communities and actively engage with neighbourhood amenities, including visits to the park and library. We also take great joy in outdoor learning and embrace our beautiful nursery gardens all year round. Fresh air, physical activity and connection with nature play a vital part in every child's development.



## A family-centred approach

We believe strong, open relationships with families are key to helping children thrive. As a parent or carer, you are your child's first and most important teacher and we respect the trust you place in us when choosing Rock A Tots.

From your very first visit, we work in partnership with you to understand your child's individual needs, routines, and preferences. Each child is assigned a dedicated key person who will build a warm and consistent relationship with both your child and your family. Your child's key person is there to ensure their emotional well-being and learning progress are fully supported.



## Our nursery day & age groups

We welcome children from 3 months to 5 years, with nursery rooms carefully structured by age and stage of development. Each room has its own daily routine tailored to suit the developmental needs of the children, incorporating rest times, free play, structured learning and outdoor activities.

Our nursery is open from 8:00am to 6:00pm, Monday to Friday, for 51 weeks of the year. We also offer an early bird drop-off session at 7:30am, which can be booked in advance if required. We close for one week over the Christmas period and on all Bank Holidays. Please note, no fees are charged when we are closed.

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## Healthy meals & nutrition

Good food fuels great learning. At Rock A Tots, we provide healthy, home-cooked meals freshly prepared by our in-house chefs. Our kitchens are proud holders of 5-star food hygiene awards.

Each day, children enjoy:

- **A nutritious breakfast**
- **Mid-morning fruit snack**
- **A hot, balanced lunch**
- **Afternoon snack**
- **A light tea served at 4:00pm**

Our four-week rotating menus ensure variety and nutritional balance. We cater for all dietary needs and allergies, and meals are adapted individually where required. Our mealtimes are relaxed and sociable, with a strong focus on encouraging independence and healthy eating habits.



Please ask the nursery manager for more details.

## Learning & development

All our activities and routines are thoughtfully planned in line with the Early Years Foundation Stage (EYFS)-the statutory framework that guides early education and care in England.

The EYFS is built around four key principles:

1. **Every child is a unique individual**
2. **Positive relationships support development**
3. **Children learn and develop best in enabling environments**
4. **Children develop and learn in different ways and at different rates**

Through a mix of child-led and adult-guided play, our skilled practitioners support your child's communication, physical development, social skills, imagination, early literacy and numeracy - and much more.

We ensure that learning is always fun, active and engaging-whether it's splashing in puddles, painting masterpieces, planting seeds or building stories with friends.

## Your child's key person & learning journal

Your child's learning journey is regularly recorded to best support their emotional well-being, learning and development. We do this through regular observations, frequent assessments and careful planning of their next steps in learning, all to ensure your child is continuously challenged, celebrated and supported. All of this information is shared with you via a secure online learning journal, which includes:

- **Daily diary**
- **Personal observations**
- **Learning milestones**
- **Photos and artwork**
- **Next steps in development**

You can access your child's profile at any time, and we encourage families to contribute by sharing updates, photos and experiences from home too.

## Settling in with confidence

We understand how important it is for both you and your child to feel comfortable and reassured when starting nursery life. That's why we offer a carefully tailored settling-in process, designed to ease the transition gently and gradually.

Once your registration is complete, we'll arrange a series of settling-in sessions to suit your child's individual needs. During these sessions, you'll have time to meet the team, talk through your child's routine and help them become familiar with their surroundings.

Your child's key person will begin building a relationship with you from day one, offering support, reassurance and open communication. You're always welcome to phone the nursery for updates and peace of mind during these early days.

## What to bring

To help your child feel comfortable and settled each day, please pack:

- **Nappies and wipes (if required)**
- **A familiar water bottle or cup**
- **Two full changes of clothes**
- **Weather-appropriate outdoor wear**
- **Any comforters (these are safely stored when not in use)**

Everything should be clearly labelled with your child's name. We'll do our best to return all items, but a spare set of clothes is always appreciated just in case!

## Registration made simple

Registering your child with Rock A Tots is quick and straight forward. Simply complete our online registration form.

Once submitted, we'll issue an invoice for the £50 deposit and £50 registration fee. These fees secure your child's place. The deposit is refunded when your child leaves the nursery (provided your account is up-to-date and you have given the required four-week notice). Please note, the registration fee and deposit are non-refundable if you cancel your child's place before they start.

## Fees & funding

At Rock A Tots, we're committed to making high-quality childcare accessible and affordable. We accept Government funded childcare places for:

- **9-month-olds**
- **2-year-olds**
- **3 and 4-year-olds**

To check your eligibility, visit the official Government website:  
[www.childcarechoices.gov.uk](http://www.childcarechoices.gov.uk)

All eligible working families are entitled to 30 hours of funded childcare from the term after their child turns 9 months, continuing until they start school.



## Essentials & extras fee

For children accessing funded places, we charge an optional meals and consumables fee to cover:

- **Meals and snacks**
- **Drinks and fresh fruit**
- **One-use resources**
- **Creative and sensory materials**
- **Enriching experiences such as trips and extracurricular visitors.**

Please ask the nursery manager for more details.



## Policies & safeguarding

At Rock A Tots, your child's safety, happiness and overall wellbeing are at the heart of everything we do.

We understand that placing your child in our care is a big decision and we want you to feel confident every step of the way. That's why we have a thorough set of policies and procedures in place across all our nurseries, designed to create a secure, nurturing environment where children can thrive.

During your settling-in sessions, you are more than welcome to review any of our policies in more detail.

We encourage open communication and are happy to answer any questions you may have. Please don't hesitate to speak to the nursery manager for more information.



## We can't wait to welcome your little Rock Star!

Thank you for considering Rock A Tots. We are so excited to meet your child and to support them as they play, learn and grow into their wonderful self.

From their very first day with us, your child will be nurtured, encouraged and celebrated for who they are.

We can't wait to share this special journey with you.

If you have any questions or would like to arrange a visit, please don't hesitate to get in touch with your local Rock A Tots team-we're always happy to help.

# Building bright futures, one child at a time.

## Play. Learn. Grow.



“



Amazing nursery with outstanding staff! My daughter adores it and has learned so much, even picking up Spanish. The activities are fun and educational, from crafts to visits with guide dogs. The food is healthy and delicious - overall, a fantastic experience!



**Ofsted**  
Good  
Provider