

The Heathers Nursery



Prospectus 2019

The Heathers Nursery, Bracken Avenue, Hellesdon, NR6 6LS
01603 485371

theheathersnursery@outlook.com

Registered Charity No: 1029589

Ofsted Registration No: 257937

The Heathers Nursery is committed to safeguarding and promoting the welfare of children and young people and expects all staff, parent/carers and volunteers to share this commitment.

THE HEATHERS NURSERY STAFF

Ofsted has approved all staff and volunteers at The Heathers Nursery

Nursery Manager



Karen Shaen-Carter
Level 3 Diploma CYPW: Early
Learning & Childcare
Safeguarding Lead Professional
Special Educational Needs
Co-ordinator
Health & Safety Deputy
Coordinator
First Aider

Deputy Manager



Debbie Barker
NVQ Level 3 Children's Care,
Learning and Development
Deputy Safeguarding Lead
Professional
Deputy Special Educational
Needs Coordinator
Health and Safety Coordinator
First Aider

Administration Manager



Lacey Douglass
Data Protection Officer

Supervisor



Kim Sickelmore
Diploma in Pre-School Practice
Deputy Safeguarding Lead
Professional
Equal Opportunities Coordinator
First Aider

Supervisor



Nicola Bell
NVQ Level 3 Children's Care,
Learning and Development
First Aider

Supervisor



Sadie Wells
NVQ Level 3 Diploma for
Children and Young People's
Workforce
First Aider

Supervisor



Ruth Matthews
NVQ Level 3 Diploma for
Children and Young People's
Workforce
First Aider

Supervisor



Kathleen Doolan
NVQ Level 3
Childcare & Education
Equal Opportunities Deputy
Coordinator
First Aider

Session Assistant



April Adams
NVQ Level 2 Children's Care,
Learning and Development
Achieving Positive Behaviour
Coordinator
First Aider

Session Assistant



Tracey Keeley
NVQ Level 2 Children's Care,
Learning and Development
Achieving Positive Behaviour
Deputy Coordinator
First Aider

Session Assistant



Donna Hoogesteger
NVQ Level 2 Children &
Young People's Workforce
First Aider

Bank Staff



Tala Huckle
NVQ Level 3 Diploma for
Children and Young People's
Workforce

Bank Staff



Gemma Blanch
NVQ Level 2 Diploma for
Children and Young People's
Workforce

COMMITTEE OF THE HEATHERS NURSERY

2018/2019

Chairperson

Colin Kiddell

Treasurer

Sandra Grix

Secretary

Helen Clarke

General Committee Members

Sarah Taylor-Windle

Ruth Kettle

Abi Harvey

Kerri Singleton

Helen Clarke

Laura Holloway

Sarah Edmonston

Danielle Easton

A new committee will be elected in November 2019 at the Nursery's Annual General Meeting. If you like to join the committee at any time please let us know or come along to the AGM and raise your hand!

The Heathers Nursery

Welcome to the Heathers Nursery. We are a community nursery, run by an elected committee of parents who employ the staff to run and manage the sessions. The nursery operates in a mobile and in a classroom within Heather Avenue Infant School and is registered with The Office for Standards in Education (Ofsted) for up to 22 children per session per room between the ages of 2 years 6 months and 5 years.

Our Aims

The Nursery aims to provide your child with an enjoyable nursery experience, working within the Early Years Foundation Stage which is a play-based framework that acknowledges that every child is unique and they learn and develop at different rates and in different ways.

The Nursery has a stimulating and fun-filled atmosphere in which children develop physically, mentally and socially through play and interaction with other children and staff.

We give children the opportunity to play with friends of mixed ages, encourage them to interact with each other and learn about co-operation and sharing. We talk to them whilst they play and encourage them to do things for themselves and others, promoting independence.

The nursery recognises the need for a high adult to child ratio and runs well within the guidelines of 1:4 for children under 3 years and 1:8 for children over 3 years per session. This enables the staff to provide adequate support and security for your child as well as offering a wide range of activities within the educational curriculum at the same time as assessing and monitoring each child's individual needs.

The nursery operates an equal opportunities policy that does not discriminate against gender, race, ethnic origin, special educational needs or competence in English. Our educational programme and working practices promote equality of access and opportunity for all children to learn and make progress.

The Buildings

We have two separate classrooms situated within the grounds of Heather Avenue Infant School each classroom is divided into two areas. One half of each classroom has a specially designed 'wet floor' area for all 'messy' activities such as painting, play dough and for the use of sand and water apparatus. The other is a carpeted area which includes a quiet place for reading, home and role play area, I.T. tables with a computer for children's use and child sized tables and chairs on which a variety of toys, games and craft materials are placed.



The needs of a child or adult with physical disabilities have been taken into account. You can gain access to the Nursery building by way of a ramp and there are wide doors and a disabled toilet.



The Nursery classrooms have secure outdoor play areas. Equipment includes; tricycles, ride-on toys, prams, tents, hoops, balls, sand pit and balance beams.



Staff supervise both the inside and outside areas to enable children to have freedom of choice as to where they spend their free-play time.

Session Times

Sunflower Breakfast Club	8.00 am until 8.45am
Morning session	8.45am until 11.45am
Full day session	8.45am until 2.45pm
Sunflower After School Club	2.45pm until 3.45pm

Subject to availability and discussion between the nursery and parent/carer in the best interests of each child.

The nursery is open during term time only.

Breakfast and After School Clubs must be booked in advance. Breakfast and snack are included in both clubs. Funding can be used for these hours

When the children arrive, staff greet them, the children place their own name labels on the board and they are registered.

Children are able to choose what activity they would like whilst at Nursery.

As well as individual and small group play, the children are encouraged to join in a whole group activity. This could be either indoor or outdoor and may include talking about what the children have done during the session, sharing experiences from home, looking at items of interest brought in by the children, stories, singing, music, dance, group games and physical activities.

During the morning and afternoon sessions a snack is provided where the children are offered refreshments of milk, water, fruit and vegetables, bread sticks, crackers, toast etc. We use this time to promote healthy eating and introduce new foods to the children to try. We would ask that if possible your child could bring in a piece of fruit or vegetables to share. Water is available to the children at all times during the session by way of a water cooler in the Nursery and jugs of water in the classroom and outside. On occasions we may serve other foods. If your child has a food allergy it is important you inform us of this. Allergies that we are aware of will be catered for when providing food.

At the end of the session children are helped to put on their shoes and coats and are then called to the door individually and reunited with their parent/carer and their departure is recorded in the register.

Children's Development and Learning

The Nursery aims to provide a high standard of nursery care and education and follows the Early Years Foundation Stage (EYFS) which is a play-based framework that acknowledges that every child is unique and they learn and develop in different rates and in different ways. The aim of the EYFS is to help young children achieve the five "every child matters" outcomes of staying safe, bring healthy, enjoying and achieving, making a positive contribution and achieving economic well-being. The EYFS is divided into four themes and 16 commitments, each of these themes express important principles underpinning effective practice in the care, development and learning of young children. The four themes and commitments are:

<p>A Unique Child Child Development: Skilful communicator, competent learner. Inclusive Practice: Equality and diversity, children's entitlements, early support. Keeping Safe: Being safe and protected, discovering boundaries, making choices.</p>	<p>Positive Relationships Respecting Each Other: Understanding feelings, friendships, professional relationships. Parents as Partners: Respecting diversity, communication, learning together. Supporting Learning: Positive interactions, listening to children, effective teaching. Key Person: Secure attachment, shared care, independence.</p>
<p>Enabling Environments Observation, Assessment and Planning: Starting with the child, planning, assessment. Supporting Every Child: Children's needs, the learning environment, the outdoor environment, the indoor environment. The Wider Context: Transitions and continuity, multi-agency working, the community.</p>	<p>Learning and Development Play and Exploration: Learning through experience, adult involvement, contexts for learning. Active Learning: Mental and physical involvement, decision making, personalised learning. Creativity and Physical Thinking: Making connections, transforming and understanding, sustained shared thinking. Areas of Development and Learning.</p>

Children start to learn about the world around them from the moment they are born. The care and education offered by our setting helps children to continue to do this by providing all of the children with interesting activities that are appropriate for their age and stage of development.

They will be learning skills, acquiring new knowledge and demonstrating their understanding through 7 areas of learning and developing. These are divided into prime areas and specific areas.

Children should mostly develop the 3 prime areas first. These are:

- Communication and language;
- Physical development; and
- Personal, social and emotional development.



These prime areas are those most essential for your child's healthy development and future learning.

As children grow, the prime areas will help them to develop skills in 4 specific areas. These are:

- Literacy;
- Mathematics;
- Understanding the world; and
- Expressive arts and design.



Children in the EYFS learn by playing and exploring, being active, and through creative and critical thinking which takes place both indoors and outside.



The Parent's Guide to the Early Years Foundation Stage Framework can be found on our website www.theheathersnursery.co.uk

Nursery/home links

We will ask you to complete an "all about me" about your child with your child's current abilities, toileting needs, dietary information, the home life and close family, special events you celebrate, things that comfort your child, their interests and out of Nursery experiences and achievements.

This information is put into your child's learning story to help us to get to know your child better and also gives us a starting point so planning can be done for each individual child around their particular interests and abilities.

The Tapestry Online Learning Story

Your child will have an Online Learning Story, using the Tapestry system <https://eylj.org/> which is a record of their time at Nursery as part of the Early Years Foundation Stage, this will include written and photographic observations of achievements and interests of your child which will be used to show how they are learning and developing and enable us to plan for your child's individual needs so they can continue to enjoy learning. Children's earliest experiences help to build a secure foundation for learning throughout their school years and beyond, it is therefore important to ensure activities are suitable for the stage they have reached. Children need to be stretched but not pushed beyond their capabilities.

Key person System

The Nursery operates a key person system, which means each child is allocated a member of staff to be their key person. Their main role is to ensure your child settles happily into nursery; to develop a genuine bond with your child and make sure that your child is being cared for in a way that is valued by your family and build secure relationships between your child, your family and the key person to enable your child to learn. By getting to know the child well, a key person makes sure their individual needs are met, using their knowledge of your child to plan for individual needs and interests. They will show respect for your child's ethnic, cultural and social background, help your child to make transitions with other settings and as they start school. They will compile and share with you your child's learning story.

Preparing for Transition to School

We support the children and work with all transition schools. Teachers are invited to visit the Nursery to meet the children and key persons are available to talk to them. Key persons prepare transition reports for all children when they move on to school.

Admissions

To register your child with the nursery, please complete a registration form. Once received, your child's name will be added to our waiting list. The nursery will then acknowledge receipt of your application and availability of sessions. You will be welcome to come in and visit the Nursery to see a session running, meet your child's key person and ask any questions you may have prior to your child starting Nursery. Whenever possible, you will be offered a place as soon as your child is 2 years and 6 months old.

Fees

From September 2019 our fees are £15.00 per session 3 hour session, Breakfast & After School Clubs are £5.00 per club including all food and drink. The nursery requires four weeks written notice should you wish to withdraw your child. This notice period does not include school holidays. A non-refundable registration fee of £20.00 will be included in your first fees bill to cover administration costs and a book bag for your child (if your child is not government funded). If your child misses a session, full fees will still be payable. You will be given an invoice of your fees shortly after your child starts and then each term. Fee's can be paid weekly, monthly, half termly or in one payment.

Government Funding

The nursery is registered to accept Nursery Education Funding for 2, 3 and 4 year olds including 30 hours funding. This entitles your child to up to 5 sessions (or 10 if you are eligible for 30 hours funding) per week funded by the Government. At present funding is available from the term after your child's third birthday. The funding is paid directly to the nursery. Whenever possible, we will endeavour to offer you your sessions as soon as your child is eligible for funding. To receive funding, a termly form needs to be completed by you. For 30 hours funding, a code that HMRC have issued must be verified by the nursery prior to offering those funded hours.

We accept 2 year funding for those entitled to this funding but can only take children from 2 years and 6 months of age as per our admissions policy.

Parental Involvement

Management Committee

A volunteer management committee made up of parents and members of the community run the nursery. Anyone interested in becoming more involved with the nursery can be elected onto the committee at our Annual General Meeting held in the autumn term or be co-opted on during the year.

Contributing to activities

The committee arrange fundraising, fun events and sponsored activities throughout the year. Your support enables the nursery to thrive financially and create a caring and friendly atmosphere. Any help you can offer the nursery, in whatever way, is always greatly appreciated.

Clothing

Your child should bring indoor shoes with non-slip soles that are clearly labelled with their name. Please send your child with a complete change of named clothing in their bags in case of accidents. Name labels can be ordered. We would ask that your child be dressed in suitable clothing that they can easily undo when they need the toilet. A hat in summer and a coat in winter are essential for outdoor play.

Aprons are provided for messy craft and water play; however, please bear in mind that accidents can still happen so 'best' clothes are not advisable. Nursery sweatshirts and tee shirts are available to purchase (order form is attached).

Please note; jewellery is not to be worn during session, with the exception of stud earrings.

Health, Safety and Security

These issues are very important to the nursery.

The ramp, toilet and wet floor areas are fitted with slip-resistant flooring.

All outdoor and indoor activities are fully supervised by highly qualified staff within a secure play area.

Every possible effort is made to reduce the risk of injury by regular risk assessments being carried out.

Health and safety checks are carried out prior to each session. The premises and equipment are regularly inspected, cleaned and disinfected.

All staff hold relevant first aid qualifications and receive regular health and safety training.

A non-smoking policy is operated at the nursery.

Mobile phones are not permitted to be used anywhere on the nursery grounds or classrooms.

Any accidents or incidents are recorded and parents are informed and asked to sign the accident book or incident folder.

All medicine to be administered during session is recorded in the medicine record book. Parents must provide written permission and dosage details.

All visitors are required to sign the visitor's book.

Winter Weather

Please note if there has been heavy snow and Heather Avenue Infant School is closed, the Nursery will also be closed. School closures are announced on Radio Norfolk and Heart Radio and are listed on the Norfolk County Council website

http://disruptions.norfolk.gov.uk/ncclosures_schools.html

Safeguarding Children

Karen Shaen-Carter, Nursery Manager, is our safeguarding lead professional and Debbie Barker, Deputy Manager our deputy safeguarding lead professional. In the absence of either of these Tala Huckle, Deputy Manager will take the safeguarding role. Should a member of staff believe a child to be at risk, they are required by law to report their concerns immediately to the appropriate authorities.

Arrival and departure from Nursery

Children and parents/carers are requested to wait in the nursery lobby whilst the staff set up the nursery for session. Once the session is running we ask that you do not leave your child until a member of staff has registered them in the register.

At the end of session, we ask that you wait in the lobby of the mobile, or outside the classroom door for your child to be called when they will come out and greet you.

If someone other than a person named on your child's registration document will be picking up your child the Nursery must be informed of this and a password to be used, agreed by both parties.

Sickness

If your child should fall ill whilst at the nursery, we will make every effort to contact you. The nursery reserves the right to take your child to hospital in the event of an emergency.

If your child displays any symptoms such as vomiting, diarrhoea or rashes, we would ask that you keep your child at home for 72 hours (the Ofsted guidelines state 48 but we feel 72 hours will help avoid the risk of infection) or a doctor has been consulted. Please take time to read the list of communicable diseases displayed in the cloakroom and classroom which gives symptoms and exclusion periods. This is also available to read on the Nursery website.

Policies and Procedures Document

You will be asked to read the nursery's Policies and Procedures before your child has started with us. This outlines our policies on subjects such as equal opportunities, behaviour and special needs as well as stating our complaints procedure and staffing regulations. The policies are available to read on the nursery website www.theheathersnursery.co.uk and will be emailed to you. Copies of all our policies are kept in the nursery if you wish to borrow them.

Affiliation

The nursery is affiliated to the Pre-school Learning Alliance (PLA). This organisation is a recognised body that supports pre-schools both locally and nationally.

We are covered by PLA insurance.

The Following pages contain information for parents/carers



Welcome to The Heathers Nursery.

We are sure you and your child will enjoy your time with us. This information section has been put together to help you prepare for your Child's start, we have included some useful addresses, telephone numbers and some information which we hope will answer any questions you may have.

We would like to take this opportunity to tell you that we consider parental involvement a very important part of Nursery, not only for your child but for you too, being part of the Nursery can be a very rewarding time. We have outlined some of the ways you can be involved and some of the benefits within this section.

We hope this section will give you helpful tips and information. We look forward to seeing you and your family soon.

Helpful things to remember

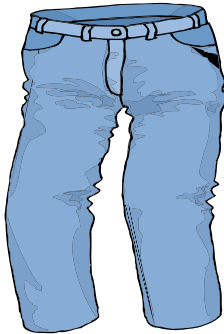


It would be helpful to your child and the staff if you could put your Child's name in all their clothes and shoes they bring to school.

They will need outdoor shoes and a pair of indoor shoes such as plimsolls or slippers. In cold weather, could you make sure your child has a warm coat, hat, gloves and wellington boots as we still play outside.



During the summer months please could you apply sunscreen to your child before the start of their session. For children staying for a full day, written permission for staff to reapply sunscreen is required. Please make sure they have a sun hat too!



We recommend a spare pair of pants, socks, top and skirt or trousers to be left in your Child's bag in case of accidents, although we do have spares we have found children are happier to wear their own clothes to bring with.

Please make sure your child does not wear any jewellery other than stud earrings.

Please can you make sure there are no medicines or any kind of food and drink items left in your Child's bag other than items brought in for snack time as we may have children with allergies.

We know that the first time your child comes to Nursery can be very daunting for them and you so we will do everything we can to make it a smooth and happy transition. You will not be asked to leave so please free free to work with your child's key person on how best to settle your child.

Parental Involvement

During your Child's time at Nursery you will be offered opportunities to be involved in the Nursery. We consider it to be very important for parents and carers to be involved and your child will benefit greatly from you, their primary educator, becoming involved as this will enforce a sense of security and reassurance. You as parents know your child best, with in-depth knowledge of their physical and emotional development over time. Sharing this knowledge and working alongside your child's key person will help with their development.

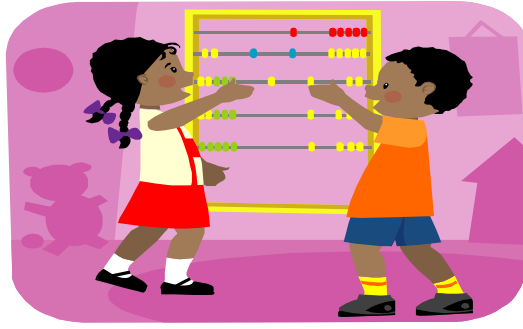
We are a charity run Nursery which means we also need a parent committee. Being involved in the committee may sound very scary to some but it is a rewarding opportunity, not only do you get to meet other parents but you get to have your say on how the Nursery is run, input in to fundraising ideas and how the money raised from fundraising is spent. Any relevant training is provided for you.

Activities

The activities in the Nursery are based around the children's interests and enables them to learn through play. We follow the Early Years Foundation Stage Framework which supports learning and development through seven areas:

Prime areas which those most essential for healthy development and future learning - Communication and Language, Physical Development and Personal, Social and Emotional Development.

As children grow the prime areas will help them to develop skills in four specific areas - Literacy, Mathematics, Understanding the World and Expressive Arts and Design.



*I like to look and listen
I need to touch and try
I want to smell and sample
And ask the question why?
Give me time to wonder
To imagine and pretend
Space to run and bend and stretch
Share secrets with a friend
I want to hold and handle
I must play to understand
For I need to know so many things
To find out who I am*

Useful Contacts and Local Numbers

The Heathers Nursery, Bracken Avenue, Hellesdon, NR6 6LS - 01603 485371
CFM Children's Centre, Catton Grove, Fiddlewood and Mile Cross, Hunter Road -
01603 413393 www.cattongrovefiddlewoodandmilecross.surestart.org

Hellesdon Surestart - 01603 890216

Heather Avenue Infant School, Heathers Avenue, Hellesdon - 01603 426438

Kinsale Infant School, Kinsale Avenue, Hellesdon - 01603 405227

Arden Grove Infant School, Cottinghams Drive, Hellesdon - 01603 404553

Norfolk County Council, Family Information and Childcare - 01603 222300

www.norfolk.gov.uk

Pre-School Learning Alliance for help, advice and support - 01603 767525

www.pre-school.org.uk

Home Start Norwich a voluntary service offering support and friendship for families in their home - 01603 616400 www.home-start.org.uk

Parent Line Plus for support and information for parents/carers - 0808 800 2222

Norfolk SEND Partnership for parents and carers of a child

with special educational needs and disabilities - 01603 704070

Norfolk Health Visiting for all health visitors in Norfolk - 0300 300 0123

Gingerbread, support organisation for single parents - 0808 802 0925

www.gingerbread.org.uk

Hellesdon Library, Woodview Road, Hellesdon - 01603 427790

Hellesdon Family Medical Practice, 343 Reepham Road, Hellesdon - 01603 486602

Prospect Medical Practice, 95 Aylsham Road, Norwich - 01603 488477

Woodcock Road Surgery, 29-31 Woodcock Road, Norwich - 01603 425989

P E Roos & Associates Dental Surgery, 183 Reepham Road, Hellesdon - 01603 408362

Jim Peirson Dental Surgery, 150 Aylsham Road, Norwich - 01603 425885

Lloyds Pharmacy, 81 Middleton's Lane, Hellesdon - 01603 426943

NHS Choices: Telephone - 111

www.nhs.uk

Norfolk and Norwich Hospital, Colney Lane - 01603 286286 www.nnuh.nhs.uk

Norfolk Police - 101 or 0845 345 4567

(all addresses and numbers correct as of 28/06/2017)

Communicable Diseases

Illness	Signs and symptoms	Treatment or action	Incubation	Infectious period/exclusion
Chicken Pox	Fever, very itchy rash with blister-like appearance	Tepid bath containing bicarbonate of soda. Apply calamine lotion to skin to stop itching. Try to stop child scratching to avoid scarring	10-14 days	Up to 5 days before spots appear and until spots become dry
Conjunctivitis "Pink Eye"	Blood shot eyes with discharge	Medical attention. Spread by contact so good personal hygiene can minimise transfer of infectious material		
Diarrhoea and sickness	Diarrhoea, sickness, dehydration	Replace fluids lost		Whilst symptoms persist, Ofsted guidelines state a child should be kept at home for 48 hours after the last bout of sickness/diarrhoea but we would request 72 hours to avoid infection
Hand, foot and mouth	Red spots on hands and feet. Blisters in mouth	Good personal hygiene important for 2 months after illness. Medical attention is unable to eat or drink	3-5 days	Particularly infectious during period of acute illness but sometimes longer. Exclusion until clinically well
Headlice	Itchy head. Lice and eggs visible in hair. Red rash sometimes appears	Combing with special comb, use of medicated shampoo. All family members should be treated. Long hair is better kept tied back	1 day	Headlice can only move from head to head during prolonged contact (at least 1 minute). Exclusion as soon as noticed and until hair has been treated
Influenza	Extreme cold, symptoms, aches and pains etc	Rest, plenty of fluids. Immunisation available for certain vulnerable groups eg asthma, diabetes, heart or kidney disease	1-5 days	Infectious up to one week after onset. Exclusion until clinically well
Impetigo	Lesions on the skin	Medical treatment. Lesions should be covered and good personal hygiene is important as bacteria is spread by pus on fingers	4-10 days	Infectious until lesions are healed. Exclusion for 48 hours after treatment started
Measles	High fever, runny nose and eyes, later a cough, white	Rest, fluids, tepid sponging. Medical attention to check for complications. If not immunised this can usually be done within 3 days of contact	7-15 days	Infectious from just before illness starts until 4 days after symptoms appear. Exclusion until well
Meningitis and meningococcal diseases	Fever, vomiting, headache, stiff neck, dislike of bright lights, joint/muscle pain, drowsy, difficult to wake, confusion, rash	Medical attention should be sought immediately		Until clinically well
Mumps	Pain and swelling of jaw, painful swallowing, fever	Fluids (may need a straw to drink through) warmth to swelling, pain relief	14-21 days	Infectious from 2 days before to 5 days after onset of swelling. Exclusion until swelling has subsided

Ringworm	Raised red marks on the body	Medical attention should be sought. Pets and farm animals may be a source of infection. Spread by direct skin to skin or indirect contact via combs, clothing etc	10-14 days	Infectious when marks appear. Exclusion until treatment is started
Rubella (German Measles)	Slight cold, sore throat, swollen glands behind ears, slight pink rash	Rest, treat symptoms. Avoid contact with pregnant women	14-21 days	Infectious for about 1 week before and at least 4 days after onset of rash. Exclusion for 7 days after onset of rash
Scabies	Mites make tiny burrows in the skin which itch intensely especially at night. Sites include between fingers, wrists, elbows etc	Medical attention should be sought. All household members and those who have prolonged skin to skin contact should have simultaneous treatment. Mites are transferred during skin to skin contact and via recently infected clothes or bed linen	2-6 weeks 1-4 days if previously infected	Infectious until treated. Exclusion until the day after treatment
Scarlet Fever	Red blotches are the first sign of the rash. Other symptoms: swollen neck glands, loss of appetite, nausea or vomiting, red lines in the folds of the body, such as the armpit, a white coating on the tongue, tongue red and swollen, a general feeling of being unwell	See your GP as soon as possible if you think you or your child has scarlet fever. Although the illness usually clears up after about a week, your GP will be able to confirm a diagnosis and recommend appropriate treatment	1 – 3 days	Exclusion until after 48 hours after starting treatment
Slapped cheek disease	Rash on cheeks, resembling slapped face followed a day or so later by a lace like rash on the body	The virus may unusually cause damage to the foetus in pregnancy so medical advice should be sought	4-20 days	Infectious before onset or rash but not after rash has developed. Exclusion until clinically well
Threadworms	Itchy bottom, especially at night. White cotton like threads visible in stools	Treatment available from GP or chemist. All family members should be treated. Eggs can be transferred to mouth on fingers if the bottom is scratched. Good hygiene and adequate treatment is essential	A few days	Highly infectious until treatment. Exclusion until treated
Whooping cough	Snuffly cold, spasmodic cough with whoop sound, vomiting	Medical attention. Rest, fluids, feed after a coughing attack. During an outbreak children under 5 should not be admitted to nursery unless known to be immunised	7-10 days	Infectious from onset until 3 weeks later (or 2 days if treated with appropriate antibiotics). Exclusion for 3 weeks from onset or after 2 days if treated with appropriate antibiotics. Can return when clinically well. Unimmunised household contacts under 7 years should be excluded until on antibiotic treatment

The Heathers Nursery is committed to safeguarding and promoting the welfare of children and young people and expects all staff, parents/carers and volunteers to share this commitment.