

RISE & SHINE



day nursery & pre school



Why fit in when you were born to stand out

Of course it is natural to want to give your children the very best start in life, a safe and secure environment in which there are no limits to their achievements and that is exactly what we aim to offer your child and you.

And we completely understand that you will feel a little apprehensive about leaving your child at a new nursery for the first time – every parent does. That is why it is important to us that you are completely comfortable with the child care you choose.

'the very best me I can be'

In the right setting, anything is possible

Rise & Shine can help put your mind at rest by providing a safe, loving and stimulating environment for your child. With reassuringly high standards of care and excellent facilities, we can provide the individual attention and stimulus your child needs to feel happy and confident when at nursery.

Most importantly we want to help to nurture a happy, well adjusted child whom we assist in motivating and inspiring to be the very best they can in everything they do. To have absolute belief in themselves and their own abilities and achieve their full potential.

We want your child to reach for the stars and leave us feeling they can be anything they want to be. All they have to do is reach back into the personalised mental toolbox we will have provided them with and hit the ground running towards the next big learning adventure!



Learning Is Fun And Fun Means Learning

Here at Rise & Shine we believe that children learn when they are having fun. Daily participation is driven by child initiated activities underpinned by effective teaching to maximise children's learning and development. We follow a broad based curriculum to ensure each individual child is supported and has a variety of opportunities to learn and develop in all areas of the Early Years Foundation Stage (EYFS) as well as opportunities that strengthen the child's physical, emotional and social skills. The curriculum also incorporates the following key areas that will help to make a difference and to create a strong foundation for your child's future preparing them for school: Literacy, Maths, Research, Science & Nature, Art, Cookery and Languages.

We will gradually introduce IT into their world so it becomes comfortably second nature and not at all scary for them and we will follow this through in the activities that they engage with.

Additional activities to stimulate their minds are also introduced on an ad hoc basis such as yoga, a variety of different sports, and even a few hours exploring real reptiles with a qualified expert.

An Uncluttered Space Means An Uncluttered Mind

Our spacious purpose built childrens rooms have all of the latest facilities to ensure the very finest experience for your child.

Brand new and well built furniture is arranged in themed areas for inspiration and quality learning. This enables childrens learning to be intuitive, led by what inspires each child in a playful environment allowing their imagination to free flow.



No areas are cramped and although there will be plenty of interesting childrens work and projects around the rooms we will not be operating in a cluttered, over busy environment. Children will benefit from all of the sensory challenges we will provide indoors and out.

Childrens rooms are air-conditioned for maximum comfort so all they need do is concentrate on the task to hand. Meeting your childrens physiological needs too is the foundation to quality education.

Feed The Child And Nourish The Soul

We provide a 3-week rotational lunch and tea menu and cater for special dietary requirements. The main courses are always served with vegetables to ensure children get all the vitamins and minerals they need to stay healthy. Children also enjoy fresh fruit, vegetables or savoury foods for mid-morning and mid-afternoon snack. Milk and fresh water are always available.

Every few weeks we present authentic dishes from around the world which can be used as a tool for teaching children about different cuisines and cultures. This also encourages children to experience new tastes and textures.

Our lunch and tea menu together meet the Caroline Walker Trust daily nutritional guidelines for under 5s as well as standards set out by the Children's Food Trust and the Department for Education This ensures that all children receive a low intake of salt and sugar, but the right levels of carbohydrates and nutrients.

Staff sit with the children at the table as this encourages good table manners and eating habits. And sat with their friends even the fussiest of diners become good eaters.





Free To Explore, Free To Imagine

Our outside areas are as good quality as those indoors. Our dedicated large outside nursery garden will be full of challenges and excitement. Great emphasis will be placed on the natural environment and learning all about the world around us. We are very lucky to be situated in many acres of grassed area which is bounded by trees and natural borders.

This gives the nursery staff and children no end of opportunities to learn about nature close up, have amazing sports days and outside activities most nurseries do not have access to. In addition there is a small swing park too.

All of this is within the private secure boundary of our venue meaning there are no roads to cross or unwanted and unwelcome observers.

Its All About The Children

We are exploring fresh ways to reduce paperwork whilst achieving improved reporting and outcomes for all children at our nursery. We have already made a start by investing in the very latest technology to maximise the face to face time given to your child's education by our staff. The technology is completely standalone so you have 100% confidence in its safety and security.



Children's progress is accessible in real time for parents or even grandparents if they have your authority to securely log in. All done at a time convenient to you, maybe when the kids are settled and you can really enjoy watching them progress or engage with them, watching together and reinforcing what they have accomplished through what you are observing to raise their self esteem.

Team Work With Parents

Our role is also to support families, through strong partnerships with you, to provide care and education for your child. Combining ongoing communication with you and the advanced facilities we offer we are able to strengthen the ties that connect your home with our nursery thus providing continuity.

You will be welcome at any time to come along for an informal chat or maybe spend some time with us observing and playing with your child and their new friends in our lovely surroundings. We look forward to meeting with you at parent events and children's sports days as well.

You can be sure that we at Rise & Shine will continue to evolve and innovate to ensure best practice is to hand at all times. We will listen to your ideas, your children's needs and develop our own unique propositions and improvements to provide a complete education for your child.





No Escapees Or Unwanted Visitors. Safety Is Paramount

A door entry system completes security of for our children giving peace of mind to parents, this will ensure anyone entering is screened first. Only pre authorised parents/guardians will be allowed access to the nursery rooms, with our CCTV system keeping an audio and visual record of attendees to the building for 30 days.

Our internal telephone system means that all rooms have a telephone and intercom system for in house communication.

The closed circuit television system which operates throughout nursery hours in all child accessible areas, including outside, is situated in the Nursery Managers office for regular monitoring.

And Some Great News For Parents

We have access to over 160 off road parking spaces for drop off and pick up.

We are less than 1 mile from Sidcup Railway Station and:

Only 1.5 miles from New Eltham Station

Less than 3 miles from Mottingham, Albany Park and Chislehurst Stations

Less than 3.5 miles away from St Mary Cray and Bexley Stations

All with their fast links to London and the South East.

We are also only a few hundred metres from main bus routes on Main Road, Sidcup.



Our brand new large reception area will make handing over your children nice and relaxed. There is a large family toilet in the reception area providing some comfort when leaving or collecting the children. A nice warm, dry and comfortable bonus.

A Personal Message From Nursery Manager, Donna Satterly:

'Dear Parents and Carers,

I am taking this opportunity to introduce myself as the Nursery Manager of Rise & Shine and I cannot wait to meet you all individually.

With me I bring 22 years of knowledge and experience in all aspects of childcare as well as patience, passion and warmth. I believe in nothing more than prioritising every child's needs to ensure they have the best start in life.

I have supported parents/carers through the concerning and worrying yet happy and proud times and I will walk the same journey through parenthood with you all.

My team and I will promise to deliver a positive and passionate experience to you and your children each time you walk through the door.'



RISE & SHINE DAY NURSERY, & PRE SCHOOL

Sidcup Sports Club,
Sydney Road, Sidcup, Kent.

DA14 6RA

Call us on: 0208 300 9000

3 months to 5 years

**Our nursery operating hours are from
07.30 - 18.30**

Full day or half day sessions available

(minimum attendance applies)

Early Years funding accepted

(terms and conditions apply)





For more information, to register your interest or reserve a place for your child please contact:

Nursery Manager Donna Satterly

0208 300 9000

07484 906212

email us on tellmemore@risenshine.online

or complete the contact form on our website:

www.risenshine.online

