

Bright Horizons Ready for School Guide

Growing Readers 

Growing Writers 

Growing Mathematicians 

Growing Scientists 

Growing Artists 

Growing Up Healthy 

Bright Horizons
supporting your
child to develop
the confidence
and skills for
starting school




Bright Horizons
FAMILY SOLUTIONS®

Early Learning

Every child is a unique individual and we take each child's individual needs into account when planning their day. We recognise each child's emerging development and interests, nurturing and guiding their development through warm, positive interactions.

Our nurseries in England are registered and inspected by the Office for Standards in Education, Children's Services and Skills (Ofsted) and staff use the required the Early Years Foundation Stage (EYFS) framework, which sets out standards for the learning, care and development of children from birth to five years old.

Within the learning and development section of the EYFS there are seven areas of learning and development which we use to shape the educational programmes in our nurseries.

Whilst all areas of learning and development are important and inter-connected, the framework splits the areas of learning into prime and specific areas.

Prime areas of learning and development

Specific areas of learning and development

The three prime areas reflect the key skills and capacities that all children need to develop to become confident successful learners through school and life.

The three prime areas are:

- **Communication and Language**
- **Physical Development**
- **Personal, Social and Emotional Development**

With our youngest children we focus strongly on the three prime areas, which are the basis for successful learning in the other four specific areas. As children grow in confidence and ability within the three prime areas the balance will shift towards a more equal focus on both prime and specific areas of learning.

- **Literacy**
- **Mathematics**
- **Understanding the World**
- **Expressive Arts and Design**

Children learn by leading their own play and by taking part in play guided by adults. Each area of learning and development is implemented through planned, purposeful play and a balance of adult-guided and child-initiated activity. Play is essential for children's development, building their confidence as they learn to explore, to think about problems, and relate to others.

Our Early Years experts have developed our unique Growing enhancements to further strengthen the EYFS programme of learning and development.





Ready for School

Leading Effective Preschool Pedagogy

Pedagogy comes from the Greek for child (ped) and to lead (ago) and literally means to 'lead the child'. Pedagogy is viewed as being the science, art and craft of teaching and learning.

Our nursery staff:

- Have an informed understanding of child development and how children learn.
- Have a genuine interest in children and how they learn and develop.
- Have respectful relationships with children and colleagues.
- Understand the immense value and importance of play and how play underpins learning and development.
- Understand the importance that child with child, and child with adult, interactions have on learning.
- Understand the importance of the environments in supporting effective learning and development.
- Value learning contexts that have meaning and purpose for children.
- Embrace the culture of reflective practice and commitment to continuous learning.
- Have fun and are creative and innovative in the way they think and work with children.

The transition from nursery to school is one that many children eagerly look forward to as a rite of passage and a step towards being grown up.

The Bright Horizons Ready for School philosophy draws upon the respectful understanding of how children develop and learn and the pivotal role our trained nursery staff play as effective leaders of children's learning.

All of our Growing enhancements are designed to support this pedagogical approach and strengthen the partnership between nursery staff and parents and as they guide children who leave Bright Horizons happy and confident with a passion for lifelong learning.

Growing Readers



How Bright Horizons Grows Confident Readers

Reading with your child may be one of the most meaningful and memorable ways to spend time imagining and learning together at home. Our Growing Readers approach emphasises the importance of reading with children and cultivating a love of great books and literature.

At Bright Horizons, we actively encourage children to explore books, to listen to stories, and to make up their own unique stories.

Our Growing Readers Review recommends our unique 'Books of Excellence' – books which have been reviewed and selected in partnership with our trusted book supplier and our own experts on what makes for great stories. Our experts are the children in our nurseries who carefully select the Books of Excellence to share with the rest of the Bright Horizons community. Our newsletter also gives parents additional tips for how to support their children's early literacy development.

Did You Know?

Research shows that the earlier children have enjoyable experiences with books and reading, the earlier their language and literacy skills blossom. Our Growing Readers approach inspires a love of books and stories and nurtures the desire to be a reader and a creator of stories.

Activity:

Joining the library is a great way of growing a love for books and reading.





Growing Writers

How Bright Horizons Grows Confident Writers

The Bright Horizons Growing Writers approach supports the complex magical journey from making a mark, to emergent writing, to a confident writer, laying the foundational skills that enable each child to flourish with the confidence and capability to be a confident writer.

More importantly, Growing Writers nourishes the inspiration and desire to write, exploring the connection between written and spoken word through play and communication.

Did You Know?

By building on the large body movements that have already been acquired, children develop more refined skills of hand and eye co-ordination and dexterity .

These skills need to be nurtured and encouraged through a range of experiences and activities such as; modelling with playdough, building blocks, manipulating puzzle pieces, threading beads, cutting with scissors and weaving with paper or ribbons.

With the development of these skills, the lines drawn by children during their first years of life become more and more refined and form the basis for children's ability to write. Holding a pencil comfortably and moving it to form letters is a complex art that takes time to develop.

Activities to do at Home:

Here are some fun activities you can do with your child to help develop important skills for writing.

- Making marks with a stick in the sand on a beach.
- Threading dry penne pasta on string.
- Ribbon dancing – making big swirly and up and down movements needed for writing.



Growing Mathematicians



How Bright Horizons Grows Confident Mathematicians

The Bright Horizons Growing Mathematicians learning approach creates opportunities to help children develop an understanding of the mathematical concepts inherent in their every day lives.

Carefully planned learning environments support children in developing their skills and abilities as mathematicians in action, whilst adult guided activities help them to begin to recognise that what they are doing is mathematical.

Did You Know?

Maths is everywhere! Wanting more, sitting in the second chair, climbing and counting the stairs, setting the table with one plate and one cup for each person, counting toes – maths is ever present, even from birth.

As young children develop their skills and abilities, Bright Horizons help them recognise that what they are doing is actually maths in action. In that recognition, they begin to understand its value, purpose and importance to them as a tool.

We provide wonderful, rich mathematical experiences for children and set up environments which will naturally provide

opportunities to enhance their progress in the mathematical world – whether setting the table, putting on two shoes, talking about who is third in line, making a graph of favourite fruits or counting how many hands tall they are.

Activities to do at Home:

- Cutting sandwiches is a great way to encourage conversation about shapes and early fractions.
- Spotting numbers when out on a walk helps children understand that numbers are essential for getting a bus and having post delivered.
- Helping set the table supporting counting the right amount of cutlery for the number of people having dinner.
- Sorting socks from the tumble dryer develops skills of matching and making pairs.



Growing Scientists



How Bright Horizons Grows Confident Scientists

The Growing Scientist approach inspires and empowers children to engage in constant research and experimentation – testing theories, exploring properties, making important breakthroughs and learning how things work.

We provide planned scientific opportunities for our children to explore such as testing out the magic of magnetism or the investigation of changes to ingredients through mixing and cooking. These activities inspire a positive disposition of discovery that form the important foundations for scientific learning.

These experiences nurture curiosity, wonder, critical thinking and an active engagement with the world to encourage a passion for science.

At Bright Horizons, the outdoor environment provides rich learning about the natural world. Children will enjoy experiencing weather phenomena, discovering how things grow and learning about the many mini beasts that inhabit the garden.

Did You Know?

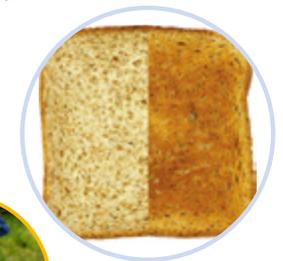
Early science experiences build on children's innate sense of wonder and nurtures their capacity for scientific thinking.

Investigating, predicting, observing and recording are part of this exciting journey of discovery.

As children develop and grow, their scientific explorations continually broaden and evolve, resulting in greater understanding and appreciation of scientific concepts.

Activities to do at Home:

- Making toast helps children explore and investigate the effect of heat on food.
- Growing cress seeds helps understanding of the need for seeds to have water and light – and it's magic seeing a seed grow into a plant!
- Leave a potato in a box, put the box in a cupboard and see what happens.
- Go on a magnet hunt and see what is magnetic.





Growing Artists



create something new and personal to them. The arts are a unique and powerful form of personal expression because they invite children to imagine, experiment, solve problems, express ideas, collaborate and be creative. Be it visual art, dance, music or drama, our Growing Artists approach values children for the inquisitive creators they are, and provides ways and means for them to express themselves through a wide range of creative media.

How Bright Horizons Grows Confident Artists

At Bright Horizons, we have a range of resources available in every room to ensure the children can be creative how and when they want, from dough, to paint, crayons to junk modelling, from music to dance.

The Bright Horizons Growing Artists approach creates inspiring opportunities for exploring, appreciating, producing and living the creative arts.

It encompasses all aspects of the arts, including visual arts, music, dance and creative movement.

All children are artists and their emerging creativity blossoms through opportunities to observe and appreciate art in the world around them. Carefully planned experiences and activities invite children to enjoy and explore different art forms and encourages them to be creative and become an artist in their own right.

Did You Know?

Artistic expression grows from within and the early years are important for providing children the opportunity to notice and appreciate the art in their world as well as to

Activities to do at Home:

- A trip to an art gallery opens up a world of creative expression and inspires us all to look at the world through the eyes of great artists such as Monet, Klee and Van Gogh.
- Take time to look at the pictures and compare the different forms of expression from impressionism to cubism. Ask your child which paintings they enjoyed the most, then purchase some postcards of the pictures to enjoy and discuss back at home.





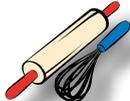
Growing Up Healthy

At **Bright Horizons** our Growing Up Healthy approach promotes an active and healthy lifestyle and ensures children at our nurseries leave us with an understanding of the importance of healthy living, nutrition and hygiene.

Active Athletes offers a range of activities designed to get children moving and teaches the importance of an active lifestyle. **Green**

Gardeners helps children develop an understanding of growing healthy food and the nutritional benefits of fruit and vegetables. **Creative Cooks** creates an interest and desire to prepare and cook healthy food and educate children of the importance of a healthy, balanced diet and gives a desire to try new foods. What can be more enjoyable than eating fresh food grown and prepared by your own hands.

Active Athletes 

Creative Cooks 

Green Gardeners 



A close-up photograph of a young child with dark, curly hair, looking down intently at something in their hands. The child is wearing a light-colored top. The background is a soft, out-of-focus green, suggesting an outdoor setting. The lighting is warm and natural, highlighting the texture of the child's hair and the focus on their hands.

Play and Learning at Home

Our Play and Learning at Home activities support you with the learning and development of your child in the comfort of your own home.

An array of activities offer a great opportunity to introduce some new ideas which you can enjoy as a family, whilst helping to build the

foundations needed for your child to be confident in reading, writing and mathematics.

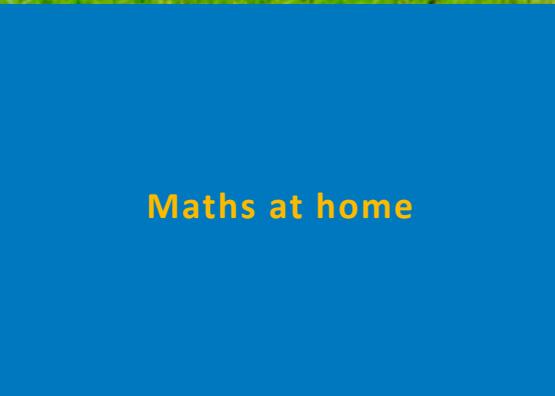
Our nurseries and website provide Play and Learning at Home ideas. Visit brighthorizons.co.uk to find activity suggestions relevant to your child's age and interests.



Create a sensory garden with your child



Play dough cakes for counting



Maths at home



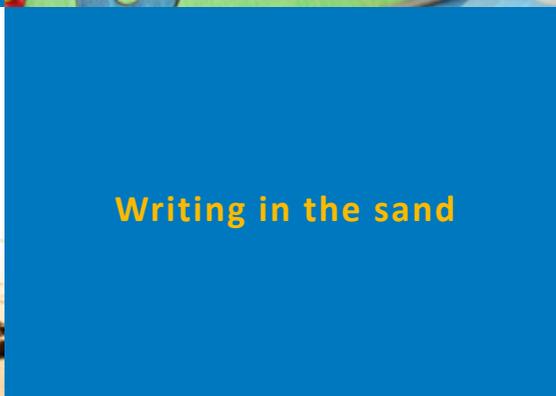
Pour and fill



Writing in the sand



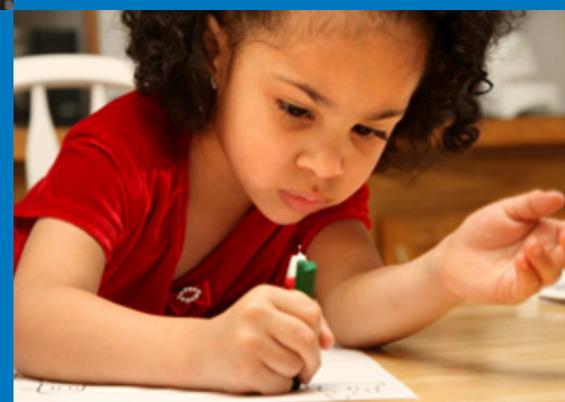
Painting together



Writing shopping lists together



Making cards together



Exceptional Care and Education

We provide excellent facilities and resources, respectful caring interactions and inspiring activities that your child needs to feel happy and confident when in our care.

We take the greatest care to provide the right level of support and encouragement, so your child can grow in confidence, build on important social skills and learn at their own pace.

Our nurseries are registered and inspected by Ofsted and follow the required Early Years Foundation Stage framework (EYFS).

We recognise and celebrate each child's uniqueness and guide their development through warm, positive interaction.





**Discover
Us...**

brighthorizons.co.uk

**Contact
Us...**

To find out more information about our
Preschools and Ready for School enhancements
and to arrange a visit please call

03702 185 167 or email

parentenquiry@brighthorizons.com

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