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A Lucky Beans Nursery

# Growing Beans Norbury

"A Nursery and Preschool with a difference"



## We love the outdoors!

Our forest school ethos keeps our focus around the use of nature in play – promoting a healthy lifestyle, curiosity and resilience from an early age.

## The importance of sport.

We encourage our little beans to try team and individual sport in order to help them develop important skills.

## Nutrition Focused.

Do you have any specific dietary requirements? We cater for vegans, vegetarians and anyone else, just ask!

1

## LEARNING

**Circle Time** – we use singing and finger rhymes to develop children's vocabulary.

**Free Play** – with nudging and encouragement, this allows the children to explore their own interests and instincts.

**Messy Play** – working with water, cornflower etc. and discovering textures and shapes.

**Story Time** – by following along with the pictures they begin to grasp the fun of written words.

**Phonics Lessons** – we offer phonics lessons to all children in order to help develop their speaking and pronunciation.

**Spanish Lessons** – we have a dedicated Spanish teacher who teaches children the basics in Spanish. Exposing children to a different language from young.

2

## NURTURING

**Caring For Others** – we put a great emphasis on learning to appreciate other people, their space, wants and needs, through play and example.

**Gardening** – tending to plants helps inculcate a gentle nature.

**Arts & Crafts and Musical Instruments** – by giving children encouragement to develop their artistic side and to have fun and be messy we nurture the soul as well as the mind.

**Adventure Box Music Classes** – we offer singing classes to our children. This gives children a chance express themselves and also interact with other children as they sing and dance together.

3

## LIFE SKILLS

**Cooking** – learning to associate healthy cooking with pleasure early stands children in very good stead later on in terms of their health.

**Books Everywhere** – the love of reading is probably the most valuable life skill a child can have, and it all starts with associating simple books with fun stories.

**Sport** – games in the garden and the park help them learn to cooperate with others and to keep active. The sports that children will participate in will be:

- Playball
- Tennis
- Boxing
- Ballet

# "A Nursery and Preschool with a difference"

We have a Forest School ethos...

Taking children aged 3 months to 5 years.

The Forest School movement is growing rapidly and emphasises learning and development through play and activities in the natural world, by channeling children's natural enthusiasm for space and plants and animals. Children in forest schools still follow the EYFS Development Matters guidance as to how they should be developing. In practice the learning is about allowing children as much freedom as possible without putting themselves in danger, so that their curiosity leads them into learning and developing friendships with guidance from the educators, not instruction.

Some practical examples of how a Forest School education works include the ability to learn about the different seasons by being out in them, classifying things by size by finding parent and child insects, combining music and materials by helping children fashion simple instruments to hit or blow into out of different types of wood and comparing them, and teaching mathematics without seeming to by getting the children to work out how many more sticks are needed for the fire or how long a log needs to be to make a good see-saw.



## Why choose us? Let's look at our core values that guide us at all of our settings...

We have a childcare philosophy that incorporates the full EYFS curriculum but which is about much more than box ticking – it's about being outdoors, playing sport and creating a home from home that makes children feel happy and safe.

Our fully trained staff, look after children from 3 months to 5 years old, 7:30am-6:30pm Monday-Friday, minimum 10 hours a day (We are flexible about these timings) – our intake is small so there are always plenty of us to go round.

**\*\* We offer 15 and 30 hours funded care \*\***

# The Lucky Beans Vision



Forest School isn't just for toddlers. Babies with us are fully involved in the outdoor learning and development and have their own special baby forest school carers to help them get the most from their natural curiosity in nature.



At Growing Beans we fully embrace the Forest School movement, but not completely at the expense of other ways of learning, so we strike a balance and make the most of a variety of opportunities for learning and development. This means we also spend some time at our base, doing music, reading stories, singing, dancing, arts and crafts and so much more. We look forward to welcoming you to our happy family.



## Vision

Our Lucky Beans family vision is of happy, curious, nurtured and well-rounded children who gain valuable life-skills and education particularly from the natural world. Learning in a positive strengths-focused environment, who make the transition to school easily and who go on to make a positive contribution to society.

## Mission

To promote happiness, learning and life-skills in the very highest quality childcare settings led by exceptional staff and with a focus on learning from nature.

Our strengths-based approach allows us to identify what works for each child. This positive method, grounded in educational psychology, helps ensure tailored care and happy children.

## We Love being outdoors!

At all Lucky Beans settings being outside and learning and developing in nature is hugely important. We spend as much time as possible outside playing, doing activities and sports of all kinds to promote a healthy lifestyle and to help children develop their natural curiosity, independence and resilience, along with a knowledge of nature's rhythms.



# Meet the Growing Beans family!

The Lucky Beans family was founded by Caroline Curtis in 2016 when she started child minding from her own home, with clear vision of providing excellent care, positive parenting and strengths based methods for nurturing children and enabling them to thrive, gain life-skills and be happy. Such was the success of Lucky Beans that Caroline was able to grow and extend her childcare services from the original setting of her home to Growing Beans our nursery and pre-school catering for children from 3 months right up to 5 years.

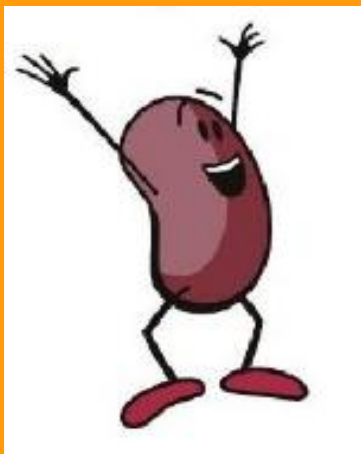
Here at Growing Beans, your child will spend plenty of time outdoors as we strive to create curious and adventurous children, making the most of learning from the outside world by studying natural flora and fauna, messy and creative play, and planting and tending vegetables as much as possible.

The staff at Growing Beans that your children will have the most interaction with consist of our lovely housekeeper and the care team, a lovely group of people, all OFSTED registered and 1<sup>st</sup> Aid trained, who will create a home-from home for your little ones. Now meet some more of our family...



Caroline Curtis  
Founder and Director

I am an OFSTED approved child minder, psychologist and mother to four sons aged between 4 and 21. I have always been a mum with a career, so I understand the strains of balancing home and work life. I believe in developing the skills laid down by the EYFS but also in enriching children's lives with music, cooking, gardening, arts & crafts, and sport.



Ioana Cosa  
Growing Beans Manager

My role along with the team is to assist your child on their learning journey, giving them the freedom to explore and develop in a warm, caring and natural environment. I have lots of experience of working with children in my professional and personal life and have been extensively Forest School trained. I am very excited to share my experiences with our Growing Beans children and parents.



**Olga Hildago**  
**Head of Operations**

I'm the behind the scenes person here at Lucky Beans and my job is to make sure everything runs smoothly for you.

From making sure your paperwork is in order to keeping records of your child's achievements I'll be working with you to make your admin as easy as possible.



**Latika Lawrence**  
**Executive Assistant**

My name is Latika, I have a level three in caring for children and young people's workforce, I also have a level 5 in business and leadership. I have 8 years' experience in childcare and childcare is a profession that I love and enjoy.



**Sandra Cashier**  
**Head of Admissions**

As the head of admissions, I deal with all the admissions for our Lucky Beans nurseries. I help with arranging viewings of the various sites to give you a feel of how welcoming Lucky Beans Childcare can be.



**Izabela Dalczyńska**  
**Area Manager**

I am the area manager and SENCO for all the Lucky Beans sites. I work vigorously to ensure all of our nurseries are up to the highest standard.

I consider myself bilingual, warm, compassionate and adventurous. I truly love to care for children - I cannot wait to help them explore



# Growing Beans Norbury

## Norbury Park

At Growing Beans Norbury Nursery and Pre-School we actively explore the forest around us. With Norbury park a few meters away from the nursery the adventures will never end. With our forest school ethos all our children take part in planting and watering the plants, exploring local wildlife and environments. So, they see the world for the true wonder it is from young!



## Baby area

We have a room just for our Pinto beans (0-18/24 months). This is because each and every child is offered personalised individualised care depending on their specific needs from a tender age. We understand that these formative months require extra care and attention and therefore strive to provide an environment that our young learners feel loved, nurtured and encouraged.

## Toddler/ Preschool area

This is where all the mischief happens! From astronauts to superheroes we look after them all. We actively encourage our children to explore their imaginations, as we nurture them to excel at whatever they put their mind to. All the messy play, free play, story time and circle time is done here.







### **Pre-school Area**

We aim to give our children at Lucky Beans Childcare the best possible start to their early years of education, moulding them for the future. We feel this is one of the most important aspects of a nursery, so we have a classroom where we hold lessons for our children. We have phonics and Spanish lessons to help develop your child's speaking. We encourage leadership, self-confidence and friendship making so that each child goes to school confident and self-assured.



### **Reading house on the beach**

All the children at Lucky Beans Childcare can relax in a comfy bean bag and read a range of children's books in the reading area in our nursery. Whether it's independent reading or group story time, the relaxing settings and lively staff will make any book seem like an adventure. We also challenge children to read independently helping to build their reading and their self-confidence.

# A typical toddler day? There's no such thing!



We have so much fun!

We also do music and singing, gymnastics and dance and even fantastically fun Spanish lessons all in our main hall. Of course we also do phonics, counting and learn our colours through fun activities and games.

*We don't stay in at base all day, we go out and about!*

## Typical daily timetable for Broad Beans and Runner Beans

7:30 - 9:00am	Breakfast	2:30 - 3:00pm	Full group focus activity/ Outdoor Science activity.
9:00 - 9:30am	Key group time	3:00 - 3:30pm	Snack
9:30 - 10:30am	Free flow/ Morning sleep	3:30 - 4:30 pm	Outdoor play/ Park play
10:30 - 11:30am	Snack/ Outdoor play/ Park play	4:30 - 5:00pm	Tea
11:30 - 12:00	Lunch	5:00 - 6:30pm	Free flow play/ Downtime activities
12:00 - 2:00pm	Sleep/ Key group activity/ Free flow		

9:00 - 9:30am	Registration/ Circle Time	1:30 - 2:00pm	Focused lesson
9:30 - 10:30am	Focused activity/ Key group activity	2:00 - 3:00pm	Outdoor play/ Outdoor Science activity
10:30 - 11:00am	Snack	3:00 - 3:30pm	Snack
11:00 - 12:00am	Outdoor play/ Park play	3:30 - 4:30 pm	Outdoor play/ Park play
12:00 - 12:30	Lunch	4:30 - 5:00pm	Tea
12:30 - 1:30pm	Sleep/ Free flow	5:00 - 6:30pm	Free flow play/ Downtime activities

We know that babies and toddlers have different needs, so we always ensure everything is tailored specifically to your child's needs. As part of our Forest School ethos, outdoor learning is a huge part of our learning and development and we get the children out every day for a nature walk to Tooting Bec common where we will do some child led activities, athletic tracks for sports running, ball games or other physical activities and visiting the Library. We are also keen to plan outings quite often, to places like the Horniman and Science Museums with our specially arranged transport, to which parents will also be invited to as a volunteer helper.

We believe that an important life-skill for children is teaching them to nurture other living things, so we grow lots of things like fruits, herbs and vegetables to use in our cooking.



# What do we eat?



We provide well balanced nutritious menus, meals are prepared on a daily basis including their five portions of fruit and veg everyday. We don't serve any sweet or fizzy drinks, fresh water will be provided for children all the time.

Where ever possible individual needs such as religious, special dietary requirements or allergies will be catered for.

We also offer healthy snacks like fresh fruit, so that your child always has enough energy to learn, explore and grow. It also lays the foundations of healthy eating habits for life. If your child is weaning, don't worry – we will work with you on this.

Our little helpers often get involved in preparing their own food by helping mixing and measuring out ingredients, but they don't get near anything sharp or hot!

## Sample menu:

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Ready Brek & Milk, Toast, Yoghurt, or fruit <b>D O W</b>	Weetabix & Milk, Pancakes, Fruit Puree <b>D O W</b>	Cornflakes & Milk, Toast, Banana <b>D O W</b>	Weetabix & Milk, Pancakes, Yoghurt <b>D O E W B</b>	Rice Krispies & Milk, Toast, Fruit Puree <b>D O E W B</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>
<b>Lunch</b>	Spaghetti Bolognese with cheese and vegetable sticks <b>D T</b>  Fruit and yogurt <b>D</b>	Thai Chicken Curry with rice and vegetable sticks  Fruit and yogurt <b>D</b>	Salmon with mashed sweet potato/sweet potato fries and green beans. <b>D F</b>  Fruit and yogurt <b>D</b>	Jacket potato with Beans and cheese <b>D</b>  Fruit and yogurt <b>D F</b>	Homemade turkey meatballs with mashed potato and vegetables <b>D T E</b>  Fruit and yogurt <b>D</b>
<b>Snack</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>	(Some of) Fruit, Biscuits, Organix Goodies/ finger food, Ricecakes, Croissants <b>D O E W B</b>
<b>Supper</b>	Crustless quiche and vegetable sticks <b>D T</b>  Fruit	Tomato/pesto pasta with cheese and salad <b>D T</b>  Fruit	Chicken stew with rice and broccoli  Fruit	Shepherds pie with vegetables <b>D T</b>  Fruit	Roast chicken with vegetables  Fruit

# Your child's development...

## The EYFS – what is it and what does it mean in practice?

The Early Years Foundation Stage (EYFS) sets standards for the learning, development and care of children from birth to 5 years old. Every aspect of Growing Beans has been designed with this framework in mind to stimulate the minds of our children using the best of traditional nursery techniques and forest school innovation. Growing Beans makes no distinction between learning and play and our nursery team are trained to use children's play as a means of developing them in all areas of the EYFS.

We need to:

- 1) Recognise each child is unique and requires observation to understand how best to help their development.
- 2) Give the child positive relationships to develop self-confidence, independence and to help them learn what acceptable behaviour is.
- 3) Provide enabling environments rich in objects and people that stimulate their imaginations and support them in taking risks within well managed, safe settings.

We support these guidelines wholeheartedly and our staff have undergone numerous training courses (including forest school training) to ensure that our nursery does all of these things for your child. Growing Beans celebrate all cultural festivals during the year to create a feeling of a wider community. We also ask parents who are interested to come to the nursery to take part in multicultural activities share their own culture and tradition with our Growing Beans family, so that we are supporting each other in creating healthy, happy and flourishing children. You can find a copy of Development Matters, which explains the EYFS in greater detail at: [www.foundationyears.co.uk](http://www.foundationyears.co.uk)





# Parents as our partners: How can I be involved?

This all sounds great, but isn't there more to a healthy, happy child?

Yes there is! The EYFS is a great start but with us, your child will be loved, guided and have all the encouragement and moral support they need to take risks and grow in a safe, supporting and caring home from home nursery environment and on exciting outdoor adventures.

Each month we have a different theme and this gives the children a greater interest in the wider world and keeps our learning fresh, fun and exciting for them.



Parents as partners

We know that looking after your child is a partnership between us and you, the parents. We know that you want to know how your child is getting on and what they are doing – these are some of the ways we involve parents:



## **My Learning Story folder**

Every child gets a folder with pictures that documents their progress and the things they enjoy. You'll be able to see exactly what your child has been up to whilst in our care.



## **Get togethers**

We hold casual get togethers in summer and winter so that you can get to know us all better and meet other parents.



## **Parent's WhatsApp**

We create a group for each child's parents so that our staff can share images and videos every day showing what your child is up to. It's lovely to actually be able to see how much fun they are having.



## **Regular catch-up meetings**

We arrange regular meetings to review your child's progress and check that we are all happy – especially your child. You can always catch up informally with staff at drop-off and pick-up times too.

What do the  
Parents say about  
Lucky Beans?



## Our parents are our best marketeers, hear what they think in their own words

\*all names have been taken out\*

“Caroline and the team are very supportive of the parents and I feel so lucky that when I am back at work I know my daughter is well cared for, happy and learning more than she would do with just me.”

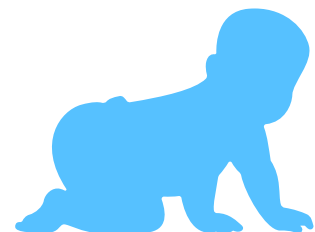
“Caroline and her team at Lucky Beans completely came to our rescue when we decided to have a last minute change in childcare plans. From the start, everyone has been warm, welcoming and extremely caring and our daughter is so happy to be there. Wonderful setting, excellent team and great facilities. Couldn't be happier and delighted to have our daughter at Lucky Beans.”

“We have now seen our daughter develop from a happy and content baby into a very capable and determined little toddler. We believe this is down to all the varied activities and games the children at Lucky Beans get to experience, including painting, music, reading and most of all, getting as much fresh air and running around together as possible. We feel very fortunate we are part of the Lucky Beans family and would recommend it to anyone.”



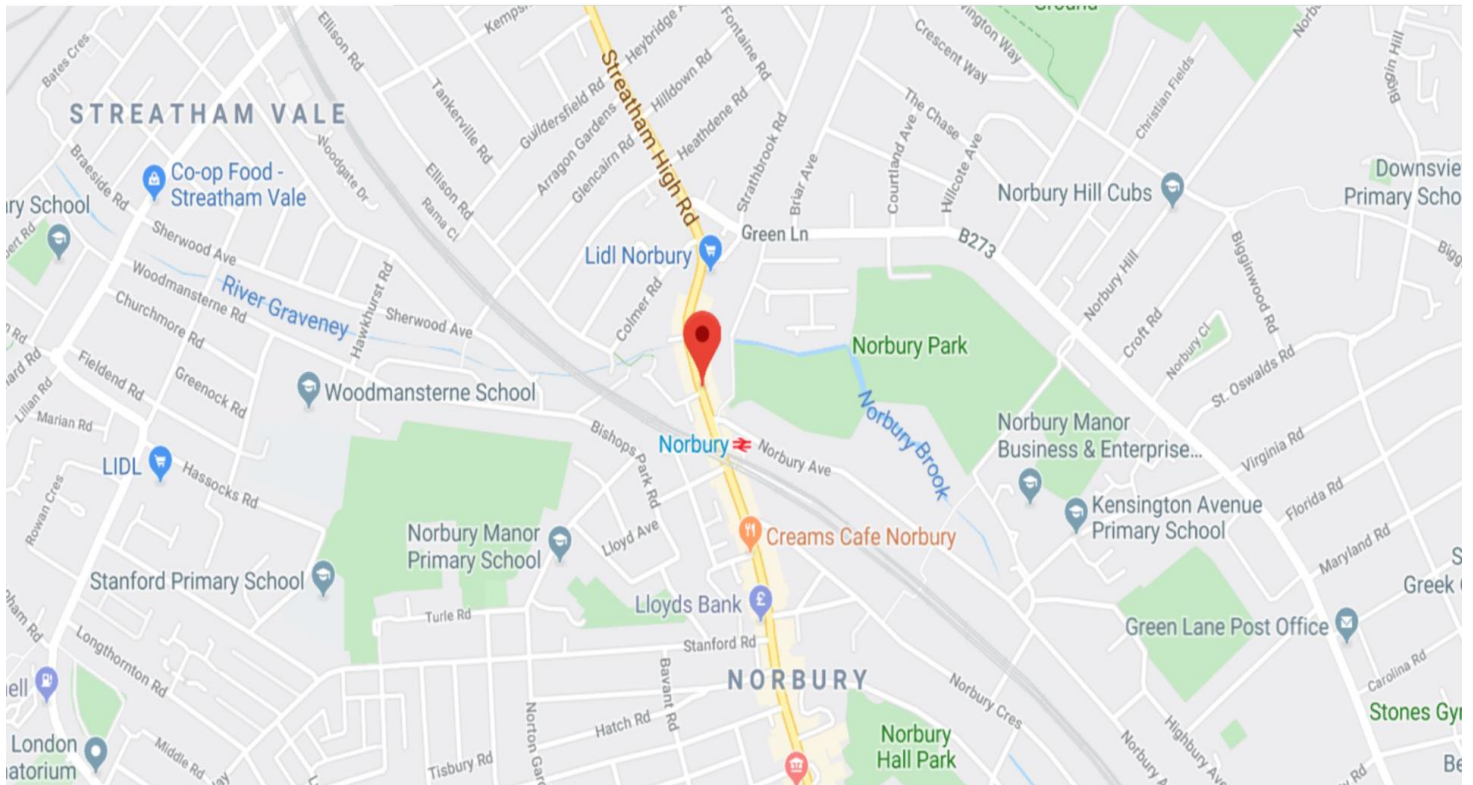
“The facilities are top notch. Caroline is relaxed and loving, but also never complacent, she is always striving to bring in new experiences for the children, and always fizzing with ideas. I would heartily recommend Lucky Beans to anyone.”

“We both have busy jobs and [child] is often the first to arrive and the last to leave, but this is made so much easier by knowing that he is safe, happy and much loved at Lucky Beans.”





# Where are we Located?



We are Located at:

Growing Beans Norbury  
1516a London Road  
Norbury  
SW16 4EU

Email: [admissions@luckybeanschildcare.co.uk](mailto:admissions@luckybeanschildcare.co.uk)  
Tel: 07885274046, 07902308798, 02086231877  
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We can't wait to meet you and your family!

Notes...

