BROADMEADOW
Kind Hearts, Bright Minds, Big Dreams

Little Steps, Big Futures

Flourishing Together in the Early Years



Your guide to healthy routines, happiness, and belonging at Robin Hood Academy

ROBINHOOD
MULTI ACADEMY TRUST
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Welcome to our school family!

Starting Nursery or Reception is a huge milestone for your child and for you. Every day in our early years setting is carefully planned to spark curiosity, build confidence, and help your child make their first lifelong friends.

As part of the Robin Hood Multi Academy Trust, we believe that education is a collaborative journey. We are here to walk alongside your family from day one, celebrating every success and offering a helping hand whenever life feels challenging

“The way we develop, through our experiences, relationships, and surroundings during our early childhood, fundamentally shapes our whole lives. These are the most formative, preventative years."

HRH The Princess of Wales,
The Royal Foundation Centre for Early Childhood

Beyond the ABCs: What Early Years attendance gives your child

Many parents ask: *"Does regular attendance and punctuality really matter when they are only three or four?"*

The answer is a wholehearted **yes**. In the early years, learning is about personal, social, and emotional growth. When children attend each day, they gain vital foundations:

Social Confidence and Play: Children learn how to share, resolve little conflicts, collaborate, and navigate friendships.

Language & Communication: Regular daily interactions, singing, stories, and conversations with adults and peers broaden vocabulary and develop speech fluency.

Physical Wellbeing & Healthy Habits: From running outdoors to learning self-care, handwashing, and enjoying balanced, sociable lunchtimes, children learn how to keep their minds and bodies healthy

Emotional Security & Predictability: Young minds thrive on familiarity. Consistent daily rhythms help children feel safe, settled, and self-assured in their learning environment.

Lifelong Learning Habits: Experiencing school as a positive, regular part of daily life sets an easy, stress-free pattern for the transition into Year 1 and beyond.



Anchoring the day: Soothing night-time routines

A positive morning starts the evening before. Tired children find separating from parents and regulating their emotions much harder.



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The 4-Step Bedtime Bridge

1

Screen Switch-Off (1 Hour Before Bed): Blue light from tablets, phones, and televisions disrupts the production of melatonin (the sleep hormone). Switch devices off after dinner to allow little nervous systems to settle.

2

Warm Bath & Sensory Wind-Down: A warm bath relaxes tired muscles. Use dim lighting, soft voices, and predictable steps (pyjamas, teeth brushed).

3

The Book & Cuddle Habit: Sharing a favourite book together not only promotes early reading skills, but also provides a predictable, calming close to the day.

4

Tomorrow's Launchpad: Encourage your child to help lay out their uniform, shoes, and bag beside the bed. Knowing what tomorrow holds creates comfort and anticipation.

Calmer morning routines: From chaos to connection

Mornings with young children can feel hurried, but small adjustments prevent morning battles and late arrivals at the gate.



Practical morning wins

The 15-minute gift: Waking up just 15 minutes earlier than your children gives you time to have a quiet cup of tea and prepare before the rush begins.

Visual routine charts: Use simple picture cards (e.g., getting dressed, eating breakfast, brushing teeth, putting on shoes) so young children can visually track their own progress with pride.

Fuel for the brain: A nutritious breakfast provides the energy children need to concentrate, play, and regulate their moods. If mornings are tricky, speak to us about our friendly morning breakfast provision.

Punctuality builds belonging: Arriving on time allows your child to join their friends on the carpet for morning greetings and registration rather than walking into an already busy room

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Is my child too ill for school?
Practical guidance for common ailments

It is completely natural to feel protective when your child seems tired or develops sniffles. Young children catch an average of 6 to 8 colds a year as their immune systems develop.

In accordance with official **NHS guidelines** , here is a handy quick-reference guide:

Symptoms or Condition	Can my child come in?	What you should do
Mild coughs, colds & runny noses	Yes!	If they have no fever and are otherwise playful, send them in. We keep plenty of tissues and will monitor them gently throughout the day.
High temperature (Fever over 38°C)	Stay at home	Keep them comfortable at home until their fever has resolved naturally.
Vomiting or diarrhoea	Stay at home	Children must stay off school until **48 hours** after their last episode to prevent bugs spreading.
Sore throat / headache	Yes, usually	Offer fluids; if they are well in themselves without a high temperature, they are fine to attend.
Chickenpox	Stay at home	Keep them at home until all blisters have completely dried and scabbed over (usually 5–6 days).
Mild tummy aches or morning worries	Bring them in and chat to us	Butterflies and nervousness often show up as tummy aches. Speak to our team at the door; children almost always settle within minutes.

Family teamwork: Supporting every parent

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If you have older siblings in the school

Early Years Matters Just as Much: It can be tempting on busy or wet mornings to think, *"It's only nursery, we can skip today."* However, missed days quickly fragment early friendships and routines.

Coordinated Morning Logistics: Use shared drop-off windows to your advantage. Celebrate older siblings acting as "morning role models" by helping get their younger brother or sister ready.

Avoid Attendance Fatigue: By Thursday and Friday, young children can feel exhausted. Guarding quiet weeknights ensures they have the stamina for a full, happy week of play.

If you are a first-time parent

Separation tears are normal: Handing your child over can feel emotional. Quick, confident, smiling goodbyes show your child that school is safe.

Building trust with key persons: In our early years setting, your child has a named Key Person who knows their unique interests, likes, and comforts.

Talk to us at the gate: Our leadership and early years teams are outside every morning. If drop-off was tearful or something changed at home, tell us so we can offer tailored comfort.



Our collaborative promise

At our school, and across Robin Hood Multi Academy Trust, we work *with* you, not against you.

Barriers, not blame: If your child is struggling to get into school, or if family circumstances, transport, housing, or bedtime routines are proving tricky, tell us. We will sit down together to build a supportive, individual plan

Parent power hours: Join our half-termly, friendly coffee mornings to chat informally about routines, childhood anxiety, or fussy eating with our team and fellow parents.

Notice & welcome: When your child has been away, our staff always greet them warmly: *"We missed you yesterday, let me show you what exciting things we have planned today!"*

Helpful parenting & health websites:

NHS 'Is My Child Too Ill for School?': nhs.uk/live-well/is-my-child-too-ill-for-school

BBC Tiny Happy People: Free activity ideas, language building tips, and routine builders (bbc.co.uk/tiny-happy-people)

BookTrust (Bath, Book, Bed): Practical bedtime advice for early years (booktrust.org.uk)

NHS Healthier Families: Healthy breakfast swaps and active lifestyle tips (nhs.uk/healthier-families)

Family Lives (Confidential Helpline): Free, compassionate parenting support at 0808 800 2222 (familylives.org.uk)

We are always here to help:

Class Teacher / Key Person: [Insert contact details]

Senior Attendance Champion: [Insert Name and Contact Details

Family Support Worker / Pastoral Lead: [Insert Name and Contact Details]

School Office Phone & Absence Reporting Line: [Insert telephone number, e.g., call by 8:30 AM]