Wellbeing Policy

Reporting Person: Nursery Manager (Designated Wellbeing Officer)

Approved By: Director – Wonder Whiz Kids Nursery

Start Date: 1st September,2025

Review Date: 1st Septemebr,2027

1. Purpose

This policy ensures that Wonder Whiz Kids Nursery provides a nurturing, inclusive, and positive environment that promotes the wellbeing of every child and staff member. It is aligned with KHDA Wellbeing Framework and EYFS curriculum requirements, embedding wellbeing into daily practice and long-term learning.

2. Scope

This policy applies to:

- All children enrolled in the nursery.
- All staff (teaching, support, and administrative).
- Parents and guardians as partners in children's wellbeing.

3. Policy Statement

Wonder Whiz Kids Nursery believes that wellbeing is the foundation of learning and development. A child who feels safe, valued, and emotionally secure will thrive physically, socially, and academically.

Wellbeing in our nursery is built into our curriculum and daily practice through:

- Personal, Social and Emotional Development (PSED)

- Physical Development
- Communication and Language Development

4. Responsibilities

Management

- Ensure wellbeing is prioritised in curriculum planning and delivery.
- Provide staff with CPD training on wellbeing, child development, and mental health awareness.
- Monitor wellbeing provision through regular staff meetings and KHDA audits.

Staff (Key Workers)

- Actively support children's emotional, physical, and language development.
- Foster strong relationships to ensure each child feels secure and cared for.
- Observe and record children's wellbeing milestones, sharing progress with parents.
- Encourage healthy habits and model positive behaviour.

5. Wellbeing in the EYFS Curriculum

Personal, Social and Emotional Development (PSED)

- Children are encouraged to develop positive self-identity, resilience, and confidence.
- Staff help children understand and manage their feelings and emotions.
- Opportunities are provided for teamwork, friendships, and problem-solving.

Physical Development

- Daily opportunities for active play, exercise, and movement indoors and outdoors.
- Emphasis on nutrition, rest, hygiene, and safe risk-taking.
- Development of fine and gross motor skills through structured and free play.

Communication and Language Development

- Children are supported in expressing thoughts and feelings using language.
- Staff encourage listening, turn-taking, and conversation skills.
- Multilingual support is provided to respect home languages while promoting English development.

6. Emotional Wellbeing and Mental Health

- Staff provide consistent emotional support through the Key Worker system.
- Children are taught to identify and express feelings using stories, songs, and role play.
- Calm spaces are available for children who need comfort or time to self-regulate.
- Positive behaviour strategies are used instead of punishment.

7. Physical Wellbeing

- Regular structured activities promote movement, coordination, and strength.
- Balanced meals and snacks in line with KHDA and EYFS nutrition standards.
- Safe sleep routines and daily rest periods.
- Hygiene practices (handwashing, personal care routines) embedded in daily routines.

8. Language and Cultural Wellbeing

- Children's home languages are respected and celebrated.
- English is promoted as the primary medium of instruction while valuing diversity.
- Activities such as storytelling, rhymes, and circle time encourage communication.

9. Staff Wellbeing

- Staff wellbeing is recognised as essential to children's wellbeing.
- Opportunities for professional growth, peer support, and work-life balance are provided.
- Staff are encouraged to seek support from management if wellbeing concerns arise.

10. Monitoring and Review

- Wellbeing provision is evaluated termly by the Nursery Manager.
- Parental feedback and children's observations are included in reviews.
- Annual review ensures compliance with KHDA Wellbeing Framework.