



Welcome to the Norbury Hill Cubs Family!

Your Guide to Settling In



We're absolutely delighted to welcome you and your little one to the Norbury Hill Cubs family! Starting at a new nursery is an exciting milestone for both you and your child - though we know it can feel a bit like the first day at a new job, except your 'colleague' is two years old and might have strong opinions about snack time!

At Norbury Hill Cubs, we're not just a nursery - we're a close-knit family with a strong community ethos. From the moment you walk through our doors, you'll feel the warmth and belonging that makes children settle more easily and parents feel confident in their choice.

This guide has been lovingly created with input from our wonderful parent community to help ease any concerns you may have and provide you with everything you need to know about your child's transition into our caring community.

"I think this is really good and even though it feels long, it's really clear, reassuring and helpful for those who might want more detail to build more familiarity. Personally I felt I had lots of questions and curiosity at early stage and this would touch on a lot of what I would've found helpful."

Before You Even Start - Getting to Know Us!

One of the things our parent community absolutely loves is how we help families get familiar with us well before any official settling-in begins. We're big believers that the more comfortable you and your child feel with us, the smoother everything becomes later on.

Monthly Family Events

- Birthday parties hosted right here at nursery - because where better to celebrate than with your extended family?
- Parent and child yoga sessions (family events where you stay and join in) - perfect for getting those wiggles out together
- Music sessions for families - prepare for some serious singing
- El Recreo Spanish sessions for children and parents together - "Hola" has never sounded so cute!

Once your child is settled, they will also enjoy our regular weekly enrichment classes during the nursery day, including Beam Yoga, Mr Ed Music, and El Recreo Spanish - all delivered by specialist providers.

Drop-in Class Visits

We warmly encourage families to pop in and experience our regular classes and activities before your child officially starts.

Important note: Once you register with us, you're immediately welcome to join our monthly birthday celebrations - even before your child officially starts! Many families find this incredibly helpful for building familiarity and confidence.

What Our Parents Say

Here, in their own words, are some of our families' experiences of settling in at NHC:



"Before Anushka started at NHC, I was a little nervous about settling back into life in the UK after we had been living in Canada. From the beginning, NHC made the transition so much easier. It really feels like a home away from home. Sara creates such a lovely, holistic environment with trips out into the community - visiting older people's homes, going to the library, travelling on the bus, visiting Asian supermarkets and so much more."

- Anushka's parent



"Moving Nevaeh from one nursery to a new one was daunting. More so for me than for Nevaeh. What really helped my anxiety was the daily updates on WhatsApp. We get daily updates throughout the whole day via the WhatsApp parents group and the BabyDays App. I feel as though I am right there with her. Sara is very approachable and very supportive. NHC is a home from home, and that's why I love it so much."

- Nevaeh's parent



"Without a doubt the opportunity to join the monthly birthday parties and classes before starting nursery made the biggest difference. We loved getting an insight into nursery life and meeting some of the lovely staff. It's completely normal for there to be some big emotions at the start, but trust the process. Before you know it, you'll be getting those pictures of your little one smiling away. The weekly planning posters are super impressive too - it's so lovely to see the thought that goes into every single week!"

- Suz, Ella's parent



"Before my daughter started nursery I was nervous about her feeling like I'd abandoned her, and that it might affect the close bond we had built - I needn't have worried about either. Having been invited in to join classes and events before Ruby started I felt like I was handing her over to people I knew and trusted. Ruby settled quickly with the support and comfort of the wonderful NHC staff, and any guilt I felt quickly disappeared as she happily went in each morning."

- Jen, Ruby's parent



"Leaving Sumayyah at just 11 months old was a huge worry for me. The regular WhatsApp messages and BabyDays updates were incredibly reassuring and helped me feel connected throughout the day. Every member of staff was so caring, friendly, and supportive. Sara, in particular, was always welcoming, approachable, and calming. Whenever I had a question or concern, I always felt listened to and supported. The door was always open, and I never felt like I was asking too much."

- Mahnoor, Sumayyah's parent

Our Approach at Norbury Hill Cubs

Our curriculum is built around four key words: GROW, EXPLORE, CELEBRATE, DISCOVER. During your settling-in sessions, you'll see these values in action as your child begins their journey with us.

You'll notice how we encourage children to explore their environment and choose activities, developing skills naturally through play. Our approach of observing, waiting, watching and wondering allows us to ignite curiosity based on your child's individual interests. We believe, as Dr. Seuss wrote, that "A person's a person, no matter how small" - and your child's voice and choices will always be valued and respected.

Our Settling-In Process

Every child is unique, and we recognise that starting nursery can feel overwhelming for both children and parents (and yes, sometimes the parents need more settling-in than the children!). Our settling-in process is specifically designed to help your little one gradually become familiar with our environment, staff, and daily routines.

We typically recommend two settling-in sessions before your child's official start date.

Session 1: Getting Acquainted (9:30am – 10:00am)

This first session is all about gentle introductions. You stay with your child as they start building their special relationship with their key person and meet other staff members.

There's no pressure - just time to get familiar with the space, the people, and the daily rhythm.

Session 2: Building Confidence (9:30am – 12:00pm)

During the second session, your child attends independently for the first time - this is a child-only session without you present. Our experienced team will keep you updated with photos and messages throughout so you can see exactly how they're getting on. Your child will experience more of our daily routine, including morning snack time.

What to Bring

- A change of clothes (because adventures can be messy - and that's the best kind!)
- A named water bottle
- Any comfort items your child might need (teddies are always welcome members of our community)
- Seasonal wear (hats, sun cream, coats) as we embrace outdoor play in all weather
- A sleeping bag if your child naps - we have quiet rest time built into our day for little ones who need it
- Bibs if your child still uses them
- Any special dietary requirements or medicines should be discussed with us in advance - we hold detailed allergen records for every child

Building Relationships Within Our Family Community

During your settling-in sessions, your child will be introduced to their key person - a specially assigned staff member who will build a close, nurturing relationship with your child and become your primary point of contact. This relationship is crucial for your child's emotional security and development.

At NHC your child will become part of our wider family community - interacting with all staff, forming friendships across age groups, and always having multiple caring adults looking out for them.

Daily Life at Norbury Hill Cubs

We follow a lovely rhythm throughout the day that balances structure with flexibility - rather like a good playlist, familiar favourites with room for spontaneous dance breaks!

Morning Arrival & Free Play (8:00am onwards)

Children arrive and breakfast is served from 8am–9am. We also offer an early start from 7:30am for families who need it.

Morning Snack (10:00am)

Fresh fruit and milk - because growing minds and bodies need fuel! We encourage children to help prepare their own snacks when age-appropriate.

Outdoor Play & Community

We spend time in our wonderful outdoor spaces and take children out into the wider community: visiting older people's homes, going to the library, travelling on the bus, visiting local shops and markets, and so much more.

Lunch (12:00pm)

Freshly prepared, nutritious meals in our 5-star rated kitchen. We maintain detailed allergen records and follow strict food safety protocols.

Afternoon Activities

Depending on your child's age and needs, afternoons might include quiet time, creative activities, or more outdoor adventures. Enrichment classes including El Recreo Spanish, Beam Yoga, and Mr Ed Music are offered throughout the week.

Managing Your Own Emotions During This Transition

Starting your child at nursery often brings up a complex mix of emotions. These feelings are completely normal and shared by virtually every parent - even that seemingly super-confident parent at the playground has probably had the same wobbles!

Studies show that environmental factors account for approximately 70% of outcomes in child anxiety - which means your positive, confident approach can make a real difference. Children whose parents approach new experiences with confidence are more likely to develop resilience and adaptability.

"I think this emphasis on both the child and the parent's wellbeing as part of the settling in process is so important. If I were a new parent this would make me feel really reassured and confident that these people know what they're doing and have my family's best interests at heart!"

Age-Specific Strategies for Supporting Your Child

For Young Babies (9–15 months)

- Keep your voice calm and cheerful - babies are brilliant at reading the room!
- Bring familiar items like their favourite blanket or soft toy to provide comfort
- Stick to their usual feeding and nap routines as much as possible
- Keep goodbyes very brief and matter-of-fact - prolonged farewells can increase distress

For Mobile Toddlers (15 months – 2 years)

- Start talking about nursery in simple, positive terms: "You're going to nursery to play!"
- Read simple picture books about nursery together
- Create a special goodbye wave or kiss that becomes your routine

- Avoid asking if they're scared or worried - it can introduce anxiety they hadn't considered

For Older Toddlers (2–3 years)

- Involve them in preparing for nursery - let them help pack their bag or choose clothes
- Talk about the exciting activities they'll do: painting, singing, playing in the garden
- Help them understand the routine: "After snack time, Mummy will come back"

For Pre-school Children (3–4 years)

- Have detailed conversations about what nursery will be like and answer their questions honestly
- Create a simple visual schedule showing the nursery day so they understand the routine
- Encourage them to express their feelings about starting - both excitement and worries are normal

During All Sessions (All Ages)

- Stay calm and confident during drop-off - children pick up on everything!
- Keep goodbyes short and sweet - think "see you later, alligator"
- Trust our experienced staff to comfort your child if they become upset

After the Sessions (All Ages)

- Ask about the positive aspects of their experience using simple, age-appropriate language
- Celebrate small achievements and focus on the fun they had
- Maintain regular communication with your child's key person

A Snapshot of Life at NHC - An Example Week

Each week at NHC has its own theme and rhythm, thoughtfully planned around our NHC 12 curriculum and your child's interests. We share our weekly plan with families every Monday so you always know what's coming up.

"I really love these updates and posters! So lovely to know what everyone is up to and next week sounds lovely." - **Maddie, Vinnie's parent**

Example Theme: Under the Sea (w/c 8 June 2026)

Here's a recent example of how a themed week comes to life at NHC. Every Monday we share a weekly planning poster with families so you always know what's coming up:

NHC
Nether Hill Community

8 JUNE 2026

UNDER THE SEA

MONDAY

Dive In! 🐠 Activities:

- Introduction circle – what lives under the sea? What does the ocean look like?
- Ocean small world – blue water tray, sea creatures, shells, pebbles, seaweed
- Large scale ocean collage – tissue paper waves, fish printing, sponge coral
- Babies: blue sensory water tray with shells, smooth pebbles and sea creature figures EYFS: Understanding the World / C&L / Expressive Arts & Design Try at home: Look up a sea creature together – which is your favourite?

TUESDAY

Sea Creatures 🐙

Activities:

- Exploring sea creatures – fish, octopus, sharks, whales, crabs, jellyfish
- Making jellyfish – paper plates, streamers, tissue paper
- Octopus painting – hands and fingers in paint
- Preschool: researching a chosen sea creature and creating a fact poster EYFS: Understanding the World / Expressive Arts & Design / Literacy Try at home: Can your child move like a sea creature – wiggle like an octopus, swim like a fish?

WEDNESDAY

Deep Blue Art 🎨 Activities:

- Watercolour ocean paintings – wet on wet for soft blending
- Salt painting – sprinkle salt onto wet watercolour for texture
- Bubble wrap printing for fish scales and coral texture
- Collaborative class ocean mural – every child adds their sea creature EYFS: Expressive Arts & Design / Physical Development / Understanding the World Try at home: Mix blue and green food colouring in water – does it look like the sea?

THURSDAY

OUTING DAY 🌊 Ocean Explorers – adventure on our doorstep! Activities:

- Walk to local area – look for water, puddles, drains, rivers, any signs of water
- Listening for water sounds – fountains, rain, streams
- Collecting pebbles, sticks and natural materials for Friday art
- Back at nursery: creating our ocean display with Thursday's finds EYFS: Understanding the World / Physical Development / C&L / EAD Try at home: Can you find any water near your home – a puddle, a stream, a pond?

FRIDAY

Our Ocean Celebration! 🎉

Activities:

- Finishing and displaying the class ocean mural
- Making treasure from salt dough – shells, starfish, fish
- Sand and water sensory play – digging for hidden sea creatures
- Circle time – what did we learn about the ocean this week? What surprised you? EYFS: PSSED / Understanding the World / Expressive Arts & Design / C&L Try at home: Visit an aquarium, watch an ocean documentary or draw your own underwater world!

Example Menu

Our 5-star rated kitchen produces fresh, nutritious meals every day. Here is an example of a typical week's menu:



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Weetabix, home made museli, fresh fruit compotes, yogurt	Weetabix, home made museli, fresh fruit compotes, yogurt	Weetabix, home made museli, fresh fruit compotes, yogurt	Weetabix, home made museli, fresh fruit compotes, yogurt	Weetabix, home made museli, fresh fruit compotes, yogurt



Morning Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Pears and Milk	Orange and Milk	Apples and Milk	Banana and Milk	Selection of Fruit Milk



Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato Pasta, garlic bread and fresh salad	Cottage Pie and sweetcorn	Pitta bread pizzas and selection of olives	chicken curry with basmati rice, steamed carrots and green beans	Fish Fingers, Wedges and beans



Afternoon Snack

Monday	Tuesday	Wednesday	Thursday	Friday
selection of sandwiches	Croissants with Cheese and olives	Veg sticks with houmous	Tapas	Cheese toasties

Good to Know - Practical Information for New Families

Here are a few practical things to know before your child starts:

Drop-off

- Nappies and wipes are provided by NHC as part of a monthly subscription of £20. We find this works much better for everyone - it means nothing runs out mid-day and parents don't need to worry about remembering to top up supplies. If you would prefer to provide your own that is absolutely fine too, just let us know.
- Please label all of your child's clothing, bags, bottles, and personal items clearly with their name

Getting Here

- Pram storage is available - please fold prams where possible. The gate padlock code will be given to you in person
- Bike storage is also available at the setting

Allergies and Diet

- NHC is a nut-free nursery - please do not send any nut-containing foods or snacks
- All dietary requirements and allergies must be shared with us before your child starts and kept up to date

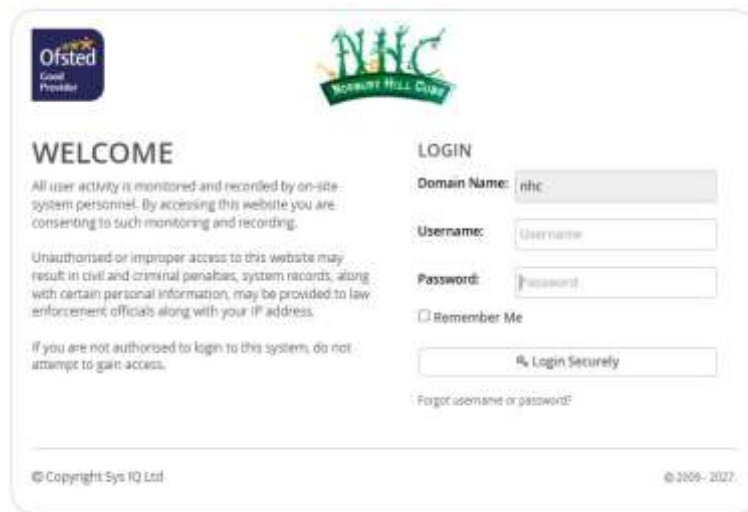
Additional Support During Your Journey

Photos, Videos & BabyDays App

We love sharing the special moments of your child's day through photos and videos on our parents WhatsApp group and via the BabyDays app. Many parents tell us that seeing their child happy and engaged at nursery helps reduce any worries they might have.

"The pictures received have helped me so much as a new parent. We watch the videos and pictures together when he gets home - it's really nice."

You will receive your BabyDays login details before your child starts. The domain name is nhc.



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NURSERY HILL CLUB

WELCOME

All user activity is monitored and recorded by on-site system personnel. By accessing this website you are consenting to such monitoring and recording.

Unauthorised or improper access to this website may result in civil and criminal penalties, system records, along with certain personal information, may be provided to law enforcement officials along with your IP address.

If you are not authorised to login to this system, do not attempt to gain access.

LOGIN

Domain Name: nhc

Username:

Password:

☐ Remember Me

[Login Securely](#)

[Forgot username or password?](#)

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Tuesday Connect

Sak and Sara run regular Tuesday Connect parent Zoom sessions - a relaxed, interactive space for real conversations and practical support. Free for all NHC families, join live or watch the recording later.



Sara & Sak's Tuesday Connect

Real conversations. Practical support.
One calm Tuesday at a time.

A relaxed series of interactive Zoom sessions for
Norbury Hill Cubs families.



What is it?

Parenting in the early years can feel overwhelming.
Tuesday Connect is a supportive space to talk openly about everyday challenges and share practical strategies that work at home.

First Session
Tuesday 23 June
8.00 - 9.00pm
Online via Zoom

How it works

- Join live or watch the recording later
- Open discussion with time for questions
- Practical ideas you can use straight away
- No pressure to attend every session
- Free for all NHC families

Early years parenting is rewarding, demanding, and rarely quiet. This space is here to support you beyond nursery hours.

What we'll explore

- Behaviour and big emotions
- Biting, tantrums and boundaries
- Toileting, sleep and routines
- Transitions at home and nursery
- Supporting confidence and wellbeing

Topics are shaped by you and your experiences.

Who's leading it?

Sara Rafique
Nursery Manager, Norbury Hill Cubs
Early Years, SEN and family support lead
18+ years' experience

Sak Rafique
Strategic and Wellbeing Lead
Positive & Coaching Psychologist
Executive Coach
25+ years in education and wellbeing

Together, Sara and Sak blend early years expertise with psychology-informed approaches to support children and families.

The NHC 12 Curriculum - Our Foundation for Learning

Our curriculum is built around four key words: GROW, EXPLORE, CELEBRATE, DISCOVER.

1. Develop Physical Potential - Children explore their environment and choose activities, developing skills naturally through well-planned, adult-led activities.
2. Appreciation of Your Senses - Through sensory play, we stimulate children's brain development, language skills, and problem-solving abilities.
3. Embrace the Outdoors - Outdoor play develops peer interaction, language skills, and gross motor abilities while building spatial awareness.
4. Develop a Sense of Self and Wellbeing - We help children understand their place in society by valuing their thoughts and feelings.
5. Ignite Curiosity - We observe, wait, watch, and wonder, then set up provocations based on children's interests.
6. Explore Your Creativity - Through free play, children express imagination and creative ideas.
7. Understand the Wider World - We build on what children know about themselves to help them celebrate similarities and differences between cultures.
8. Discover Your Voice - We give children a voice through choice, opinions, and emotions, helping them feel valued and confident.
9. Love Literacy and Numbers - We maintain a strong emphasis on speaking and listening, surrounding children with meaningful talk and print.
10. Engage with Local Community - We nurture connections between children, families, and local organisations.
11. Celebrate, Appreciate and Learn from Various Cultures - We respect diversity and help children develop understanding of our diverse world.
12. Embrace Individual Differences and a Sense of Belonging - Following Dr. Seuss's wisdom that "A person's a person, no matter how small," we involve children in decision-making and foster independent learning.

Welcome to the Norbury Hill Cubs family - we can't wait to begin this wonderful journey with you!



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★ Top 20 Nursery in London 2026 ★ Five Star Food Hygiene Rating ★ NDNA Maths Champions 2025–26 ★ NELI Accredited