

Nirvana Spa And Pulse 8 Creche

Inspection report for early years provision

Unique Reference Number	148619
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Inspector	Anne Jeanette Faithfull
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Registered person	Nirvana Spa and Leisure Ltd
Type of inspection	Childcare
Type of care	Out of School care, Crèche

ABOUT THIS INSPECTION

The purpose of this inspection is to assure government, parents and the public of the quality of childcare and, if applicable, of nursery education. The inspection was carried out under Part XA Children Act 1989 as introduced by the Care Standards Act 2000 and, where nursery education is provided, under Schedule 26 of the School Standards and Framework Act 1998.

This report details the main strengths and any areas for improvement identified during the inspection. The judgements included in the report are made in relation to the outcomes for children set out in the Children Act 2004; the National Standards for under 8s day care and childminding; and, where nursery education is provided, the *Curriculum guidance for the foundation stage*.

The report includes information on any complaints about the childcare provision which Ofsted has received since the last inspection or registration or 1 April 2004 whichever is the later.

The key inspection judgements and what they mean

Outstanding: this aspect of the provision is of exceptionally high quality

Good: this aspect of the provision is strong

Satisfactory: this aspect of the provision is sound

Inadequate: this aspect of the provision is not good enough

For more information about early years inspections, please see the booklet *Are you ready for your inspection?* which is available from Ofsted's website: www.ofsted.gov.uk.

THE QUALITY AND STANDARDS OF THE CARE

On the basis of the evidence collected on this inspection:

The quality and standards of the care are good. The registered person meets the National Standards for under 8s day care and childminding.

WHAT SORT OF SETTING IS IT?

Nirvana Spa and Pulse 8 Health and Fitness Crèche opened in 1974. They registered for holiday care in 2005. The group provide crèche and holiday care for members of the fitness club. Parents using the holiday club do not have to be members of the fitness club. The crèche offers care for children between the ages of eight weeks and under eight years old. Sessions in the crèche are Monday to Friday 09:15 to 12:45, Saturday 09:00 to 12:00 and Sunday 10:00 to 12:00. The holiday club is open during the Easter and summer school holidays on Tuesday and Wednesday from 13:30 to 16:00 only, for children aged four years to under eight years.

There are currently 350 children on roll. Children attend for a variety of sessions. The setting has provision to support children with learning difficulties and/or disabilities, and children who speak English as an additional language. There are seven staff who work with the children on a part time basis, of these, five hold appropriate childcare qualifications.

THE EFFECTIVENESS OF THE PROVISION

Helping children to be healthy

The provision is good.

Children are cared for in a very well maintained environment. They stay healthy because staff exercise good hygiene practices to minimise the risk of cross infection. For example, staff immediately respond to a baby who had been sick, ensuring the baby area was cleaned immediately with large industrial anti-bacterial wipes, as they do not use an anti-bacterial spray in the baby area when young babies are present to further protect them. Staff follow good standards of hygiene when changing nappies to help protect very young children. The children are beginning to develop an awareness of personal care routines, however, staff do not remind them to wash their hands before eating their snack. The clear child illness policy ensures appropriate measures are in place when children are ill. There are good procedures in place to ensure staff can deal with any accidents or injuries appropriately in the crèche and holiday club, as all staff who are working with the children attend a first aid course including paediatric care each year.

Staff gather information about children's dietary needs so they are aware of any allergies or dietary requirements. They work with parents regarding the provision of food and snacks. Parents may bring bottles for babies and they provide snacks for their children. However, children attending the crèche cannot independently access a drink of water when required, at present some children have to ask a member of staff for their drink. Children who attend the holiday club can access a drink from the water fountain to ensure they do not become de-hydrated after taking part in energetic sports activities.

Staff support babies well as they attempt to crawl and pull themselves up to a walking position. Toddlers are able to play with a range of resources which help to develop their physical skills including using paintbrushes and art materials which help to develop their fine motor skills. Staff provide a range of physical activities for children who attend the holiday club, for example, they have the opportunity to use a studio where they can bounce and jump on the bouncy castle.

Protecting children from harm or neglect and helping them stay safe

The provision is good.

Children are cared for in a warm, bright and welcoming environment. Space is well organised to accommodate the separate needs for babies and the more active and older children. There is lots of space available for children to move around freely and choose the resources and equipment they wish to use. A range of furniture is available to allow babies to rest and sleep if required and all conform to British safety standards. The company and staff ensure there is a wide range of age appropriate resources available to meet the needs of the children being cared for, including a range of specialist sports equipment for the children to use in the holiday club, all equipment and resources are checked and cleaned on a regular basis by the staff.

Staff have a good awareness of safety, a daily safety check takes place and any concerns are highlighted and referred to the maintenance department. The crèche and holiday club have their own health and safety committee who meet on a regular basis to ensure the on going safety of the areas which the children use, such as the corridors which the children from the holiday club use to access the studio and the crèche. Comprehensive written risk assessments are in place and all reasonable steps have been taken to ensure that the environment in which

children are cared for is safe and secure. Staff practise the emergency evacuation procedure with the children on a regular basis to help them develop an awareness of what to do in the event of an emergency, such as a fire. Staff encourage children's awareness of safety through age appropriate explanation. They supervise the children well enabling them to play safely and independently. All required policies and procedures are in place and staff have a secure understanding of child protection matters and procedures; helping to safeguard children's welfare

Helping children achieve well and enjoy what they do

The provision is good.

Staff deploy themselves well to enable them to provide good care and support to the children. They offer lots of positive physical contact by means of hugs and cuddles for the younger children and babies. Staff share warm relationships with all the children who are happy and settled in their care. The staff use their experience and knowledge of child development to provide a wide range of activities and experiences for the children which helps to promote their learning and development. They sit with the children as they play and interact with them to extend language, encourage imaginative play and offer support to participate in craft activities, such as free painting and making Halloween masks. Children and staff create art displays around the crèche, for example, 'under the sea' where all children have the opportunity to decorate fishes and help to make the mermaid. They also have an art gallery where they can display their individual paintings, this gives the children a sense of belonging.

Staff nurture babies early communication skills as they give lots of eye contact, listen to their babbles and then respond in gentle tones; reinforcing early speech patterns. Staff extend older children's language by asking appropriate questions, for example, asking children about their paintings and the colours of the leaves and trees. Staff provide a wide range of activities for the children who attend the holiday club these include a variety of sports, for example, badminton. Children who attend the holiday club have the opportunity to decide with the staff which activities and experiences they would like.

Helping children make a positive contribution

The provision is good.

Staff gather information from parents about their children's individual needs to enable them to be in a position to best meet these needs. All staff know the children well and treat all children with respect. There is a good range of resources available that reflect diversity and helping children to develop an awareness of the wider world, such as books, posters and dressing up clothes.

Staff have a good understanding of behaviour management and are consistent in their approach to managing children's behaviour, for example, children in the crèche are encouraged to say sorry and hug each other and the older children attending the holiday club are asked about their behaviour and its effect on other children in the club. As a result, children develop an awareness of what is expected of them. The children receive praise for their efforts and achievements to help develop their confidence and self-esteem. For example, staff also use facial expressions with the younger children as well as verbally saying well done. Children are clearly proud of their achievements and smile when praised by staff.

Staff have a good working relationship with the parents. Parents comment on how pleased they are with the care and the activities that are offered to their children and how their children happily come into the crèche. Staff talk to the parents when they come to collect their child from the crèche and inform them of their child's food intake, nappy changes and how they have spent their time. Booklets and notices displayed in the crèche inform the parents of the service the crèche and holiday club provides.

Organisation

The organisation is good.

The company offer good support to the manager and staff working in the crèche and holiday club. They ensure there are good vetting procedures in place to ensure children are well protected and all staff are suitability qualified. An effective appraisal system is in place, this highlights any future training requirements. Staff have a high regard for children's well-being and they have the opportunity to attend training to further develop their childcare practice. The manager and various company representatives meet every three months to ensure any concerns and issues are dealt with appropriately, this helps to ensure the on-going safety, care and welfare of the children and staff in the crèche and holiday club.

An electronic booking system ensures staff ratios are maintained to promote children's care. All staff have a clear understanding of their roles and responsibilities, they work well together as a team and they organise space, time and resources well to effectively meet children's needs in the crèche and holiday club. All required policies and procedures are in place and these work well in practice to promote children's health, safety and welfare. All required documentation is in place, however, parents currently record the time they are due to collect their child from the crèche when signing their child in at the beginning of the session. This means that records do not always show the correct time the child was collected from the crèche. Documentation is well organised and stored securely to maintain confidentiality. The setting meets the needs of the range of the children for whom it provides.

Improvements since the last inspection

At the last inspection the setting was asked to update and review documentation. All documentation has been updated and reviewed by the manager and documentation now in place further promotes the welfare of the children.

Complaints since the last inspection

Since the last inspection there have been no complaints made to Ofsted that required the provider or Ofsted to take any action in order to meet the National Standards. The provider is required to keep a record of complaints made by parents, which they can see on request. The complaints record may contain complaints other than those made to Ofsted.

THE QUALITY AND STANDARDS OF THE CARE

On the basis of the evidence collected on this inspection:

The quality and standards of the care are good. The registered person meets the National Standards for under 8s day care and childminding.

WHAT MUST BE DONE TO SECURE FUTURE IMPROVEMENT?

The quality and standards of the care

To improve the quality and standards of care further the registered person should take account of the following recommendation(s):

- ensure all children can independently access a drink when required
- further promote young children's understanding of hygiene issues by ensuring they wash their hands before eating their snack
- ensure children's times of attendance are recorded accurately

Any complaints about the inspection or the report should be made following the procedures set out in the leaflet *Complaints about Ofsted Early Years: concerns or complaints about Ofsted's role in regulating and inspecting childcare and early education* (HMI ref no 2599) which is available from Ofsted's website: www.ofsted.gov.uk