

Inspection of Keep Fit Nursery Stockton LTD

Total Fitness, Middlesbrough Road, Thornaby, STOCKTON-ON-TEES TS17 7BN

Inspection date: 4 July 2023

Overall effectiveness	Good
The quality of education	Good
Behaviour and attitudes	Good
Personal development	Good
Leadership and management	Good
Overall effectiveness at previous inspection	Not applicable

What is it like to attend this early years setting?

The provision is good

Children show they feel happy, safe and secure in the nursery. They run into the room and hug staff, showing excitement to see them. Staff are kind, caring and enthusiastic. They know children and their families very well. This helps them to meet children's individual care needs and maintain positive relationships with parents. For example, parents come into the nursery to help their children settle and pass messages on to staff. Staff have high expectations for all children. They provide one-to-one support for children with potential special educational needs and/or disabilities (SEND) as often as possible, despite there being no funding allowance yet. Staff promote children's positive behaviour. Children benefit from clear boundaries and are well-mannered.

The provider works closely with the manager and staff team. They have developed the curriculum to provide children with secure foundations for their learning. Staff focus on supporting children in their personal, social and emotional development. Children learn how to share, take turns and be kind. Staff are aware of the impact of the pandemic for children and families. They offer flexible sessions and tailored settling-in procedures. Children enjoy meeting a range of visitors to the nursery, such as the music and library service. This helps them to broaden their experiences and develop new skills.

What does the early years setting do well and what does it need to do better?

- Staff are excellent role models for children. They consistently build up children's confidence and self-esteem. Children talk about how well they have done after completing jigsaws. Young children take part in circle times and benefit from the praise they receive from staff. Staff consistently use stars to help children reflect on their feelings and behaviours. This is effective in promoting children's positive emotional well-being.
- Children show enjoyment in activities and are keen to join in. Staff carefully plan experiences, so they are exciting and interesting for children. For example, older children gather excitedly around the tray to make their potions. Staff support them to take turns and make predictions as they mix the ingredients. Children show delight as the potion begins to fizz and foam.
- Staff who work with young children focus on developing their communication and language skills. For example, children repeat keywords and benefit from hearing new vocabulary during their play. Staff speak clearly and provide children with time to respond. However, there is less focus on this for older children, including those who show potential delay in this area.
- The provider and management team ensure that staff have access to a wide range of professional development opportunities. This helps staff to meet children's needs. For instance, staff who work with babies understand the

importance of building a secure bond and gather detailed information about their routines. Staff are very passionate about their work with children. They show high levels of commitment and dedication.

- A strength in the nursery is the way staff celebrate children's backgrounds and other cultures. For example, young children say 'hello' and greet their friends in Polish, as this is a child's home language. Older children begin to use the toilet and staff know the keywords in their home language to ensure that they are supported swiftly. Children develop respect for each other and learn about other communities and places in the world.
- Staff promote children's good health and independence. For example, young children use the tongs to self-serve fresh peppers at snack. Older children pour their own water. Toothbrushing is part of children's daily routine at nursery. This helps to promote their self-care skills and oral hygiene.
- Children have plenty of opportunities to develop their physical skills. Staff use facilities in the leisure centre, such as the hall and soft play. Children enjoy using the outdoor area and search for bugs in the soil. However, staff interrupt learning outdoors and take children inside, despite them showing deep levels of engagement.
- Parents leave positive feedback about the nursery. They have ample opportunities to share suggestions which staff respond to quickly. Parents are very happy with the support they receive. They say their children are very happy here and they have strong relationships with staff.

Safeguarding

The arrangements for safeguarding are effective.

The provider understands her responsibilities to keep children safe and protect them from harm. She provides staff with detailed policies and procedures, so they know how to take swift action. There are several members of staff who have completed designated safeguarding lead training. All staff are required to regularly update their child protection knowledge. They confidently talk about potential signs of abuse and know how to record and report concerns swiftly. The manager completes specific and detailed risk assessments for the nursery. Staff are aware of how to identify risks and hazards to keep children safe. The provider ensures staff are suitable to work with children through robust safer recruitment practices. She regularly checks on their health and well-being.

What does the setting need to do to improve?

To further improve the quality of the early years provision, the provider should:

- focus staff teaching to support older children's communication and language development during play and planned activities
- enhance staff teaching in the outdoor area, to ensure that children who prefer to

learn outdoors can access the full curriculum.

Setting details

Unique reference number	2679793
Local authority	Stockton-on-Tees
Inspection number	10299461
Type of provision	Childcare on non-domestic premises
Registers	Early Years Register
Day care type	Full day care
Age range of children at time of inspection	1 to 4
Total number of places	68
Number of children on roll	28
Name of registered person	Keep Fit Nursery Stockton LTD
Registered person unique reference number	2679794
Telephone number	07535040345
Date of previous inspection	Not applicable

Information about this early years setting

The provider registered in 2022 and is situated within Total Fitness Gym in Stockton-on-Tees. The provision operates all year round, from 7.30am to 6pm, Monday to Friday, except for bank holidays and a week at Christmas. There are currently seven members of childcare staff employed, all of whom have relevant early years qualifications at level 3 and above. The manager has a relevant level 5 qualification in early years and the deputy manager has an early years degree. The nursery provides funded early education for two-, three- and four-year old children. Children with special educational needs and/or disabilities attend.

Information about this inspection

Inspector

Michelle Lorains

Inspection activities

- This was the first routine inspection the setting received since the COVID-19 pandemic. The inspector discussed the impact of the pandemic with the setting and has taken that into account in her evaluation of the setting.
- The inspector observed the quality of teaching during activities indoors and outdoors and assessed the impact this has on children's learning.
- A joint observation was completed by the manager and inspector indoors during planned activity.
- The inspector held a discussion with the provider and manager in relation to the leadership and management of the nursery. She looked at relevant documentation such as evidence of recruitment, staff qualifications and their suitability to work with children.
- The inspector spoke to parents and obtained feedback for the inspection.

We carried out this inspection under sections 49 and 50 of the Childcare Act 2006 on the quality and standards of provision that is registered on the Early Years Register. The registered person must ensure that this provision complies with the statutory framework for children's learning, development and care, known as the early years foundation stage.

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