

## Case study: St Aubin Nursery Roath, Cardiff achieving NDNA Millie's Mark

St Aubin Roath is a warm, welcoming, and diverse nursery based in a quiet residential area, close to Cardiff city centre. We opened in August 2020 and are registered to care for up to 40 children. We offer Welsh Government Childcare Offer places, follow the Curriculum for Wales, and provide wraparound care for some local schools.

We are proud to be an *Investors in Families* accredited setting and share strong values around bringing early years settings and communities together. Community learning is embedded within our practice, and we believe in giving children meaningful learning opportunities beyond the classroom.

Children at our nursery have the opportunity to take part in Forest School, an inspiring outdoor learning experience that helps them build confidence, self-esteem, and independence. Forest School incorporates carefully managed risky activities in a controlled environment, supervised by qualified Forest School leaders. This allows children to explore, take appropriate risks, and develop resilience. Outdoor learning also supports emotional health, encouraging relaxation, calmness, and a heightened sense of wellbeing.

Achieving Millie's Mark complements this approach, ensuring our staff are trained to understand the benefits of risky play and can respond confidently, keeping children safe while allowing them to experience the full benefits of adventurous learning.



## Why did you embark onto NDNA Millie's Mark scheme?

Children's wellbeing is at the heart of everything we do, and this strong focus inspired us to take part in Millie's Mark. Our staff have received specialist first aid training, ensuring they are fully prepared to respond quickly and confidently in an emergency. This not only gives children a safer environment in which to learn and play but also gives parents peace of mind, knowing their child is cared for by a team trained to act effectively in any emergency.

## What were the barriers?

One of the challenges we faced was the availability of face-to-face first aid training, sourcing suitable courses, and arranging for staff to complete training outside nursery hours, but we were committed to overcoming these barriers to prioritise the safety and wellbeing of the children in our care.

## Positive aspect of achieving NDNA Millie's Mark?

Achieving Millie's Mark has brought many positive benefits for everyone at our nursery. For our staff, it has strengthened their confidence and skills in first aid, giving them reassurance in their ability to keep children safe. For parents, it provides peace of mind, knowing their children are cared for in a setting where safety and wellbeing are a top priority. And for the children, it creates a secure environment where they can explore, learn, and play, knowing that their wellbeing is always supported.

### Outcomes & Reflections

**Achieving Millie's Mark has been a valuable journey for our nursery. It has strengthened our commitment to children's wellbeing and reinforced the importance of having staff trained and confident in first aid. Reflecting on the process, we have seen increased confidence and teamwork among our staff, greater reassurance for parents, and a safer, more secure environment for children to learn and play.**

**This achievement has also inspired us to continue embedding wellbeing and safety into every aspect of our practice, ensuring that children, parents, and staff all benefit from a supportive, nurturing setting.**

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