

Reddish Vale Nursery School

Healthy Eating and Drinking Policy

Rationale

Reddish Vale Nursery School recognises the importance of a healthy diet and the significant connection between a healthy diet and a child's ability to learn effectively and achieve well. It is important that we consider all elements of Nursery life to ensure that awareness of healthy eating is promoted to all members of the Nursery School community and also the role the Nursery can play to promote family health. Through effective leadership, the Nursery ethos and the provision made, Nursery staff can create an environment which supports sustainable, healthy eating habits as part of a healthy lifestyle.

Aims

- To ensure that all aspects of food and nutrition in the Nursery promote the health and wellbeing of the whole Nursery community, including hygienic food preparation and correct storage.
- To ensure that all members of the Nursery community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To ensure food provision in the Nursery reflects the ethical and medical requirements of staff and children e.g. religious, ethnic, dietary (e.g. vegetarian), medical and allergenic needs.
- To take a holistic approach to healthy eating to ensure that key messages are echoed and reinforced by the type of food and drink provided across the whole Nursery School.
- The Nursery School community has access to free, clean and potable (safe to drink) water throughout the day.
- Parents/carers are discouraged from providing food / drink for their children whilst they attend Nursery sessions. (unless given as part of scheduled snack /mealtime).
- Achievement is rewarded with non-food items.
- The Nursery does not take part in promotion sponsored by confectionery and fast food companies.

In order to achieve these Aims:

- Staff will be expected to be positive role models and support the food and drink policy during their working hours.
- Children will be offered a balanced variety of foods taking into account multi-cultural and special dietary requirements.
- If children are thirsty, they will be offered water. The only other drink to be served is milk and hot chocolate at Nature school. These are the recommended drinks to promote good oral health.
- Snacks will be offered at appropriate times. Children will be expected to sit down within a set time period to eat their snack in order to establish regular eating patterns and discourage grazing.
- Any rewards given to children must be non-food.
- Key healthy eating messages will be taught to children in an age appropriate way. E.g. 5-a-day etc.
- To ensure food safety and hygiene, all staff will follow good hygiene practice.

Packed lunches

Background

The National Food Standards for school do not cover a packed lunch however studies have shown that despite the belief that they provide a healthier option, they can contain high levels of salt, fat and sugar.

Aim

- To set guidelines regarding the content of packed lunches in line with the Nursery approach to food in schools.

Issues to consider

- We will encourage Parents/carers to include healthier options in lunchboxes.
- We will ensure the healthy lunchbox advice is available to support parents/carers in making healthy choices when preparing packed lunches.

Accessible Drinking Water / Water Provision

Background

Health benefits of drinking water are widely acknowledged. In line with the National Food Standards, the whole Nursery community will have access to free fresh drinking water throughout the Nursery day.

Aim

- To encourage pupils to drink water frequently.

Food in the Curriculum

Aims

- To ensure that play and learning opportunities reflect our approach to healthy eating.
- To ensure opportunities within play promote and raise awareness of healthy weight and oral health.

Our curriculum includes

- The development of strong healthy bodies.
- An understanding of cultural diversity.

Responsibilities

Governing Body

The Governing Body's strategic role is to consider, agree, monitor and review the policy and its implementation.

Headteacher:

- To ensure the Healthy Eating and Drinking Policy is understood and supported by all Nursery staff and outside agencies and to take appropriate action if needed.

Nursery Staff:

- To positively promote the Healthy Eating and Drinking Policy to children, young people and parents/carers.
- To adhere to the Healthy Eating and Drinking Policy by providing nutritious foods and drinks.
- To be actively involved, when appropriate, in the sharing and disseminating of health promotion information to families to support them in making informed choices.
- To implement the Healthy Eating and Drinking Policy.

Links to other policies, procedures & guidance:

- Health & Safety
- Medical Conditions

Reference: Healthy Snacks and Drinks policy (Promoting a Healthy Start): March 2014. Developed by Public Health, Community Food & Health Team, Oral Health Unit & Early Help and Prevention Service

Version / Status	Approved
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