

5. Being Healthy & Active Policy

5.1 Statement of intent

The Pre-School recognises good health is vital for a child's successful all round development. We ensure all children at the pre-school are well nourished and enjoy snack and lunch times because they are positive experiences. We ensure the children enjoy a wide range of activities and make excellent progress in their physical development. This includes all children feeling the positive benefits of being healthy and active, enjoying a balanced diet, and gaining confidence in themselves and what they can do.

5.2 Aim

We aim to promote the positive effects of exercise and a healthy diet. We aim to meet the full requirements of Ofsted on Food and Drink and outcome Being Healthy. We will provide a wide range of nutritious snacks and drinks. We aim to help all children and their parents/carers be aware of the positive effects of exercise and a healthy diet.

5.3 Specific Dietary Requirements

Before a child starts Pre-School, we find out from the parents/carers their children's dietary needs, including any allergies which are noted by parents on the child's **Registration Form**. This information is updated each term to ensure that our records of their children's dietary needs including any allergies are up-to-date. When parents provide information up-dates they must sign all appropriate records to confirm this information is correct as of today's date. If necessary we would seek additional help, advice or training from outside agencies with the parents/carers written consent on specific dietary needs or allergies.

All current information regarding individual children's dietary needs or allergies are displayed in the kitchen area on the **FIRST AID INFORMATION FORM**, so that all staff and volunteers are fully informed. We ensure that children receive only food and drink that is consistent with their dietary needs and their parents/carers wishes. Any child with a specific dietary requirement will have an individually named box to avoid cross contamination.

At snack, lunch, cooking activities or special events such as parties an adult will supervise a child with a specific dietary requirement but show sensitivity. Ensuring they do not access food which is against their parents' wishes and protect from food allergies. They do not use a child's diet or allergy as a label for the child or make a child feel singled out because of their diet or allergy. We ensure children with specific dietary requirements have a choice along with the other children. We request from parents a suitable list of food that their child can have which we include in the daily menu. We also look at alternative but suitable ingredients for cooking activities and check with the parents beforehand. We encourage children to use individual cups, plates and bowls and eat their own food to avoid cross contamination, protect from food allergies and to ensure we follow parents expressed wishes as regards to diet. We praise children when they offer to share food but also explain why it is important to eat your own food only, at a level they can understand. Staff and children wash their hands with antibacterial wash before handling food, using clean water for each person and drying with individual paper towels. Tables are regularly wiped with anti-bacterial spray and clean cloths between sittings. Any utensils and chopping boards are also thoroughly cleaned when preparing different food products to avoid cross contamination.

The pre-school is a nut free zone and posters have been placed around the setting letting people know about it. Parents/carers are regularly reminded not to put any food that contains nuts in their children's snack or lunch box. All lunch boxes are checked by a member of staff (wearing gloves) outside of the main hall to ensure there is no food that contains nuts. If a item of food is found that does contain nuts it will be removed, put in a plastic bag and labelled with the child's name and kept in the kitchen until the end of the session and will be given back to the parent/carer.

5.4 Being Healthy Methods

- All staff are trained in food hygiene.
- We provide a variety of nutritious and fresh food at snack time, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We try and include organic food and drink (subject to availability/finances).
- Children who drink milk, we provide semi skimmed milk. We also offer a choice of water.
- We include food-growing activities in our pre-school garden where children can experience the full cycle from planting, nurturing, growing, preparing and eating.
- We take note of what the children particularly enjoy and also ask them to contribute their ideas towards the snack menu.
- We provide foods from different cultures, which offer the children different tastes, textures and broadens their knowledge of different foods.
- We include foods from the diet of each of the children's cultural backgrounds
- We provide children with familiar foods and introduce them to new ones through snack times, food tasting activities and cooking.

Through discussion with parents and research by staff, we would obtain information about the dietary rules of religious or cultural groups to which children and their parents belong, and of vegetarians and vegans, specific dietary requirements and about food allergies. We take account of this information in the provision of food and drinks. We provide children with utensils and equipment that are appropriate for their age and stage of development, taking into account of the eating practices in their cultures and any additional needs.

Snack and lunch times are social occasions in which children and staff participate together. We use this opportunity to regularly talk about healthy food and drink linking it with exercise promoting a healthy lifestyle. Children are encouraged to help prepare their own snacks and drinks learning how to use tools and equipment safely. Being involved in the preparation of food and drink they are more likely to try new things. They develop independence through making choices, preparing, serving food and drink and feeding themselves. We access and use resources that teach children about healthy choices through fun activities and games.

We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session. We help them understand why they should have a drink especially when it is hot. In accordance with parents' wishes, we offer children arriving early in the morning and/or staying late an appropriate snack and drink.

We follow the procedures in our **Policy 13. Health & Safety** and discuss with the children about hygiene and why this is important encouraging them to wash surfaces and their hands before handling food. Parents/carers are advised through the prospectus and regular newsletter on providing a healthy snack and lunch and putting a cool pack in their child's lunch box. The newsletter also discourages parents from supplying high fat and sugary foods. If a child continued to bring unhealthy snacks or lunch we would speak sensitively to the parents regarding this matter.

Parents/carers have access to a wide range of information regarding promoting a healthy lifestyle through their Newsletters, Parents Basket, Main Notice Board and other additional information as it arises or is accessed. The Bounce leaflet also includes details of food and drink offered to the children and the importance of a healthy diet and exercise. It also gives parents/carers an opportunity to share their ideas and provides information on useful contacts. Menu's are on display for parents and the children showing what snacks are available daily.

5.5 Being Active

We access outdoor play in most weather conditions unless the weather is severe. We offer a full range

of physical activities and equipment both indoors and outdoors which is fun, achievable, stimulating, challenging, where children can learn new skills. Giving opportunities for all children to explore and develop space awareness, co-ordination and control over their bodies. We evaluate what the children enjoy, offering support and adapting activities or equipment where necessary so all children can feel good about what they have accomplished. We carry out risk assessment checks on all activities to ensure a high level of safety and care.

We will support all children with additional needs by working closely with the parents. Seek advice from outside agencies with parental permission e.g. Physiotherapist or Occupational Therapist etc. We will access grants to help purchase specialised equipment which enables all children to participate with physical play and achieve. Ensure all play areas are accessible for a wheelchair. For more information refer to **Policy 1. Special Educational Needs**. We will respect, gain an awareness and understanding of the culture of families in regards to the non-removal of clothing or participation of physical activity.

5.6 Methods

- We will help all children develop an understanding of the links between healthy eating and exercise through our daily routine, provision, planned activities and their choices.
- How physical exercise helps make them strong and healthy.
- We will ensure all children have suitable and safe areas to be active and to rest.
- We discuss with the children on how to stay safe and actively encourage them to be involved with rules and boundaries.
- Discuss with them how exercise affects their bodies.
- We ensure all children are dressed according to weather conditions.
- We have a small selection of spare clothing as storage facilities are limited at the village hall but encourage parents to bring a set of spare clothing.
- We can provide rain ponchos for each child
- We discuss with the children on how to stay safe and actively encourage them to be involved with rules and boundaries.
- We display posters, organise planned activities, access books and play resources that promote being healthy and active

Links to other policies, legislation and forms:-

- Registration Form
- First Aid Information Form
- Policy 1. Special Educational Needs
- Policy 13. Health & Safety
- Policy 23. Sickness and Medication

This policy was adopted at a meeting of Walton Under Fives Pre-School held January 2011. It was reviewed and adapted at a meeting in April 2021

Signed (Pre School Leader) Date

Signed (Committee Chair) Date