

Our Lady's Catholic Primary School



**We aspire that through the love of Jesus everyone should
"have life and have it to the full."
Jn. 10v10**

HEALTHY LIVING POLICY

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| Approved by: School Governors | Date: Oct 2021 |
| Last reviewed on: | Date: Sep 2025 |
| Next review date: | Sept 2024 |

Healthy Living Policy

NRSRY_09_02

1. Meals

1.1 Mid-Morning Snack is provided to all children present during a morning session and includes: fresh fruit and vegetable crudités.

1.2 Lunch is provided by parents with who we share our “Healthy eating” policy.

2. Drinks

2.1 We recognise how important it is for children to keep hydrated and have plenty of fluids during the day.

2.2 Fresh drinking water is always available to the children throughout the day.

2.3 Squash and fruit juice is not provided, nor permitted in the nursery due to the large amount of sugar that they contain. However, we do recognise that some children will not drink water – parents should discuss this with the nursery manager if concerned.

2.4 We encourage children to drink milk or water during snack times, water is provided during meal times.

2.5 Breastfeeding mothers are encouraged to provide expressed breastmilk for their child if required, and are welcome to attend the nursery to feed their child.

2.6 Milk alternatives for children with specific dietary requirements are provided by the nursery, this will usually be in the form of unsweetened oat or soya milk.

3. Food Preparation, Safety and Hygiene

3.1 Both the staff kitchen and kitchenette in the creative room are maintained to a very high standard to comply with Food Standards and good practice, following Safer Food, Better Business guidelines.

3.2 Staff who prepare, handle and serve food follow strict guidelines to avoid cross-contamination.

3.3 Staff members who prepare snacks hold at least a Level 2 Hygiene Certificate.

3.4 Staff will have long hair tied back, ensure nails are clean and wash their hands regularly and thoroughly whilst preparing food.

3.5 All food coming into the nursery to be prepared for the children is checked for quality, damage to packaging, infestation and it is ensured that the food is within date.

3.6 Records are taking of the refrigeration and freezer temperatures.

3.7 Food is stored correctly according to packaging instructions and food standards agency guidelines.

3.8 Colour coded chopping boards are used in the preparation of all snacks and meals.

3.9 Chemical/cleaning sprays are not used near any food on the premises.

4. Difficulty Eating

4.1 Parents who have any concerns whatsoever that their child is underweight or does not maintain a good diet are warmly invited to request a detailed diary of their child's food consumption each day.

4.2 Children who struggle to maintain a healthy diet are carefully monitored and feedback is provided to parents/carers.

5. Medical and Dietary Needs or Allergies

5.1 Parents are requested to keep staff fully updated of any possible food allergies, intolerances or requirements.

5.2 An allergy register is kept within the nursery and a copy is on hand in the kitchenette, to ensure specific individual needs are reliably catered for and monitored carefully to ensure that they do not consume foods which their parents have stated they should not eat.

5.3 The nursery is a strictly nut-free zone.

6. Healthy Eating Pledge

6.1 We raise the children's awareness of the need to eat plenty of fruit and vegetables throughout the day, aiming for at least 5 portions.

6.2 We help the children to understand why our bodies need healthy foods to develop and grow.

6.3 We encourage children to try a variety of fruits and vegetables and always offer a varied selection at snack times.

6.4 Salt is never added to children's food.

6.5 We work on the premise of "everything in moderation" we do not talk about "good foods" and "bad foods" – instead we focus on what is healthy for our bodies but recognise that sometimes, in moderation, it is enjoyable to have what we would consider a "treat" or "occasional" food.

- 6.6 Whilst we do appreciate the generosity of parents providing food to the nursery, we cannot provide the children with any home-made or unpackaged foods. This is in order to keep children with allergies, intolerances or medical needs safe.
- 6.7 All of this information is provided to parents when starting at the nursery.

7. Physical Activity

- 7.1 The nursery staff keep up to date on physical activity guidelines published by the government/NHS.
- 7.2 The nursery's environment has been carefully planned, both indoors and out, to provide a range of equipment, experiences and resources which promote physical development.
- 7.3 We support the children's physical wellbeing, cardiovascular systems and bone health through supporting them to achieve the recommended 180 minutes of physical activity expected for children of their age.
- 7.4 Exercise is always fun at nursery; children participate in a range of fun ways to get them moving such as through dance, yoga, obstacle courses, party games, bike riding and "risk-taking" activities such as climbing.
- 7.5 Physical activity opportunities focus on coordination, manipulation and control, and the positive benefits of exercise.
- 7.6 Parents are asked to provide clothing appropriate for outdoor play to every session that their child attends. We work on the premise that there is no such thing as bad weather, only inappropriate clothing, and as such the children will access the outdoors in all weathers.

8. Emotional Wellbeing

- 8.1 We understand the importance of developing each child's self-esteem, confidence and self-worth, we provide children with the tools necessary to build on these aspects for their early years and far beyond.
- 8.2 We support the children to make sense of their experiences, and to choose and build healthy relationships. These foster a sense of belonging at nursery which helps them to make empathetic choices.
- 8.3 Our Key Carer system supports the building of relationships, developing behavioural and cognitive patterns. Children feel free to explore and develop in a safe, nurturing Nursery environment.

8.4 Children are encouraged to share their emotions through appropriate group work, discussion and experiences.

8.5 Cohorts who may struggle with different areas, e.g. language barriers, or those with complex home lives, are given individual support and take part in focused groups.

9. Dental Health

9.1 We are aware that Herefordshire has a very poor dental health record: two in every five children have some experience of tooth decay by the age of 5.

9.2 Oral Health is discussed on a regular basis at nursery; children learn which foods are better/worse for their teeth, and our snacks/meals are well thought out to avoid a build-up of sugar throughout the day and allow the teeth time to recover.

9.3 We provide opportunities to help children feel at ease with visiting the dentist, such as role play, stories and visits from dental practitioners.