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## Healthy Eating and Drinking Policy

At Shaftesbury Nursery School, we believe that balanced nutrition is essential for good health and effective teaching and learning. Schools play an important role in establishing and maintaining life-long healthy eating and drinking habits. As such, at Shaftesbury Nursery School all messages about food and drink should be consistent and positive in approach.

### Aims

- To encourage the desire to make a healthy choice.
- To involve the whole community in developing and maintaining healthy eating and drinking habits.
- To have a pleasant and sociable dining experience which enhances the social development of all children.
- To encourage foods that are rich in vitamins, iron, calcium. To encourage a balanced diet.
- To offer milk and water to drink.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.
- To develop healthy eating habits that will last a lifetime.

### Catering

At Shaftesbury Nursery School, we believe that all messages about nutrition need to be consistent.

Meals are provided by the Education Authority's catering staff based in Edenbrooke Primary school. Individual dietary needs are catered for within the framework of nutritional standards. Children are encouraged to drink water or milk with their midday meal. Portion sizes are according to guidelines laid down by the caterers.

We aim to integrate healthy eating and drinking habits in all aspects of school life.

### **Breakfast**

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time and the Personal, Social and Emotional curricular area. When our funding allows, we are able to offer a Breakfast Club which helps to support a shared approach to starting the day with a healthy breakfast.

### **Snack**

All children are encouraged to participate in the snack routine and the food items on offer are in line with the Government's Healthy Break-time Guidance.

Milk or water is on offer at snack time.

A selection of healthy options is offered for snack. These may include: Fresh fruit/vegetables/a variety of breads/ crackers/ cheese/ yoghurt.

### **Celebrations**

To celebrate their birthday, children will be permitted to bring in nut free cake or buns to share with their class at snack time.

### **Drinks**

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems. All children and staff have free access to water throughout the day. During the warmer weather, children are encouraged to bring in their own water bottles and these can be refilled throughout the session as required.

### **Sweets, Crisps and other snacks and drinks from home**

Parents and children are asked not to bring or send sweets into school. In addition, with the rise in food-related allergies and the focus on a healthy, balanced diet - Shaftesbury Nursery School asks parents/carers to not send in food from home with the children.

### **Teaching and Learning**

Staff will sit with children during meal times to provide a good role model, encourage good manners and lead conversation. Children have the opportunity to learn about different foods and where they come from. Language skills are fostered through social interaction at the lunch table. Children's maths skills and fine motor skills are also developed by working out place settings and using a knife and fork.

Food and cooking activities are used in a variety of ways to widen the children's experience as they are given the opportunity to touch, taste, smell and feel a variety of foods.

**Parental involvement**

A copy of the Healthy Eating and Drinking Policy can be found on the school’s website and is available from the School Office on request. Parents are asked to inform the school of any allergies or medical/cultural dietary requirements prior to their child starting Shaftesbury Nursery School. The Dinner Menu is displayed on the Parent Information Board.

**Equal Opportunities**

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and Special Educational Need.

**Health and Safety**

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and the Environmental Health Agency if necessary.

**Monitoring and evaluation**

The teaching staff, in conjunction with the school’ catering staff will monitor provision for healthy eating and drinking throughout the school.

Policy Ratified: September 2019

Signed by Principal: .....

Signed by Chair of Governors: .....

Policy to be reviewed: September 2021





