



# **Thorner's Church of England VA Primary School**

## **Fledglings Pre-School**

### **Nutrition Policy**

Children's early years are an essential time to help them establish healthy eating habits and a positive attitude to healthy food that will set the pattern for their adult eating behaviours, provide them with long term health benefits and help maximise their growth.

Fledglings Pre-School provides staff with an ideal opportunity to positively influence children's eating habits through healthy role modelling and helping children learn about healthy food and drink choices in a safe, supportive environment. Staff also have many opportunities to promote, inform and guide parents to make healthy food choices for their children and families with cooking days, in the Discovery Area and through gardening at the setting.

Fledglings Pre-School believes in the importance of healthy eating for children and their families. Staff aim to promote, encourage and support nutritional eating habits for all children attending our pre-school and their families. Feeding/eating experiences provided for children will focus on enjoyment, participation and encouragement of positive healthy eating habits

#### **Our curriculum:**

- Integrates nutrition and healthy lifestyle education across the curriculum; we have gym classes, free flow indoor and outdoor play, use the field and Discovery Area and have cooking mornings.
- Includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health. We have topics on food and eating and carry out cooking activities.
- Teaches the importance of healthy food and snacks as part of the curriculum. Our snacks are vegetables and fruit as healthy eating choices.
- Includes opportunities for children to develop practical food skills like growing, harvesting, preparing, cooking (where developmentally appropriate) and tasting healthy food.
- Supports children/families to learn about healthy eating and making healthy food choices, to ensure a balanced diet through the use of games and active learning opportunities.
- Considers children's cultural and developmental differences in relation to food choices.
- Provides behavioural rewards that are not related to food or drink.

We ensure that fresh, clean drinking water is available to children throughout the day.

This policy will be reviewed and updated annually or as and when deemed necessary.

**Staff participation and support:**

- Staff provide a positive, appropriate, supervised, social environment for eating.
- Staff support children to engage in consistent snack/meal time routines.
- Staff encourage children to taste (try) a range of different healthy foods to help them develop their food knowledge and broaden their taste preferences.
- Staff role model a positive attitude and participation by eating healthy food and drinking water with the children.
- All healthy food and drink choices promoted/provided are developmentally appropriate for individual children and supervised by staff at snack and mealtimes. Children bring water bottles for access to water.
- Children are supervised during snack and meal times at all times by staff and staff eat with the children when possible to role model.
- Staff promote and teach basic food safety (e.g correct hand washing procedures) to children during food learning activities and in relation to snack and meal time routines.
- Adequate hand washing facilities are provided for staff and children.

**Families and nutrition:**

- A supportive environment for breastfeeding is provided for staff and all mothers accessing our site, and our site is registered as a 'Breastfeeding Welcome Here' site.
- Staff will communicate with parents and caregivers about their children's nutrition and eating habits, attitudes and behaviour in a variety of ways, including opportunistic conversations, written information (e.g pamphlets including a healthy eating pack), photos of children, educational displays, and newsletter items.
- Fledglings ask parents not to put fizzy drinks, chocolate bars, crisps or nuts in packed lunches to help promote healthy eating and to comply with statutory requirements.

Nutrition education resources are available online and in hard copy for staff/parents to use with children. Please ask if you would like these.

In accordance with the Equality Duty we seek to ensure that all pupils achieve their best, according to their capabilities and regardless of their special needs, disability, gender, race, culture, social, economic, ethnic, religious background and denominational diversity.

Thorner's CE VA Primary School recognises that the welfare of the child is paramount and takes seriously its responsibility to safeguard and promote the welfare of the children and young people in its care.

Date adopted by Governing Body: September 2017

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