



## HEALTHY SCHOOL

At Basnett Street Nursery School and The Chatterbox Club, we recognise the important role we play in promoting a healthy lifestyle to all members of our community. We also recognise the important connection between a healthy diet and a child's ability to learn effectively and fulfil their potential. We aim to promote healthy eating and for families to make healthy lifestyle choices for themselves and their children.

### ***The Purpose of this Policy***

A healthy, varied diet and a healthy attitude to food play an essential part in the maintenance of young people's health, both now and in the future. Research has shown an increase in the numbers of obese young people, and that the diets of young people are not meeting the healthy eating recommendations for optimum growth and development.

Immediate benefits of healthy eating and exercise include:

- Improved concentration
- Preventing asthma, dental decay, diabetes and obesity

Longer term health benefits include: prevention of coronary heart disease, diabetes, some cancers and osteoporosis.

### ***Aims***

- Improve the physical health of children, their families and staff members through developing their awareness of the effects foods and drinks can have on their bodies and the need for a balanced diet
- Develop knowledge and understanding of food hygiene and safety issues
- Develop awareness of where some of the foods we eat come from are produced
- Raise awareness of the variety of foods through celebrating multi-cultural diversity
- Fresh drinking water is always available and accessible. It is frequently offered to children. In hot weather staff will encourage children to drink more water to keep them hydrated
- Snack time is provided within continuous provision to enable children to recognise when they are hungry and thirsty and for them to fulfil this need independently
- To ensure that the content of our snacks and cooking and baking activities are balanced and nutritious
- To ensure that the food we provide takes into account individual ethical or medical requirements
- To develop knowledge and understanding of the importance of leading a healthy lifestyle, sign posting and supporting parent's to make healthier life choices

### ***Teaching and learning***

- We regularly include opportunities for the learning and teaching of Healthy Eating and the importance of physical activity in our planning
- A range of activities will be used, to promote healthy eating and exercise e.g. stories, visitors, art, music, role-play, sensory play and seasonal celebrations etc
- Children taking part in cooking activities and experience preparing a wide range of healthy foods and drinks over the year
- We provide opportunities to grow, harvest and taste some foods
- We regularly emphasise the importance of oral hygiene and of the need to brush teeth regularly, through the use of stories or when brushing the dolls teeth for example
- We are committed to achieving the 'Smiles for Life Award' each year
- Children are provided with a range of opportunities to be physically active, outdoor play and regular music and movement sessions for example
- Daily access to the outdoor environment supports the development of healthy and active lifestyles by offering children opportunities for physical activity, freedom and movement, and promoting a sense of well-being
- The promotion of positive emotional health and well-being helps children to understand and express their feelings, build their confidence and emotional resilience, and therefore their capacity to learn

### ***Parental Involvement***

- We provide information on healthy life style choices for parents
- The school brochure provides parents with examples of a healthy lunch box
- Parents are asked to encourage their children contribute weekly to our fruit sharing basket
- Links with outside agencies allows us to provide support and advice for parents on specific issues relating to health within their family
- Parent's notice boards sign post parents and their families to other services in the community for e.g. Dentist, stop smoking clinics, local children's centres and much more
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs, including any special dietary requirements, preferences and food allergies that a child has and any special health requirements, before a child starts or joins the nursery
- Staff show sensitivity in providing for children's diets and 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 her/his diet or allergy - **See Appendix 1 of the Medicine Policy**
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Cultural differences in eating habits are respected
- We don't allow parents to bring in cakes or sweets on special occasions
- Our open door policy and well established key person system ensures that parents and family members feel confident to seek advice and all staff recognise the importance of **working in partnership with parents** to achieve the outcomes of the healthy school policy.