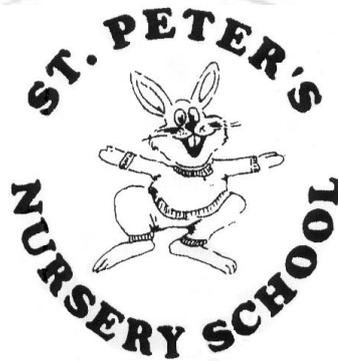


# St Peter's Nursery School Healthy Eating Policy



## **Introduction**

At St Peter's Nursery School we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life.

Proper nutrition is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent. As a school we want to play our role in establishing and maintaining life-long healthy eating and drinking habits.

## **Aims**

- To encourage through the curriculum 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 St Peter's Nursery School we believe that all messages about nutrition need to be consistent.

- Meals are proved by the Education Authority catering staff based in St Teresa's 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.
- 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 P.S.E. curricular area.

Children attending the 'Early Bird Club' in operation within the school will be provided with a healthy morning snack.

### **Snack**

All children are encouraged to participate in the snack routine. Milk or water is on offer at snack time. A Selection of healthy options is offered for snack and fresh fruit delivered on a weekly basis. These may include fruit, vegetables, cereals, a variety of breads, crackers with butter or cheese.

### **Drinks**

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have free access to water throughout the day.

### **Sweets**

Parents and children are asked not to bring or send sweets into school.

### **Celebrations**

To celebrate their birthday children will be presented with a wooden cake with real candles whilst staff/peers sing 'Happy Birthday'. Children will be presented with a small gift.

### **Involving Parents**

Parents are asked to inform us of any allergies or medical dietary requirements that their child has upon starting nursery. We display the dinnertime menu on the Parents board and move the arrow so parents are kept informed as to the weekly menu. Our new parent worker is intending to run courses for parents on preparing healthy meals at home.

### **Teaching and Learning**

Staff will sit with children during meal times to provide a good role model, encourage good manners and lead conversation. 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 see a variety of foods.

### **Equal Opportunities**

The healthy eating and drink systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

### **Health and Safety**

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

### **Monitoring and Healthy Eating and Drinking Policy**

The teachers and catering staff will monitor provision for healthy eating and drinking through the school.

