

Healthy Eating

Policy

At Castlereagh Nursery School we believe that eating the right food and drinking lots of water is essential for good health and effective learning and teaching. We believe that all children should be taught what a healthy lifestyle is and encouraged to follow one.

**Our aims are:**

* To discuss with children why we should make healthy food choices foods through story-time and circle time.
* To involve the whole school community in developing and maintaining healthy eating and drinking habits.
* To have a pleasant and sociable dining experience that encourages the social development of all children.
* To encourage children to eat foods rich in nutrients that are essential for the growth of children of this age.
* To encourage children to have a balanced diet.
* To only provide healthy drinks such as milk and water.
* To encourage children to drink water from the water jugs found in each of the classrooms and thus remain hydrated.
* To take into account and accommodate the dietary requirements of individual children.
* To ensure high standards of hygiene amongst the children.
* To develop healthy eating habits that will last a lifetime.

**School Meals**

At Castlereagh Nursery School we believe that all messages about nutrition need to be

consistent.

* School dinners are provided by the EA school meals service.
* Children are encouraged to drink milk or water with their midday meal.
* Portion sizes are according to guidelines laid down by the EA School Meals Service.

**Snack**

* All children are encouraged to participate in the snack routine
* Milk or water is on offer snack time
* A selection of healthy options is offered for snack. These may include fresh fruit, vegetables, cereals, a variety of breads/crackers with butter or cheese, plain yoghurt etc

**Celebrations**

Children are discouraged from bringing cakes or sweets etc for their birthday celebration.

**Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. Newtownards Nursery School agrees with this recommendation and provides a free supply of drinking water to children throughout the Nursery day.

**Sweets**

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

**Teaching and Learning**

* Healthy eating and drinking is promoted through the curriculum and through topics covered during the year.
* Staff sit with children during meal times to provide good role models, encourage good manners and encourage conversations.
* 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.

**Visitors in the classroom**

This school values the contribution made by the school dental nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor’s talk is suitable for the ages of the pupils.

**Parental involvement**

A copy of the Healthy Eating and Drinking Policy is available in school and parents are encouraged to support us in the ways outlined above.

**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 SEN.

**Food Allergies and Intollerances**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details.

The school meals kitchen are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. A meeting is then held with the caterers, school principal and parents to discuss menus and food alternatives where necessary. The amended menu is displayed in the child’s classroom and also a copy is placed in the servery for the catering assistant.

**Food Safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Fridge temperatures are taken and recorded each morning to ensure safe storage.

We consult our local Environmental Health Department about legal requirements.

**Monitoring And Evaluation**

The Staff of Castlereagh Nursery School will update this Policy and procedures in the light of any further guidance and legislation as necessary and review it annually. The Board of Governors will also monitor the implementation of this policy in line with the policy review schedule.

On-going evaluation will ensure the effectiveness of the Policy.