



## **KNOWLES NURSERY SCHOOL**

### **Healthy Schools Policy**

#### **Introduction**

- At Knowles Nursery we believe that all children need to eat healthily and take regular exercise in order to be healthy as stated in the EYFS.

#### **Aims**

- To provide healthy well balanced snacks for the children at snack time in accordance with the food handling and hygiene regulations which are also tooth kind.
- To provide all children with the opportunity to play in the outdoor learning environment whatever the weather conditions.
- To provide adequate sun protection for the children.
- To advise parents about health issues e.g. sun safety, healthy eating, and regular exercise.

#### **Objectives**

##### **Emotional Health and Wellbeing**

- Our whole school ethos is based on nurturing children's emotional wellbeing.
- We regularly measure children's emotional wellbeing levels using the Laevern scales and support children accordingly. See E.E.L. data.

##### **Physical Activity and Outdoor Play**

- All children have free flow access to the outdoor learning environment throughout the year whatever the weather conditions.

- Wet weather clothing provided
- All stages of physical development are taken into account when planning the outdoor area.
- The children have access to the outdoor learning environment for at least two hours per session.
- Advice and information for parents on how to promote physical learning and development can be obtained from the Nursery or Saplings Children's centre.
- Children regularly take part in dance and movement sessions.
- For further information on our outdoor play provision please refer to the policy document entitled the Physical Development Policy.

### Healthy Eating

- All snacks are prepared in accordance to the food hygiene regulations. Please refer to documentation on food handling and hygiene procedures.
- All members of staff who prepare and support snack times have valid food hygiene certificates.
- Daily snacks are provided as a keyworker led planned activity.
- We are developing a range of snacks which will reflect the cultural diversity of our school as well as being tooth kind.
- Children are shown how to wash their hands effectively before snack using warm soapy water in a bowl. Staff talk to children about how to wash their hands to make sure dirt and germs are removed. The water in the bowl is changed after every four uses. A poster from the WHO is displayed at the hand washing station as a prompt for children and to aid discussion.
- Snack is available to the children for the majority of the free flow session. Drinking water is available for the whole of the session at a drinking station in the hall and outside.
- Children register themselves for their snack by the use of a name card. This enables the children to choose when they have their snack. It also helps staff to monitor who is accessing snack.
- Snack time is a very social occasion for the children. They chat and share ideas with one another.

- We provide a homely feel to the kitchen area.
- Children use a range of equipment in the kitchen e.g. knives, chop sticks, spoons etc.
- The children are encouraged to pour their own drinks and be as independent as possible.
- We provide a range of healthy foods including fruits, vegetables etc. We try to provide daily snacks that have no added sugar, have little or no salt (less than 0.3g per 100g) and that are low in saturated fat (less than 1.5g per 100g).
- Snacks might include; fresh fruit, cubes of cheese, raw fresh vegetables (carrots, broccoli etc), rice cakes, breadsticks, cereal such as Weetabix, toasted English muffins, crumpets, crackers, plain popcorn, fresh bread, porridge.
- Each child is encouraged to serve themselves a 'me sized' portion of the snack on offer which for fruit and vegetables would be the amount that fits into their palm of their hand and for pasta and rice, no bigger than their first. When serving fruit such as apples, ½ an apple will be provided due the acidity contained in them.
- Each child has the opportunity to have a drink of water or semi skimmed milk (as recommended by the government) during the session.
- We respect and meet children's individual dietary requirements. All staff are aware of the children's individual dietary needs.
- We will provide an alternative snack for children who have allergies or intolerances to foods. The school keeps an allergens list in the kitchen as required by the government and ensures that any different brands of foods which may be used are added to this list. The list is reviewed every six months.
- Each week we display a menu of the previous week's snacks to provide the parents with healthy snack ideas.
- Parents have been informed that only healthy food and tooth friendly snacks for after school are allowed on the premises to try to discourage parents for bringing sweets, sugary foods and drinks.
- Information on children's health issues is available from the Saplings Children's Centre where there is a health visitor drop in.
- We encourage the children to blow their own noses and dispose of the tissue appropriately.

## Celebrations

- We do hold parties to celebrate religious festivals and other events. We are mindful of the food that we provide at parties and keep sugar, salt and saturated fat to a minimum.
- When celebrating a child's birthday, we make the occasion special by having a pretend birthday cake with candles to blow out. We ask parents and carers to provide fruit bags, little bubbles or a book to share with the keygroup if they wish but sweets and chocolates are not allowed to be given out.

## Sun Safety

- We regularly provide information to the parents about sun protection e.g. posters on parents notice board, information in newsletters.
- Where possible all the outdoor activities will be moved to a shady area of the garden.
- Areas of the garden that have no natural shade should be shaded by one of our pop up gazebos as much as possible.
- The shade that is available in the garden should be regularly monitored and evaluated.
- We will actively encourage all parents to provide their children with a wide brimmed hat or legionnaire's hat.
- All staff will encourage children to wear hats when playing outside.
- We will actively encourage all parents to dress their children in tops that cover their shoulders.
- All staff will be encouraged to wear hats outside to set a good example.
- Drinks of water are available to all the children during the nursery session.
- Parents and guardians are asked to apply sunscreen to their children themselves before coming to school.
- Parents/ guardians can get advice on sun safety from the health visitor drop in at Saplings Children's Centre.
- Knowles Nursery School work in continued partnership with Saplings Children Centre to provide further information.