



ST. TERESA'S NURSERY SCHOOL HEALTHY EATING POLICY

Introduction

In St. Teresa'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. Teresa's Nursery School we believe that all messages about nutrition need to be consistent.

- Meals are provided by the B.E.L.B. catering staff based in Holy Child 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 Personal Social and Emotional activities.

Snack

All children are encouraged to participate in the snack routine. Milk or water is on offer at snack time. A selection of healthy fruit is offered for snack each day, provided by parents on a weekly basis.

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.

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 notice board. Parent volunteers facilitate snack time in our nursery. Parents are encouraged to engage children in conversation discussing the importance of healthy food and describing the smells, tastes and textures of the food.

Teaching and Learning

Staff 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 provide multi-sensory opportunities to touch, taste and smell 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.

Revised September 2014, Mrs Clare Evans (Principal).