



At East Hoathly Nursery we are active in promoting a healthy active lifestyle for our children and families. This is through a balance of activities within the Nursery, sharing information with parents and promoting events and information. The following policy outlines areas in which we support this.

### **Healthy Foods and Snacks**

Snack and meal times are an important part of our day. Eating represents a social time for children and adults, and it helps children to learn about healthy eating. We promote healthy eating and at snack and meal times we aim to promote nutritious food, which meets the children's individual dietary needs.

### **Procedures**

We follow these procedures to promote healthy eating in our setting.

- Before a child starts to attend the setting, we find out from parents their children's dietary needs and preferences, including any allergies.
- We record information about each child's dietary needs in her/his registration records. This is also included in our allergy and medical lists.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parents' wishes.
- Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, and about food allergies. We take account of this information in the provision of food and drinks.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff 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.
- We organise meal and snack times so that they are social and learning occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through drinking and feeding themselves.

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- We provide children with utensils that are appropriate for their ages and stages of development and that take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the day. The children are also encouraged to bring in water bottles.
- We inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- Children have access to hot meals through Chartwells where we eat in the hall
- Our snack options rotate during the week and we include fruits, vegetables and starchy options such as toast or crackers.

We:

- inform parents of our policy on healthy eating;
- encourage parents to provide sandwiches with a healthy filling, fruit, we discourage sweet drinks and can provide children with water or milk.
- discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;

### *Food Poisoning*

- We notify Ofsted of any food poisoning affecting two or more children looked after on the premises as soon as is reasonably practicable, but in any event within 14 days of the incident.

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## Physical Activity

East Hoathly Nursery believes that engaging in physical activities is essential to maintaining a healthy lifestyle. All children are encouraged to take part in a range of age appropriate physical activities as part of their day. Every effort is made to raise awareness about the importance of physical activity to both children and adults. Staff have regular training to ensure they can fully support children to develop in all areas of physical development.

To raise awareness of the need to be physically active in order to maintain a healthy lifestyle we often share up to date information with parents and share key local messages and we regularly promote events and clubs in our newsletter.

Here at East Hoathly the activities provided in our Nursery setting encourage a range of basic skills and link in with local and national contexts such as Early Movers, supported by the British Heart Foundation where both indoor and outdoor physical activity is supported to ensure that children within our nursery are active. We also use programs such as yoga, dough disco and Balancibility.

The nursery is also aware of local and national requirements to reduce childhood obesity via key pieces of legislation and research such as the Child Health Promotion Program and the Eat Better, Start better program from the children's food trust. The Every Child Matters Framework is threaded into all aspects of the physical activity provision and at East Hoathly each child is given opportunities to reach their full potential and ability, with further provision for enhancing all round development.

## Equal Opportunities

All children at the nursery, including those with special needs are entitled to a comprehensive program of physical activity opportunities which allows everyone to improve their skills of co-ordination, manipulation, control and movement to develop positive attitudes towards physical activities including sports.

Our nursery is also inclusive of children from different cultures and religions and staff are aware of the need to be sensitive to individuals' beliefs about what is acceptable in relation to physical activity. Staffs are creative in their approach for inclusion of children from these backgrounds in relation to physical activity.

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## Physical Activity Program

Planning for both indoor and outdoor physical activities is based on the Early Years Foundation Stage. Physical activities undertaken within the local community include trips to the local woodland and using the large field and outdoor spaces for activities. The nursery holds special events for the children, which promote physical activity such as sports day and weekly 'PE sessions' led by a qualified PE instructor.

Physically active play is planned for each session. Staff ensure that children have the opportunity to participate in activities that are planned to develop the three main types of physical activity for the under 5's.

## The Supportive Environment

The nursery endeavor's to produce an environment, which promotes physical activity throughout each day by providing a range of equipment and resources and staff deployed to support children within our environment. And take part in the planned activities. We also zone different areas to provide different types of play.

There is an identified member of staff trained to conduct risk assessments and establish suitable arrangements for off-site visits; parents are welcome to accompany us on off-site visits in liaison with the Nursery Manager. Although managing risk specifically refers to play provision, there are elements of risk associated with physical activity. All staff are aware that in order for children to learn about managing risks associated with physical activity, the provision aims to respond to these needs and wishes by offering stimulating, challenging environments. Through these environments children need to explore and develop their own abilities and by providing these types of situations the provision aims to manage the level of risk so that children are not exposed to unacceptable dangers.

All staff are aware that if the physical activity provision which they have planned is not challenging enough for children it is likely that children will seek risks elsewhere in an environment that is not controlled or designed for them. However, children need to be able to take some level of risk within a controlled environment in order to deal with problem solving skills.