

Chollerton Pre-School Ltd

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Reg. Charity 1132501 Company No. 07005338



Chollerton Pre-school **Healthy Eating and Drinking Policy**

The Staff of Chollerton preschool will update this policy and procedures in the light of any further guidance and legislation as necessary and review it annually. The preschool committee will also monitor the implementation of this policy on a regular basis. On-going evaluation will ensure the effectiveness of the Policy.

At Chollerton preschool 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 good and bad 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 their own named water bottle 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 Chollerton preschool we believe that all messages about nutrition need to be consistent. School dinners are provided from school canteen, cooked fresh each day. Children are encouraged to drink water with their midday meal. Portion sizes are according to guidelines.

Snack -

Half a slice of toast and butter is offered to the children on arrival to Preschool ensuring they start their day with a full stomach.

Midmorning all children are encouraged to participate in the snack routine. Milk or water is on offer, along with a selection of fruit for the children to choose from.

Celebrations -

Children are allowed to bring cakes into for their birthday celebration.

Water -

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems. All children and staff have access to water. All children have their own named water bottle, which is easily accessible for them as and when they want it and they will be encouraged to use them frequently.

Sweets -

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

Teaching and Learning -

Healthy eating and drinking is promoted through the curriculum and through topics covered during the year. Staff will 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.

Parental involvement -

A copy of the Healthy Eating and Drinking Policy is available in preschool and parents are encouraged to support us with this policy. If you have any ideas, questions or would like more information, please speak to a member of staff.

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.

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.

This Policy has been agreed by the Chollerton preschool committee

Signed by Pre-School Manager

Signed on behalf of the committee

This Policy was reviewed in June 2023