

# HEALTHY EATING POLICY

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**The Chelsea Nursery (TCN) provides nursery education for children aged 6 months to 4 years. The nursery is linked to Cameron Vale School (CVS).**

## Introduction

As a Health Promoting Nursery and wider school, The Chelsea Nursery (TCN) and wider Cameron Vale School is committed to encouraging and developing positive attitudes towards food and a healthy diet. In accordance with the EYFS Framework and Birth to Five, promoting a healthy lifestyle is integral to our curriculum and we recognise the importance of offering children the opportunity to make informed choices about what, when, where and why they eat.

At TCN we know that food is fundamental to the quality of a child's life, not just in providing essential nutrition but in communicating and sharing positive values, attitudes, and experiences with each other. We believe that adults (staff, parents, and carers) should be good role models and should support the children in understanding how balanced nutrition contributes to a person's health, happiness and general well-being.

This policy states the ways in which the TCN and wider Cameron Vale School community supports children to develop the skills and attitudes that will help them make informed healthy choices both in and out of school. We recognise that it is important for TCN to use consistent messages around healthy eating.

Therefore, our core message is:

*'Healthy eating does not mean NO treats, but it does mean having them at appropriate times and not too often'.*

## Aims and Objectives

The key aims and objectives of the TCN Healthy Eating Policy are:

- To improve the health of pupils, staff, and the whole TCN and CVS community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at nursery and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the day.
- To ensure that food provision in the nursery acknowledges the ethical and medical requirements of staff and pupils e.g., religious, vegetarian, medical and allergenic needs.
- To introduce and promote practices within TCN and CVS to reinforce these aims.

## Curriculum

At TCN and CVS we regard healthy eating education as a whole-school issue, and we believe that opportunities to teach about the importance of living a healthy lifestyle occur throughout the curriculum. The key points are

- Healthy eating education forms an important part of our curriculum. The importance of balanced nutrition and healthy food choices is explicitly taught through the Early Years Curriculum.
- All children have the opportunity to learn about safe food preparation and to learn about where food has come from. Children learn about the requirements for plant growth, the food chain and the components of a healthy diet through the curriculum as well as hands on practice and food hygiene during cookery lessons and PSHE lessons.
- Children participate in organised Healthy lifestyle activities, where children find out more about keeping a healthy balanced diet and exercise regime and its effects on our body.

## Management of Eating

To support healthy eating the following practices are put in place as appropriate:

- Children in the nursery will be offered fruit as part of their daily snack times.
- All children in nursery have an option to have full-fat milk.
- All children in the nursery are encouraged to bring in a water bottle so they can have access to water throughout the day. Fresh drinking water is always available.
- We recognise that there is no such thing as “bad food”, we teach the children to enjoy treats in moderation.
- Birthdays, and special events such as Christmas parties, are also times where food contributes to a sense of celebration and sharing. On these occasions foods other than fruit or vegetables may be offered, but the staff will remind the children that this is an “occasional” treat and not “everyday food”.
- The TCN community is aware of the possibility of food allergies within our population, particularly nut allergies. Parents or carers of children who are on special diets for medical or religious reasons, or who have allergies, will be asked to provide as much information as possible about which foods are suitable or foods which must be avoided.
- Portion – no child is made to finish all the food that they are offered because we know that appetites vary from person to person. However, we do actively encourage the children to “try a little bit more” if they can so they are not hungry later in the day.

## TCN Staff Roles and Responsibilities

To support the promotion of healthy eating individuals have a number of roles and responsibilities:

- It is the responsibility of the staff that parents are informed about the healthy eating policy, and that the policy is implemented effectively.
- It is the Headmistress’s role to ensure that staff are given sufficient training, so that they can teach effectively.
- Staff liaise with external agencies regarding the healthy eating education programme and ensures that all adults who work with children on these issues are aware of the school policy and work within this framework.
- Staff monitor teaching and learning about healthy eating. They oversee the content in planning so that all pupils have the opportunity to learn about healthy eating.
- The Head of Nursery encourages positive role models amongst the staff by encouraging healthy options for staff.
- The school is aware that the primary role model in children’s healthy eating education lies with parents. We wish to build a positive and supportive relationship with the parents of children at our school through mutual understanding, trust and co-operation. In promoting this objective, we will:
  - Inform parents about the nursery healthy eating education policy and practice.
  - Encourage parents to be involved in reviewing school policy and making modifications to it as necessary. We do this through our annual parent questionnaire.
  - Inform parents about the best practice known about healthy eating so that the parents can support the key messages being given to children at school.

## Monitoring and Review

The implementation of this policy will be monitored by the Headmistress and reviewed on an annual basis.