



# Tudhoe Moor Nursery School

## Healthy Schools Policy

### **Introduction**

At Tudhoe Moor Nursery School 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 the water dispenser found in the classroom 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 Tudhoe Moor Nursery School we believe that all messages about nutrition need to be consistent. We offer a healthy snack every day for all children including fruit, milk, cheese and crackers or malt loaf.

### **Celebrations**

Children are allowed to bring cakes or sweets etc for their birthday celebration but are told that this is for a special occasion and not a daily treat.

### **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 from the water dispensers situated in each classroom 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 school.

### **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 snack 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.

### **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.

Date of review:	February 2024
Date of next review:	February 2026