**Healthy Living**

Ormesby Pre-School is committed to supporting the development of a healthy environment for our children and staff.

Working towards achieving and sustaining the objectives within the Early Years Foundation stage, and the two areas of

Every Child Matters – ‘Being Healthy’ and ‘Staying Safe’.

**Healthy Eating**

The water cooler is available at all times. Children are encouraged to ask and must be seated at all times.

Encourage and help parents / carers to understand the importance of healthy eating.

***Packed Lunch***

Children bring their own healthy packed lunch.

The lunch boxes in the classroom are stored in the fridge, in the mobile they are kept in the cloakroom. Please put in an ice pack.

The children are asked to eat savouries first.

Pre-School **does not allow sweets** to be in the lunch boxes.

No **Nuts or peanut butter** in sandwiches

No fruit with small stones

Grapes to be cut into quarters

***School dinners***

Our children also have the choice of a healthy dinner cooked in the school kitchen. A vegetarian option is available. These school meals are planned by Norfolk County Council.

***Snack time***

Snack will be on a self-services basis (where possible) with a supporting adult on hand. Giving the children their own choices and independence.

The weekly menu is displayed on the blind behind the lunchbox fridge or on notice board in mobile.

Healthy snacks are provided along with milk unless requested otherwise from parents.

Children must remain seated at all times during snack.

Snack time is a very sociable time of day and a valuable learning time.

Children are offered lots of cultural choices of food, e.g. noodles, curry, potatoes.

Independence, sharing and talking to the children about our healthy snacks is encouraged.

Talking about how we keep our teeth healthy.

Milk is provided for the children as given to us by the Government.

The children’s allergy list is in the register for easy reminding at snack time.

***Breakfast***

A healthy breakfast of cereal, toast, yogurt and fruit is provided by the Pre-School and offered to all the children who attend the breakfast club. Milk, water and diluted squash are offered.

**No Nuts** are allowed in Pre-School due to children’s allergies.

Parents must notify Pre-School if a special diet needs to be followed by their child. We have a form for parents to fill in if their child has allergies or special dietary needs. All staff are made aware of any allergies. A list is positioned in the register and in the kitchen of the children’s allergies.

During cooking activities, children will not touch egg shells.

**Planning activities** for our children to encourage healthy food choices and the role food plays in growth and development.

Inviting professionals to promote healthy eating and healthy teeth.

Pre-School has a garden which all the children help to grow food and they are then encouraged to eat them at snack time.

**Celebrations**

Ormesby Pre-school celebrates cultural festivals, but celebrations cover all areas.

 Birthdays

 Fundraising

 Family Celebrations

 New Shoes

 Sun’s shining

We can celebrate anything

**Exercise**

Educating and encouraging the children in the need for exercise and the effects it has on their bodies. Under 5’s need at least 3 hours of activity per day, low and high impact. Make sure the weekly plan has lots of activities giving the children plenty of opportunities to be active.

Give the children the chance to access activities to encourage them to exercise.

Encourage staff to join in with all our healthy activities.

**Emotional Well-Being**

Creating a supportive network within the setting which can respond sensitively to issues involving children, staff or parents.

Look for training to support staff in a greater understanding of mental and emotional well-being.

**Promoting Staff Health and Well-being**

Providing working and rest environments that are safe, welcoming and respectful.

Giving careful consideration to work – life balance arrangements. Giving breaks when necessary.

Developing well structured policies and support in the staffs continuing professional development.