

Keeping Healthy Policy

Healthy Eating

At Snowdrop Cottage we believe that mealtimes should be happy, social occasions for children and staff alike. We promote shared, enjoyable positive interactions at these times.

We will ensure that:

- A balanced and healthy breakfast, midday meal, tea and snacks are provided for children attending a full day at the nursery.
- Menus are planned in advance, rotated regularly and reflect cultural diversity and variation. These are displayed for children and parents to view.
- We provide nutritious food at all snack and mealtimes, avoiding large quantities of fat, sugar, salt and artificial additives, preservatives and colourings.
- Fresh drinking water is always available and accessible. It is frequently offered to children and babies and intake is monitored. In hot weather staff will encourage children to drink more water to keep them hydrated.
- Individual dietary requirements are respected. We gather information from parents regarding their children's dietary needs before a child starts or joins the nursery. Where appropriate, we will carry out a risk assessment in the case of allergies and work alongside parents to put into place an individual dietary plan for their child.
- We give careful consideration to seating to avoid cross contamination of food from child to child. Where appropriate, an adult will sit with children during meals to ensure safety and minimise risks.
- Staff show sensitivity in providing for children's diets and allergies. They 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.
- Staff set a good example and eat with the children and show good table manners. During meals and snack times children are encouraged to use their manners and say 'please' and 'thank you' and conversation is encouraged.
- Staff use meal and snack times to help children to develop independence through making choices, serving food and drink, and feeding themselves.
- Staff support children to make healthy choices and understand the need for healthy eating.
- We provide foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Any child who shows signs of distress at being faced with a meal he/she does not like will have his/her food removed without any fuss. If a child does not finish his/her first course, he/she will be offered fruit for dessert.
- Children not on special diets are encouraged to eat a small piece of everything.
- Children are given time to eat at their own pace and not rushed.
- Quantities offered take account of the ages of the children being catered for in line with recommended portion sizes for babies and young children.
- We promote positive attitudes to healthy eating through play opportunities and discussions.
- The nursery provides parents with daily written records of feeding routines for all children in the cottage.
- No child is ever left alone when eating/drinking to minimise the risk of choking.
- We allow parents to bring in cakes on special occasions. We ensure that all food brought in from parents meets the above and health and safety requirements and ingredients that are listed within the Food Information for Consumers (FIR) 2014 and detailed in the allergens policy and procedure
- All staff who prepare and handle food are competent to do so and receive training in food hygiene which is updated every three years
- In the very unlikely event of any food poisoning affecting two or more children on the premises, whether or not this may arise from food offered at the nursery, we will inform Ofsted as soon as reasonably practical and in all cases within 14 days. We will also inform the relevant health agencies and follow any advice given.

Oral Health

At Snowdrop Cottage we understand our role in ensuring good oral health for the children in our care.

We will ensure that:

- We promote good oral health through activities, play and discussion.
- We offer parents advice on appropriate oral health through leaflets and conversations.
- The staff in the room are aware of the need to highlight the importance of oral health.
- Oral health has been written into our curriculum framework that is used throughout the nursery.

- We will sometimes celebrate special occasions such as birthdays with the occasional treat of foods such as cake, sweets or biscuits. These will be given at snack or mealtimes to prevent tooth decay and not spoil the child's appetite. Where we have frequent birthdays and celebrations we consider other alternatives such as celebrating through smiles and praise, stickers and badges, choosing a favourite story, becoming a special helper, playing a party game, dancing and/or singing their favourite song.

Physical Health

At Snowdrop Cottage we are aware of the importance of exercise and a healthy balanced lifestyle.

We will ensure that:

- This is promoted this through age-appropriate activities, role modelling and conversations.
- All children have access to time outside to benefit from fresh air and more freedom of movement.
- A range of activities that promote physical exercise are promoted, including dancing, yoga, sports and games.

Mental Health

At Snowdrop Cottage we understand and are sensitive to mental health in children, parents and staff.

We will ensure that:

- Staff form strong relationships with children and their families in order to support them to develop emotional understanding that will ultimately improve mental health.
- Staff are supported through their own emotional conflicts by a close network of professional relationships within the workplace.
- Staff with known mental health struggles are encouraged to complete a Wellness Action Plan (WAP) to help management better support them in the workplace.
- Conflict resolution is an important aspect of a young child's mental health, as it demonstrates how to appropriately deal with difficulties. Because of this the staff all adopt a positive behaviour management system that is adaptable, fair and consistent for all children.
- Emotional understanding is carefully nurtured throughout the nursery and encouraged through activities, play and discussion.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>September 2025</i>	<i>L Jones</i>	<i>September 2026</i>