

HOLY FAMILY PRIMARY AND NURSERY SCHOOL

NURSERY HEALTHY EATING POLICY

Rationale

At Holy Family we believe that we have a responsibility to promote the spiritual, academic, emotional and physical development of all our pupils.

Therefore we consider it essential that we develop a clear appreciation of what constitutes a healthy diet and we promote healthy eating.

Aims

- To raise pupil, staff and parent awareness of health foods
- To liaise with appropriate agencies to support the promotion and implementation of our policy
- To contribute to the overall health promotion strategy of Holy Family Primary and Nursery School.

Implementation

The implementation of our Healthy Eating Policy will be the responsibility of the entire nursery staff. The process of implementation will include the following:

- Discussion during curriculum time of what constitutes healthy living.
- Demonstration and identification of healthy foods / drinks during curriculum time.
- Provision of healthy foods in the role play corner.
- Creation of appropriate displays in class and foyer area highlighting healthy lifestyles and healthy foods.
- Provision of healthy snacks (eg. milk / water and fruit / vegetables / diet fromage frais / sandwiches / low sugar cereal) at mid morning break for each child.
- Subscription to the Department of Health, Social Services and Public Safety for the Free Milk for Children in Nursery and Reception Classes Scheme.
- Inform parents of our Healthy Eating Policy.
- Encourage parents to support our healthy snacks approach at home via our nursery newsletter, our school newsletter and foyer displays.

Monitoring

The entire nursery team will monitor this policy and their individual monitoring will feed into the annual review.

The monitoring procedure will include:

- The daily observation of healthy food consumption.
- The daily review of milk consumption.

- The level of parental support for our policy
- The engagement of pupils during healthy lifestyle curriculum time.

Staff Development

In order to ensure that staff have the current and relevant skills, knowledge and understanding to facilitate the implementation of the policy, it is important that appropriate staff development activities are undertaken on an ongoing basis. These staff development activities will be provided in line with the School Development Plan priorities.

Review

This policy will be kept under constant review and will be formally reviewed in January 2009. Responsibility for the review will rest with the Nursery co-ordinator.