

CHILD'S PLAY

NURSERY

Healthy Eating Policy

As a Health Promoting Nursery, Childs Play is committed to encouraging and developing positive attitudes towards food and a healthy diet.

We recognise the importance of offering children the opportunity to make informed choices.

As a nursery 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.

Aims and Objectives

- To improve the health of children, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure children are well nourished at nursery and that every child has access to safe, tasty and nutritious food and a safe, easily available water supply during the nursery 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 the nursery to reinforce these aims and to remove or discourage practices that negate them.

Management of Eating at Child's Play Nursery, we have agreed the following statements:

- All children are encouraged to bring in a water bottle so they can have access to water throughout the day. Water fountains are also provided in the nursery for additional access to drinking water.
- Chocolate, sweets, biscuits, crisps, and cakes are actively discouraged as everyday snacks in nursery or as part of lunch boxes. Chewing gum and fizzy drinks are not permitted.
- Children's lunch boxes should offer balanced nutrition. Parents are encouraged to offer a variety of healthy foods for their children.

Our Birthday Policy

- We celebrate birthdays at Nursery by singing "Happy Birthday" and talking about how old the child who is celebrating their birthday is. We also take a birthday photograph. You may bring a cake to Nursery if you wish but NO NUTS and a list of ingredients must be provided. If you do not wish your child to eat birthday cake brought into Nursery please let the Nursery Manager know.
- Birthday treats will be given to children at the end of the school day to be

consumed at home under the guidance of the parents or guardians.

Allergies

- The Nursery is aware of the possibility of food allergies, 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. This information will be displayed in the format of a medical issues chart particularly in each classroom and food distribution area.
- Children are taught not to share packed lunches and parents are reminded about the need to avoid sending in packed lunches containing nuts.

Portions

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 to ensure that they are not hungry later on in the day.

The role of Parents

- The nursery 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 Child’s Play Nursery through mutual understanding, trust and co-operation. In promoting this objective we will:

Healthy Eating Guidelines for Parents

- The sharing of food among the children is not permitted
- Child’s Play Nursery is a nut free nursery
- No nut products may enter the school, including chocolate spread, peanut butter and cereal bars containing nuts
- Nuts of any kind are not allowed
- No fizzy drinks are allowed in school
- No chocolate of any kind including chocolate milk, chocolate cereal bars and chocolate puddings
- No cakes or biscuits
- No sweets
- No crisps/potato chips
- No flavored milk

School Meals

- The meal service is offered through Mastercook Catering Service. We work closely together to ensure the healthiest meals possible. Each day a choice of salads and fresh fruit are offered as possible choices. There are strict guide lines set out by the Dubai Health Authority (DHA).
- The weekly school lunch menu is displayed on the Kings website to enable children and parents to choose healthy meals together at home.
- The quality of the meals is strictly monitored on a regular basis. Constructive feedback is welcomed.
- The dining room is staffed with supervisors and who assist the children in a variety of ways such as opening yogurt lids or helping the children open their food containers.
- The tables and chairs are bright and attractive and allow for the pupils to sit in friendship groups promoting the idea that lunch times are a happy, social occasion.

- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat. This will be achieved by:
 - Sitting freely with their friends i.e. packed lunches and school dinners sitting together
 - Entering and leaving the dining hall in an orderly way; to show respect for other diners
 - Parents or carers will be advised if their child is not eating well.
 - Demonstrating good manners in the hall e.g. using quiet partner voices and saying "please" and "thank you" to the Mastercook staff who serve the school meals.
 - Seeking permission from the Supervisor before leaving the table to use the bathroom.