

St. Clare's Nursery Unit

Policy for Healthy
Eating & Nutrition

At St. Clare's Nursery Unit, we believe that 'Health and Nutrition' play an integral role in Child Development. All children have the right to be as healthy as possible and to live and play in a safe, unpolluted environment.

Aim:

Our aim is to provide a 'Healthy Eating Policy' which is respectful of all ethnic origins, religious beliefs and cultures.

Objectives:

That each child has access to and choice of daily 'healthy & nutritious' snacks.

That the children of St Clare's Nursery develop an awareness of personal/food hygiene & safety and the importance of receiving a balanced diet.

That all children will receive Nursery Meals, which are made in accordance with the new guidelines from DENI: 'Catering for Healthier Lifestyles'.

That parents are aware of importance placed on Health & Nutrition in St Clare's Nursery, and help to extend these principles at home.

EHSSB '3,2,1' DENTAL HEALTH AWARD SCHEME

The children of St Clare's Nursery participate each year in the 'Dental Health Award Scheme'. This has proven to be a very successful venture for which we have received the 'Gold Award' on each occasion.

HEALTHY EATING SNACK PROGRAMME

The Nursery offers a healthy and nutritious morning snack which consists of milk/water with one of the following foods:

- Fresh fruit
- Plain Biscuits
- Bread / sandwiches
- Toast
- Cereals

All snacks are sugar free to avoid damage to teeth.

We provide the children with a selection of foods within each of these groups and encourage the children to make independent choices.

(The milk provided as part of 'Nursery Snack' is free as it is subsidised through the Government.)

Throughout the year, the children will be given opportunities to prepare and taste different varieties of food. This is addressed through cookery activities as well as through our 'Healthy Snack Programme'.

We ensure the involvement of the professional health care service in the Nursery each year to reinforce health and nutrition issues to both parents and children. We have regular visits from Dental Health Puppet Programme (Tooth Brushing), weekly fruit delivery from local green-grocer...

Children are encouraged to wash their hands before handling food or after using the toilet.

(Dietary requirements: Some children need to eat different food due to dietary or cultural restrictions or as a result of having a food allergy/intolerance.)

DENTAL HEALTH SCHEMES

The children have the opportunity to participate in our 'tooth-brushing' scheme provided that parental consent is given at the beginning of the Nursery year. This entails daily brushing of teeth and termly Dental Promotion Packs. These are carried out at different times during the school day:

'Tooth-brushing' - After dinner routine

Each child is allocated their own tooth brush at the beginning of the Nursery year. This is identified by a personal/individual symbol which is attached to their tooth brush. The corresponding/matching symbol is clearly displayed on a 'tooth brush holder bus' ensuring that the children use only their tooth brush. The tooth brushes are adequately spaced so that they do not touch each other contributing to increased hygiene. The children are shown how to brush their teeth correctly. They are encouraged to lift a 'pea-sized' blob of toothpaste from a sterile dental card and to brush their teeth independently. However, adult supervision is maintained throughout the year to ensure that the children don't swallow toothpaste.

St. Clare's Nursery Lunches

Some parents have chosen the option to give their child a packed lunch and we at St. Clare's promote 'Healthy' eating at all times.

The Nursery will continue to provide milk/water for all children to drink.

Chocolate, crisps, sweets and juice are not allowed in packed lunches.