



Dolphin School



Incorporating Noah's Ark Nursery Schools

Healthy Eating Policy

At Dolphin School and Noah's Ark Nursery Schools we believe that appropriate food choices can help children learn more effectively. The correct balance of nutrients can support concentration, promote calmness and maintain steady energy levels throughout the day.

Children need to develop healthy eating and drinking habits while they are young, as poor eating patterns are extremely difficult to break the older we become. Normally, the typical child's diet today is high in fat and sugar, low in fibre and low in vitamins and minerals.

Children need to learn to be taught how to take responsibility for their eating patterns, health and quality of life and to start to understand the complexities associated with food and its production.

Dolphin School and Noah's Ark asks parents and carers to join with us in promoting a healthy lifestyle.

Aims and purposes

- To encourage both healthy eating and regular physical exercise.
- To give children an awareness of the consequences of healthy and unhealthy choices.
- To promote actively the choice of healthy options for snacks.

Procedures – Noah's Ark

- Children are offered water or milk at snack times and will have access to water throughout the morning.
- Snacks offered mid-morning are a variety of plain biscuits, fresh fruit and vegetables, cheese, breadsticks, crackers, dried fruit.
- Children will be taught about keeping healthy.
- Each Noah's Ark is a 'nut-free' zone due to the prevalence and severity of some nut allergies.
- In special circumstances, such as birthdays, we are happy for children to bring in birthday cakes, but parents must take due care of any allergies children in the nursery may have. Teachers will advise on this.
- We request details of allergies from parents and revise school guidelines and the Healthy Eating Policy accordingly.

CONCLUSION

The Governors and Staff of the School are committed to keeping this policy under regular review and the Governor responsible will ensure that the matters contained herein are regularly discussed and further developed to the benefit of all users.

Signed :

Mr Charlie Colchester
Chairman of the Board of Governor

Reviewed January 2011