

Rosemary Lane Nursery School



Healthy Eating Policy

This policy has been developed in consultation with pupils, parents, staff and Governors.

Rationale.

At Rosemary Lane Nursery School we recognise the importance of a healthy lifestyle and diet and understand that establishing a balanced diet in childhood helps establish healthy eating habits for life. In order for us all to meet our full potential we need to be healthy and fit-physically, mentally and socially. This policy states the ways in which our school community supports pupils to develop the skills and attitudes that will help them make informed healthy choices both in and out of school.

We recognise that it is important for the whole school to use consistent messages around healthy eating. Therefore, our message is:

Healthy eating does not mean NO treats, but it does mean having them at appropriate times and not too often.

Aims

- To make the provision and consumption of food an enjoyable and safe experience.
- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.
- To provide a consistent programme of cross-curricular nutrition education.

We aim to encourage our pupils to develop positive attitudes to becoming healthy, happy members of the community by:

- only providing snacks that are nutritious and healthy.
- encouraging enjoyment of exercise and fresh air.
- teaching about healthy foods, keeping safe, respecting others, their faiths and cultures.
- organising visits from other agencies e.g. Family Health Practitioner to talk to parents and children on a range of health related issues, Dentist visits.

Objectives

- To work towards ensuring that this policy is both accepted and embraced by governors, teachers, support staff, pupils, parents and the wider school community
- To integrate these aims into all aspects of school life, in particular food provision within school, the curriculum and social activities.

- To introduce children to new snack foods, we will prepare healthy and varied food from different cultures as well as healthy foods already familiar to the children.
- Staff will involve children in preparing snacks as often as possible.

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food. They are given the opportunity to touch, taste, smell and feel a variety of foods.

Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from Environmental Health if necessary.

Provision of food and drink across the school day.

Mid-session snack time.

An open cup of milk is provided for every child. Where children are unable to manage this, we provide Doidy training cups and a range of different straws to help our youngest children. A specific time is set aside for snack time and those who do not have milk, at their parent's request, have water instead. A snack is also provided. This snack is either a piece of fruit, vegetable or other healthy snack.

Drinks

Like plants people wilt. We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections. All children and staff have access to filtered water throughout the day. Drinks will be taken from an open cup. Fresh drinking water is available, on request, at all times.

Packed Lunch

Children accessing full days are required to bring a packed lunch. We have a packed lunch policy and guidance for parents to provide information on how to prepare a healthy balanced packed lunch. Children are supervised at all times to prevent exchange of foodstuffs between lunchboxes. Children do not bring drinks for lunchtime as they have fresh milk and filtered water provided by the nursery.

Lunch Club

Aims

- To further develop and maintain an ethos in the Nursery in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage foods that are rich in vitamins, iron, calcium
- To encourage a balanced diet
- To offer milk or water to drink
- To encourage fluid intake with an easily accessible water supply
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- As many staff as possible to have a food handling / hygiene certificate

- To develop healthy eating and drinking habits that will last a lifetime

Lunch Supervision

We believe that messages from all staff need to be consistent.

- Individual dietary needs are catered for within the framework of nutritional standards
 - Theme days are used to mark calendar events or a particular curriculum area
 - All children are encouraged to take some fruit or vegetables as part of their meal or snack
 - Children are encouraged to drink their drink with their meal or snack
 - Milk or water is on offer for snack and lunch time in Nursery.
 - To integrate healthy eating and drinking habits in all aspects of Nursery Life.
- * Staff will sit with children during snack and meal times to provide a good role model, encourage good manners and lead conversation.
- * Staff will involve children in preparing and clearing tables as often as possible.

Lunch Club runs in two sittings. The first sitting is from 11.50-12.20, the second sitting is from 12.40-1.15. Sitting one is for the younger children in the Willow and Maple rooms. Sitting two is for the children in the Oak room.

The youngest children sit on smaller tables with mealtime chairs. The older children sit in the hall on long tables with individual school chairs.

Lunch is part of the continuous offer. Nursery staff assess the children's ability to engage with the progressive skills taught at lunchtime.

Equal Opportunities

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

Parental Involvement

Dietary requirements are discussed individually with all parents at the nursery welcome meeting before their child starts Nursery. Parents are requested to inform staff of any further changes in dietary requirements as they occur and each September. Parents are invited to participate in a variety of courses and workshops that provide advice on a range of parenting skills including developing healthy eating habits at home.

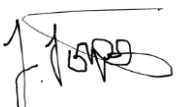
Food Hygiene

Children are always reminded about the importance of hand washing before eating or handling food.

Whenever children work with food in the classroom they are helped to follow basic hygiene routines including; wearing a food preparation apron, using clean equipment, always washing hands before and after working with the food, using an individual spoon etc. when tasting food. Staff will be encouraged to update all food hygiene training as appropriate.

Updated: May 2026

Head Teacher : Jill Jones



Date: 14/05/26

Chair of Governors: Charlotte Small