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ST CLARE'S ABBEY NURSERY UNIT



HEALTHY EATING POLICY

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HEALTHY EATING POLICY

INTRODUCTION

In St Clare's Abbey Nursery Unit, we believe that proper nutrition and fluid intake are essential for all children, if they are to fulfil their potential in life. We want to play our role in establishing and maintaining life-long healthy eating and drinking habits amongst our pupils.

AIMS

- To encourage, through the curriculum, the desire to make a healthy choice;
- To involve the children 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 the consumption of foods that are rich in vitamins and minerals;
- To encourage a balanced diet;
- To encourage fluid intake, with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements;
- To ensure high standards of hygiene amongst the children.

CATERING FOR ALL

In St Clare's Abbey Nursery...

- Individual dietary needs are catered for within the framework of nutritional standards. Parents should advise the Nursery on food/drink alternatives to be given to their child, e.g. those with a dairy intolerance, those who eat only Halal food etc.

BREAKFAST AND LUNCH

Recognising parental responsibility and Nursery/ Parent partnership, children are encouraged to have breakfast before leaving home for the morning class

and lunch prior to the afternoon class. During the Induction meetings with Mrs Gallagher, in both June and September, parents are advised of this.

SNACK

- All children are encouraged to participate in the snack routine;
- Milk or water is on offer at snack times.

A selection of healthy options is offered for snack. These include:

- Fresh fruit
- Vegetables
- A variety of breads
- Crackers with butter or cheese.

The parents are advised that the cost of snacks for this academic year will be £12.00 per month, payable via the School Money App.

This includes the cost of healthy snack foods and other sundry items, such as baby wipes, tissues etc. not covered by requisition.

CELEBRATIONS

Some parents like us to help their child to celebrate their birthday. In these instances, parents understand that any celebration cakes provided must state NUT FREE on the external packages. This must be sealed and in its original box. This is to protect children who may have potentially life-threatening nut allergies. Therefore, we insist that no other foods or snacks are sent into the Nursery with children.

ALLERGIES

In order to protect children with allergies, e.g. peanut with risk of anaphylaxis, parents are asked to disclose this information at the initial parent interview. Parents will be made aware that St Clare's Abbey Nursery and Primary School are working towards being a nut free school environment.

DRINKS

We recognise that low fluid intake can lead to poor concentration and lethargy, reduced physical performance and health problems, including headaches and urine infections.

All children and staff have free access to water throughout the day.

SWEETS

Parents and children are asked not to bring or send sweets into the Nursery Unit.

TEACHING AND LEARNING

Staff frequently sit with children during snack times, to model language and good manners, as well as to assist with the development of skills such as buttering and pouring.

HEALTH AND SAFETY

Food will be stored according to instructions on packaging.

Arrangements for monitoring and reviewing policy:

This Policy will be monitored on an ongoing basis and formally reviewed at the start of each new SDP cycle or when an incident arises or when new relevant guidance is issued.