

Safeguarding and Welfare Requirement: Health

Where children are provided with meals, snacks and drinks, they must be healthy, balanced and nutritious and children must be able to thrive in a healthy environment.



Promoting health and hygiene

Healthy Living Policy

Policy statement

Hollyfield Preschool Nursery provides a welcoming, stimulating and secure environment where children and families from all backgrounds and cultures are valued. We respect children's rights, listening to children and putting their needs at the heart of our work. Our inclusive nursery community works together to promote equality, encouraging and supporting each child to develop their potential and sense of identity. We develop our children's curiosity and challenge them to achieve their best and become self-confident and independent learners. We are committed to safeguarding and promoting the well-being of all children, and expect our staff and volunteers to share this commitment.

A Unique Child	Positive Relationships	Enabling Environments	Learning and Development
1.3 Keeping safe 1.4 Health and well-being	2.1 Respecting each other 2.2 Parents as partners 2.4 Key person	3.2 Supporting every child 3.3 The learning environment 3.4 The wider context	4.4 Personal, social and emotional development

Our Nursery Values 'SPARKLE'

S – We provide **Security** which enables **Self-belief**. This in turn makes each child feel **Special** which gives **Strength** of character.

P – **Practitioners** teach with **Passion** and support children in being **Playful, Persistent** and **Proud** learners

A – We help children to successfully **Adapt** to new environments and routines. This means children feel secure to **Actively Achieve** their goals.

R – Practitioners strive to have positive and open **Relationships** with all families who come to nursery. We support our children to be **Responsible** and **Resilient** learners

K – Our children are **Keen** learners who show **Kindness** to all around them with support from our positive behaviour systems. Children are **Knowledgeable** about their rights and help each other to stay safe as well as express their feelings.

L – Our **Leadership** is robust and fosters a **Loving** environment both for practitioners and children to have a **Love for Learning**

E – We ensure **Equality** which supports **Empowerment** in taking steps in our own learning. Children and staff are **Enthusiastic** and **Eager** to keep learning

The UN Convention on the Rights of the child

This policy is in accordance with the 1989 United Nations Convention on the Rights of the Child (UNCRC)

UNIVERSAL – Rights are for all children all over the world

INHERENT – All children are born with these rights

INALIENABLE – Rights cannot be taken away

UNCONDITIONAL – Rights do not have to be earned

INDIVISIBLE – All rights are equally important

Article 12 (respect for the views of the child)

Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.

Article 19 (protection from violence, abuse and neglect)

Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and bad treatment by their parents or anyone else who looks after them.

Article 24 (Health and health services)

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

Article 28 (right to education)

Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in nurserys must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.

Article 29 (goals of education)

Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

Article 31 (leisure, play and culture)

Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Procedures

At Hollyfield Preschool Nursery we want children to give children the best possible start in life and support children and families to make healthy choices.

Healthy mind

Our focus upon children's personal, social and emotional development is built around our key person system where children are in a key group of up to 13 and develop close relationships with their key person. This starts with a home visit or during stay and play sessions which enables the key person to start to develop a relationship with the child and family before they start at nursery. There may be occasions where a physical meeting is not possible, such as during a pandemic like Covid-19 and in this instance, a minimum of one phone call will be made to parents to begin the relationship

We are a Rights Respecting nursery and teach children about their rights under the UN Convention on the Rights of the Child, and the rights of others. We listen to children, taking them seriously and valuing their thoughts and opinions.

We teach children vocabulary to describe how they are feeling and involve children in PSE group times which supports children at risk of lower emotional well-being.

Children have access to the outdoor environment throughout the day, which is a calming antidote particularly to the lives of our many children who live in flats and is their only opportunity to access outdoor play.

We teach children conflict resolution techniques so that they learn to manage and resolve conflicts amongst themselves.

We give children leadership roles and encourage them to be proud of what their efforts and achievements to boost their self esteem. We provide managed risks and encourage persistence and a growth mindset which helps build children's emotional resilience.

Healthy body

We encourage children to be physically active and to eat healthily eating using Start Well initiatives.

Children have access to the outdoor environment for most of the day, where they have the space to move freely, run and climb.

We understand the importance of physical development for young children. We have outdoor space for both rooms; The Explorers playground offers outdoor block play, tyres and bikes. The Discoverers room playground offers a climbing frame, block play, tyres, space to run and bikes. We also make use of the nursery garden where children have the opportunity to dig and explore the pond.

We also run a Forest School with a small group of children twice a week. During this time we access the local park where we encourage the children to take risks like climbing trees and using the space available to them in a safe way.

Children take part in action rhymes during daily group times and we have a company called Creative Flair in once a week to dance and sing with two groups of children.

Healthy Eating

We provide water and milk (including oat milk) during the morning and afternoon sessions as well as healthy snacks for the children. We ask parents to provide healthy food for their child's lunchbox if they have chosen the option of packed lunches and the school kitchen provides healthy hot meals in line with City Serve legislation and guidelines for parents who choose for their child to have a cooked lunch.

Sweets are not allowed at nursery and we ask parents to send in healthy treats such as raisins, rather than providing sweets to celebrate their child's birthday.

Staff model healthy choices, drinking from water bottles and sharing fruit and children learn about the properties of food by exploring it and take part in cooking activities.

Self care

Children are encouraged to manage their own self care and we expect all of our 3 year olds to attend nursery wearing pants unless there is a medical need to wear a nappy.

Healthy environment

We teach children about the importance of a healthy environment and encourage them to take part in tidy up times as well as cleaning up spills etc.

Our building is designed with sensor taps, to minimise energy usage, and paper towels to support hygiene.

Staff support children to plant in our vegetable plot, and use a water butt to collect rainwater which children can access independently for watering the plants in the garden as well as for play in the mud kitchens.

Staff recycle materials and loose parts for construction, modelling and collage.

We have risk assessments in place which staff use to ensure the environment is safe before children access it both indoors and outdoors and a rigorous cleaning system is in place to prevent the spread of germs (particularly during a pandemic) which is additional to our usual cleaning programme which Hollyfield Primary School supplies

Food hygiene

(Including procedure for reporting food poisoning)

We maintain the highest possible food hygiene standards with regard to the purchase, storage, preparation and serving of food. We are registered as a food provider with the local authority Environmental Health Department.

In our setting we provide and/or serve food for children on the following basis

- Snacks.
- Packed lunches.
- Meals

Procedures regarding food and handling

- The person in charge and the person responsible for food preparation understands the principles of Hazard Analysis and Critical Control Point (HACCP) as it applies to their business. This is set out in *Safer Food Better Business*. The basis for this is risk assessment as it applies to the purchase, storage, preparation and serving of food to prevent growth of bacteria and food contamination.
- All staff follow the guidelines of *Safer Food Better Business*.
- All staff at Hollyfield Preschool Nursery are expected to have an up to date Food Hygiene certificate and are asked to notify the management team when further training is required.
- The person responsible for food preparation and serving carries out daily opening and closing checks on the kitchen to ensure standards are met consistently. (See *Safer Food Better Business*.)
- We use reliable suppliers for the food we purchase such as Asda and Costco
- Food is stored at correct temperatures and is checked to ensure it is in-date and not subject to contamination by pests, rodents or mould.
- Packed lunches are stored in the fridge. Un-refrigerated food is served to children within 4 hours of arriving at nursery. This gives all children ample time to be able to eat their packed lunch whilst still in accordance with guidelines, should we not be able to refrigerate them for any reason as lunch is served at 11.15am
- Food preparation areas are cleaned before use as well as after use.
- There are separate facilities for hand-washing and for washing up.
- All surfaces are clean and non-porous and all utensils, crockery etc are clean and stored appropriately.
- Waste food is disposed of daily and cleaning materials and other dangerous materials are stored out of children's reach in line with COSHH regulations
- Children do not have unsupervised access to the kitchen and when they take part in cooking activities, are supervised at all times and understand the importance of hand washing and simple hygiene rules. Children are kept away from hot surfaces and hot water; and do not have unsupervised access to electrical equipment such as blenders etc.

Reporting of food poisoning

- Food poisoning can occur for a number of reasons. Not all cases of sickness or diarrhoea are as a result of food poisoning and not all cases of sickness or diarrhoea are reportable
- Where children and/or adults have been diagnosed by a GP or hospital doctor to be suffering from food poisoning and where it seems possible that the source of the outbreak is within the setting, the manager will contact the Environmental Health Department and the Health Protection Agency, to report the outbreak and will comply with any investigation.
- If the food poisoning is identified as a notifiable disease under the Public Health (Infectious Diseases) Regulations 1988 the setting will report the matter to Ofsted.

Legal framework

- Regulation (EC) 853/2004 of the European Parliament and of the Council on the hygiene of foodstuffs
- The Food Safety and Hygiene (England) Regulations (2014)
- General Data Protection Regulations 2018

Further guidance

- Startwell
- www.startwellbirmingham.co.uk
- *Safer Food Better Business* (Food Standards Agency)
www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb/sfbbcaterers
- [sfbb-chilling-01-chilled-storage-and-display.pdf](#)

This policy was adopted at Hollyfield Pre Nursery Nursery's Staff meeting in June 2012

Date to be reviewed – April 2021

Signed on behalf of the management team –

Name of signatory –

Role of signatory -

Other useful Pre-nursery Learning Alliance publications

- Nutritional Guidance for the Under Fives (Ed. 2010)
- Healthy and Active Lifestyles for the Early Years (2012)