

Safeguarding and Welfare Requirement: Health and self-care

Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.

6.9 PANCO – Physical and Nutritional Development

Policy statement

Pippin notices the physical and nutritional development of children as an important factor to their overall development. We recognise that physical development is a prime area of for children and contributes to their developing motor skills, social skills, maintaining a healthy weight, heart, bones and muscles.

We allocate a competent member of staff to take on the role of the Physical and Nutritional Co-ordinator (PanCo) at our setting. Our current Lead PanCo is **Lucy Saunders**. Our PanCo is responsible for the promoting positive nutrition and physical activity within the setting and managing change within Pippin that encourages a healthy lifestyle. All members of staff play a part in encouraging children to make healthy choices and be active within the setting. We have also designated **Lucy Saunders** as our Music and Movement Coordinator, this allows children to remain active along with music and instruments.

Procedures

- We aim to encourage healthy eating within the setting.
- We have nutritious menus for our snack times during the day, all staff encourage children to make healthy choices at meal times.
- Allergies and dietary requirements are acknowledged before the children start at the setting and are up to date, Pippin is a nut free zone and we discourage children to have chocolate and sweets in lunchboxes.
- We provide information and advice for parents on ways to provide a healthy lunchbox.
- We display all children with dietary requirements next to the snack preparation area so it is easier for staff to see at a glance. Our menus are also displayed in the snack area.
- Fresh water is available for children throughout the day, children are encouraged to help themselves.
- Staff help promote a healthy option by only drinking water when around children, no fizzy drinks.
- We promote snack as a social time for the children, the designated person on snack encourages conversation about the food the children are eating. If they like the food, if they can recognise the colours of their food and describing textures.
- We operate a rolling snack, this means children are able to come to the table when they are ready so that they are not distracted from their play, the children are able to make their own choices on what to put on their plate by taking the food that they know they like or perhaps wish to try, this also promotes independence for the children.

- Parents are liaised with when there is a concern a child is not eating their snack or lunches.
- We provide semi-skimmed milk at snack times for all the children to drink
- To promote nutrition, our Pippin garden allows children to be involved in growing our own fruit, vegetables and herbs. The children take it in turns most days to water our garden and enjoy watching the seeds/plants grow.
- The benefits of healthy eating for children include:
 - Gives them energy.
 - Improves brain development.
 - Enlightens their mood.
 - Helps maintain a healthy weight
 - Assist care of skin (Acne, Eczema)
 - Enjoy mealtimes, having favourite foods etc.
 - Encourages healthy choices during snack and meal times.

- We work towards the recommended 180 minutes of physical activity for children under 5 who are able to walk unaided.
- We use guidance from Change4life, Start4life and PanCo Cambridge Childhood Partnership.
- Children remain physically active regularly throughout the day, we have a free flow plan which allows children to play in outdoor and indoor environments with supervision.
- Our outdoor area consists of many exciting and challenging equipment, these include: Trim trail, Pirate ship, Stompers, Walkers, Balancing beams, Basketball hoops and football goals. Balls, paintbrushes and chalks.
- Our indoor area includes: a Gluing table, painting easels, soft play mats, large pillows, soft balancing beams and tunnels. We also have a parachute which the children enjoy bouncing balls into the air with and making up ring games.
- During our music and movement times, the children are able to move rhythmically to music and sounds. They demonstrate their expressions through movement.
- Our story times become interactive when using the clevertouch.
- Our Lift off to language sessions include puppets, props and movements.
- The setting takes part in the sponsored Barnardos Toddle Walk each year.
- We engage the children in a range of activities to encourage good health and fitness. These include:
 - Dental Hygiene.
 - Circle Time.
 - Snack Times.
 - Music and Movement.
 - Story Time.

- Barnardo's Toddle Walk.
 - Sports Relief.
 - Wii console.
- The benefits of physical activity for children include:
 - Achieve and maintain a healthy weight.
 - Improves the heart bones and muscles.
 - Prevents obesity
 - Improving balance, coordination and strength.
 - The development of gross motor and fine motor skills.
 - Contributes to brain Development.
 - Improving concentration and thinking skills.
 - Improving confidence and self-esteem.
 - Opportunities to develop social skills and make friends.

Legal Framework

- The Early Years Foundation Stage (2017, DofE)

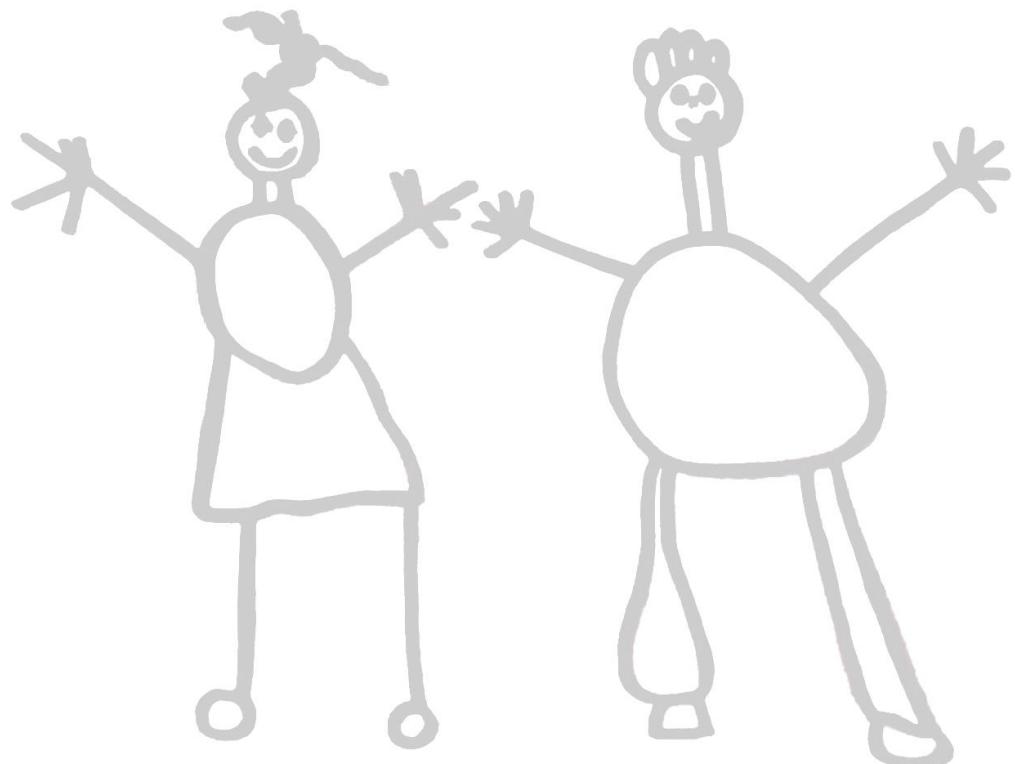
Useful Pre-School Learning Alliance publications

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

Pre-School

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