

Caban Y Faenol CYF

Healthy Living Policy

Including Healthy Eating and Keeping Fit in Caban Y Faenol

The Welsh Government's Healthy Wales: Healthy Weight strategy has the aim of getting everybody in Wales, including our smallest children, to maintain a healthy weight. The early years are a vital period in a child's development, setting an important foundation for a child's future health and well-being. One aspect of the Welsh Government's ambition is that early years care and education settings will provide children with healthy food and help them to be energetic. The Best Practice: Food and Nutrition Guidance for Childcare Providers document offers clear guidance on how to support children's healthy eating, and assists early years settings in meeting the requirements of the Child Minding and Day Care Regulations (Wales) 2014 on food and drink.

Children's Rights

Ensuring a healthy environment is part of ensuring that Caban Y Faenol CYF respects the rights of the child under the United Nations Convention on the Rights of the Child, specifically:

Article 6: All children have the right of life. Governments should ensure that children survive and develop healthily.

Article 24: Children have the right to good quality health care and to clean water, nutritious food and a clean environment so that they will stay healthy.

Article 27: Children have a right to a standard of living that is good enough to meet their physical and mental needs.

Article 31: All children have a right to relax and play, and to join in a wide range of activities.

Code of Practice

The Manager will ensure that the policy is implemented, and will delegate responsibility for day-to-day implementation to the staff. Each member of staff must keep to and facilitate the implementation of the policy. The Manager will ensure that all members of staff, parents / carers, volunteers, work experience students and contractors are made aware of the policy and their responsibility to implement it. The Manager will ensure that each new staff member receives a copy of the policy during their induction training.

Healthy Eating

The eating habits a child fosters during its early years will be life-long. During this period it is essential that a child's diet is nutritious and balanced, and that they have enough to

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drink. As a Cylch Meithrin, day care and afterschool/holiday club setting we are keen to create an environment which promotes healthy choices of food and drink as children become more vocal and decisive about the foods they will eat. We will do this by complying with the requirements needed to meet the regulations regarding children's food, drink and health needs, as outlined in the Child Minding and Day Care Regulations (Wales) 2010.

Our aim is to provide, and / or encourage the provision of nutritious snacks and meals which satisfy the children's dietary needs whilst also meeting the relevant National Minimum Regulations

Caban Y Faenol CYF will:

- ensure that children sit at a table when eating or drinking.
- ensure that staff sit with the children when eating or drinking in order to promote food eating habits and good table manners.
- ensure that no child will be forced to eat against their will
- ensure that all foods served by the setting have been correctly stored, prepared and served following good food hygiene practices.
- ensure staff training on healthy eating.
- ensure staff training on food safety and hygiene.
- ensure that children and staff wash their hands thoroughly before serving or eating any snack or meal.
- use a range of activities, play areas and themes within the setting to introduce healthy eating messages to the children.
- ensure opportunities to explore a variety of foods, drinks, tastes and textures in different contexts.

The Food Standards Agency and the Food Hygiene Rating System

Caban Y Faenol CYF is registered with the Food Standards Agency. Refer to the website for more information: <https://www.food.gov.uk/business-guidance/register-a-food-business> .

The Food Hygiene Rating System gives a score between 5 and 0 to businesses and settings which prepare or serve food. The scores indicate how the food, hygiene and safety are managed by the setting at the time of the inspection. It is the responsibility of the setting to comply with food hygiene laws at all times.

When a score is awarded it is also made available online, and you must display the sticker in the setting. The stickers and certificates will also note the date the food hygiene inspection was carried out by a local authority food safety officer.

Food Allergies and Special Dietary Requirements

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Since September 2014 it has been mandatory for childcare providers to comply with the EU Food Information for Consumers Regulation (Food Information Regulation (2014)). These regulations make it mandatory to provide information about 14 allergens which may be present or used in any served food.

Allergens pose a massive risk to people with allergies as they can endanger their lives. Young children are especially at risk of danger as other people are responsible for choosing and preparing their foods.

Caban Y Faenol CYF will:

- ask parents / carers / minders about any dietary requirements, likes or allergies the child may have. The setting will record these and ensure that all staff members are aware of them, and will follow any necessary instructions or procedure.
- expect staff to notify them of any food allergies they may have. These will be recorded in the staff file, and permission will be sought to share these details with other staff members. Any necessary instructions / procedures will be followed.
- Implement an allergy scheme for any child or member of staff who suffers from allergic reactions, in order to prevent and manage allergic reactions
- ask parents / carers / minders of children who have special dietary needs to give as much information as possible about suitable snacks and foods. In some instances it may be necessary to ask parents / carers / guardians to provide food specifically for their child.
- provide information regarding allergens in the food which is prepared and / or served in the setting to parents / carers / minders and staff. The setting will ensure that the information is accurate, consistent and available for verification. The setting will ensure that it is available to parents / carers / guardians and local authority officers upon request.
- check food labels regularly as food ingredients can change
- ensure that staff can identify allergens in any meal served in the setting.
- follow the Food Standards Agency's allergen guidelines for food businesses.
- exclude allergens from the setting, where a child or an adult at the setting has a severe allergy to them.

Healthy Drinks

Neither water nor milk contain added sugars. Water and milk are the only drinks a child needs, and children are less likely to gain unhealthy weight or suffer from tooth decay by drinking them.

Caban Y Faenol will:

- ensure that drinking water is always available to children and staff.
- provide each child with a drink of milk or water at snack time.

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Packed Lunches from Home

In many cases parents / carers / minders will be asked/may prefer to provide their child with a packed lunch. The packed lunch should give a child the same amount of energy as a hot meal for the child. Where the parents / carers / guardians are asked/would prefer to supply a packed lunch for their children, the setting will:

- share information with parents / carers / minders about our operational methods in relation to food which is brought in from home
- store food ensuring that we meet food safety and hygiene regulations
- consistently promote a message about nutrition and create opportunities to pass this message onto parents / carers / minders
- promote the need to include a good variety of different foods each day
- ask parents / carers / minders not to send sweets and other unsuitable foods in the lunch box
- ask parents / carers / minders not to send foods containing certain allergens to the setting, in cases where a child or adult has developed a severe allergy to certain foods and a decision has been taken to ban that allergen from the setting.

Healthy Meals and Snacks

Caban Y Faenol believes that snack and meal times are an important part of the setting's activities. They offer children the chance to talk to one another and develop their social skills, in addition to opportunities to try new foods and learn about healthy foods and drinks.

We will:

- ensure that children sit at a table when eating or drinking.
- ensure that staff sit with the children when eating or drinking in order to promote food eating habits and good table manners.
- ensure that no child will be forced to eat against their will.
- ensure that all foods served by the setting have been correctly stored, prepared and served following good food hygiene practices.
- ensure staff training on healthy eating.
- ensure staff training on food safety and hygiene.
- ensure that children and staff wash their hands thoroughly before serving or eating any snack or meal.
- use a range of activities, play areas and themes within the setting to introduce healthy eating messages to the children.
- ensure opportunities to explore a variety of foods, drinks, tastes and textures in different contexts.

Snacks

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Young children need healthy snacks between meals. It must be ensured that these snacks are an age-appropriate portion size. Healthy snacks help to meet children's energy and important nutritional needs. One snack will provide about 10% of a child's daily energy (around 120kcal for a child aged between 1 – 4 years). Examples of healthy snacks and appropriate portion sizes are available in the Best Practice Guidance: Food and nutrition for childcare providers: Menus and recipes.

Caban Y Faenol CYF will:

- provide each child with suitable snacks which are nutritious and safe for teeth, adapted to suit their age range, development, needs and religious background.
- ensure that children have plenty of time to eat their snacks
- ensure that we do not withhold snacks as a form of punishment
- encourage parents / carers / minders to offer suggestions for healthy snacks.
- ask parents / carers / minders not to send sweets, crisps or other unsuitable snacks into the setting
- inform parents / carers / minders if a child frequently is unwilling to eat his / her snack
- Follow the best practice as outlined in Best Practice Guidance: Section 4: Food and Nutrition: Standards, guidelines and planning menus for planning and providing healthy snacks of an appropriate portion size.

Meals

At Caban Y Faenol we give the children an opportunity to have a hot meal at lunchtime. The meal is made in the school kitchen and brought to our room by the school kitchen staff. Where food purchased from the local school is served at the setting, the meals should meet the school's food standards.

Celebrations

Birthdays and other celebrations, including national holidays (e.g. St. David's Day) and charitable celebrations (e.g. Children In Need Day) can form an important part of the Nursery's activities. In order to reduce dependence on less healthy foods, we will consider alternative ways of celebrating which aren't dependent on cakes and biscuits, as was previously traditional.

Caban Y Faenol will:

- ensure that the food served for birthday parties or other celebrations is healthy
- send birthday cake given by parents / carers / minders to be shared in the Nursery home with the children. Parents / carers / minders will need to know the source of the cake so that they can use their discretion as to whether they can give it to their child. It is not a safe practice to give homemade birthday cake to children without knowing its ingredients and possible allergens.

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Keeping Fit

The UNCRC has created a specific right for children to have time to rest and enjoy leisure, and to participate in play and leisure activities suitable for their age. In addition to being fun, play offers health and wellbeing benefits to children.

The children in our care are among the first generation who have had to make a conscious decision to be physically energetic. Open air activity has mental and physical health benefits.

Caban Y Faenol CYF places emphasis on ensuring that children receive messages regarding the importance of keeping fit from the youngest possible age, and that they have daily opportunities to enjoy physical activities of all sorts, both indoors and in the open air.

Caban Y Faenol will:

- contribute to the 180 minutes of daily physical exercise recommended by the WHO for children aged 2 – 4 years.
- encourage children within each age group to play out of doors every day in order to ensure that they receive enough sunlight to help their bodies generate vitamin D.
- ensure that the Sun Care Policy is followed where relevant.
- use a variety of activities, play areas and themes within the setting to introduce messages to the children about keeping fit.
- hold daily physical activities inside and outside in order to give children the opportunity to keep fit.
- introduce dance and creative movement activities to encourage children to enjoy keeping fit.
- introduce activities to help children develop their motor and manipulative skills
- ensure that children do not remain seated for long periods unless required for safety reasons.

Screen Time

Recent guidelines from the WHO suggests that 2 – 4 year olds should not have too much sedentary screen time, which includes watching television or videos and playing computer games on any device with a screen, including a computer tablet or mobile phone.

Caban Y Faenol will:

- restrict sedentary screen time activities to those which are necessary to support the development of the child's skills.

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- inform parents / carers / minders each day approximately how much time the child has spent engaged in sedentary screen time activities during their time at the setting.

Health and Emotional Well-being

The Welsh Government describes emotional health and wellbeing as ‘a holistic, subjective state which is present when a range of feelings, among them energy, confidence, openness, enjoyment, happiness, calm, and caring, are combined and balanced’. A child’s wellbeing underpins early years provision. Practitioners may observe a child’s emotional wellbeing from a very young age, and those observations can enable them to positively support the child’s development.

Caban Y Faenol will support children to increase their emotional resilience. In order to do this, we place emphasis on helping children to cope with the experiences they come across during their time in the setting.

Caban Y Faenol CYF will:

- ensure the development of positive interactive relationships between staff and the children in their care.
- ensure that appointed staff come to know and develop a special understanding of the needs of specific children in their care, e.g. through implementing the key worker system.
- design activities to help increase children’s emotional welfare. These activities can include circle time or collective activities which offer children opportunities to communicate with practitioners and other children.
- use a range of activities, play areas and themes in the setting to help children understand that feelings can change.
- use a range of activities, play areas and themes in the setting to help children reflect on their feelings and express them in a positive way.
- use a range of activities, play areas and themes in the setting to help children become aware of other people’s feelings.
- Introduce a range of activities to raise children’s awareness that their feelings can change.
- Follow and implement the **Positive Behaviour Policy** guidelines.