



Physical Development and Nutrition Policy

Colerne Preschool Ltd

As a childcare provider, we have a duty to protect the children and to keep them safe from harm at all times, the welfare of the child is paramount.

Before a child starts to attend preschool, we find out from parents their children's dietary needs, including any allergies. We record this information in our **Allergies and Dietary List** which is found in the kitchen and in the manager's office. Parents **MUST** inform the manager if their child has a new allergy or a change in dietary needs.

Preschool uses structured snack and lunch times as a social time for children and adults and an opportunity for the children to learn about healthy nutrition. All staff members are encouraged to eat a **healthy** balanced lunch with the children. We regard snack and lunch times as important parts of the preschool sessions.

To provide nutritious food, which meets the children's individual dietary needs and to meet the full requirements of Ofsted's Care Standards on Food and Drink (Standard 8). We provide nutritious food at all snack times, avoiding large quantities of fat, sugar, salt, artificial additives, preservatives and colourings. Staff encourage children every day e.g., morning to eat healthy snacks such as fresh or dried fruit as well as plenty of water and milk to drink. Giving children choices promotes their understanding of the healthy option.

We include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones. Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups, to which children and their parents belong, of vegetarians and vegans and about food allergies. We take account of this information in the provision of food and drinks.

We have fresh drinking water constantly available for the children. Children will bring in a healthy, named lunchbox, we encourage children to develop independence through making choices, serving food and drink and feeding themselves.

Children must be supported in using all their senses to learn about the world around them and to make connections between new information and what they already know. They must be supported in developing an understanding of the importance of physical activity and making healthy choices in relation to food.

Staff are to promote awareness, enthusiasm, enjoyment, motivation and confidence at a level which is appropriate to the individual child. We aim to support physical development of children with safe but challenging environments both inside and outside. Physical development, physical activity and play underpin significant development and learning opportunities for young children.

We believe that all children should have an entitlement to physical development, physical activity and play. We recognise that this supports learning across all areas of development and develops physical fitness, health and well-being.

We provide access to indoor and outdoor play activities each day and in all weathers. This gives all children the opportunity to explore, experiment and refine their movements and actions unhurriedly. Staff acknowledge that there is a wide variation in children's physical abilities. All children's efforts are appreciated, and every child is encouraged to progress at their own rate in order to reach their full potential. The importance of children being provided with activities and experiences to progress physically is embedded in our planning. It gives staff flexibility in order to adapt to the variety of children's needs and interests.

Each child will have the opportunity to use a variety of equipment whilst they are in preschool. Much thought is given to safety; providing a safe, clean environment, using and moving equipment safely and giving consideration to others with the emphasis on stopping, listening, evaluating and reflecting.

To provide a balance of activities to support physical development, physical literacy and wellbeing of each child. To provide sufficient space (indoors and outdoors), time and resources to allow effective physical development. To provide additional support where required for each child and to plan additional support and resources for children in our care with motor impairments or physical disabilities to ensure equal access and learning.

All the activities we do are central to each individual child's development. We aim to meet every child's individual needs through our planning and observations. The activities will include areas such as hygiene, healthy eating and exercise. Children are encouraged to think about their own health and bodily awareness. Activities carried out both, adult and child-initiated will link into all areas of learning and development within the Early Years Foundation Stage. Confidence, self-responsibility, enjoyment, and enthusiasm will be developed through structured free play and adult directed activities with the emphasis on supporting individual children and tracking their progress. Appropriate provision will be made for all children to manipulate large and small pieces of equipment in order to develop both fine and gross motor skills/control. All equipment will be organised in order to develop an awareness of health and safety and the children will be encouraged to think about and discuss such aspects.

Children with additional educational needs are encouraged to take part in all activities, not being seen as separate or unable to be included. Planning for those children is often carried out following advice from external agencies e.g., physiotherapists and occupational therapists. Equally, if activities have been specifically planned and designed for children with physical disabilities all children can be encouraged to take part. Staff are aware that modification of the learning environment/equipment may be needed to ensure equal access for all children with a wide range of disabilities – visual, auditory or motor disabilities. For children with a high level of ability, special provision must be made to meet their specific needs through planning indoor and outdoor areas to allow for increased choice and challenge.

Safety Issues Children's Safety is of paramount importance; however, children need to take risks and face challenges in physical activity e.g., climbing independently.