



at Aughton Christ Church C.E. Primary School

Newsletter - February 2012

Lancashire Quality Award

We have now started working towards a Lancashire Quality Award. Over the next few months we may be asking you your views on certain aspects of the nursery and would really appreciate your feedback. We are looking forward to attending a celebration evening to receive our Step into Quality Award on Tuesday 13th March at Barton Grange in Preston.

Parent Questionnaire

Thank you to all those parents that returned our annual questionnaire. Your views and suggestions are extremely important to us. It was lovely to see that quite a few parents are enthusiastic about coming into the nursery to help. As a result of this we have drawn up a parent rota for after the half term holidays. This is displayed on the parent notice board and we would love parents to choose a convenient date and time that they can come into nursery to help.

Healthy Heroes

We are extremely pleased with how keen the children have been following our Healthy Heroes project. It is lovely to hear the children asking questions at snack/meal times such as 'Is this one of your 5 a day?' Well done to everyone, I'm sure you have all thoroughly enjoyed taking part in the weekly challenges.

This week's challenge is to sing and move to music and rhymes.

Changes to nursery sessions

We must insist that if parents would like to increase, decrease or serve notice on their child's nursery sessions then they must request this in writing giving four weeks notice. Notice will not be accepted verbally. Thank you

Half term holidays

Next week is the half term holidays. If your child is not going to be attending nursery please can you let us know in advance.

Nursery Flooring

You should see some changes to the nursery next week as we will be having some new flooring laid over the weekend. As a result, the nursery will be closing at 3.45pm on Friday afternoon in order for us to move the furniture out of the nursery. Thank you once again to those parents that have been very understanding in allowing us to close the nursery early on Friday. We really appreciate your co-operation.

Each month we attach a new policy to our newsletter for parents to view. Please remember that all policies and procedures are available for you to view at any time in the nursery.

This month's policy is our **Food and drink policy**



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Food and Drink Policy

Statement of intent

Learning Curves Nursery regards snack and meal times as an important part of the nursery session/day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we aim to provide healthy, balanced and nutritious food, which meets the children's individual dietary needs.

Methods

- Before a child starts to attend the nursery, we find out from parents their children's dietary needs, including any allergies.
- We record information about each child's dietary needs in her/his registration form and in the kitchen area.
- We regularly consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up-to-date.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink which is consistent with their dietary needs and their parents' wishes.
- We provide nutritious food at all meals and snacks, avoiding large quantities of fat, sugar and salt and artificial additives, preservatives and colourings.
- We include the following elements in meals which are offered:
 - Protein for growth; and
 - Essential minerals and vitamins in raw foods, salads and fruits.
- 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.
- During our admissions process, we obtain information about any dietary rules of the religious groups to which children and their parents belong.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, helping to set the table, pour milk for their friends, serving food and feeding themselves.
- We provide children with utensils which are appropriate for their ages and stages of development and which take account of the eating practices in their cultures.
- We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time during the session/day.
- In accordance with parents' wishes, we offer children arriving early in the morning - and/or staying late - an appropriate meal or snack.
- We offer the mid morning and mid afternoon snack over an extended period of time to cater for the differing appetites of the children.
- Only fresh juice diluted with water is offered at lunch time.
- We do not allow chocolates or sweets to be brought into nursery. The only exception we make is when it is a child's birthday or special occasion. Parents can either:
 1. Supply a birthday cake for children to share at snack time, or
 2. Supply sweets that can be sent home.

Our nominated member of staff who is responsible for overseeing all aspects of food and drink in the setting is:

Miss Joanna Allen