



Goodway Nursery School

Healthy Living Policy

Date policy adopted:

Signed:

Chair:

Our school values

Respect - respecting children's rights, treating each other with dignity and valuing each person's individual identity

Security - creating an environment where children feel safe, both emotionally and physically, building their resilience through secure attachments

Relationships - encouraging kindness and developing relationships where children and families are listened to and feel valued

Inclusion - creating an enabling environment where children and families feel a sense of belonging and ensuring equality of opportunity for everyone

Learning - reflecting on our practice together, co-constructing learning with children and extending their learning by providing experiences that provoke curiosity and exploration

Empowerment - encouraging children to become confident and independent, equipping them to participate in decision making, resolve conflict and make positive choices

We are a Unicef Rights Respecting School

This policy links to the UN Convention on the Rights of the child:

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 schools 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.*

We are committed to safeguarding and promoting the wellbeing of all children, and expect our staff and volunteers to share this commitment.

Healthy Living policy

At Goodway Nursery School we want 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 13 and develop close relationships with their key person. This starts with a home visit which enables the Key person to start to develop a relationship with the child and family before they start at nursery.

We are a Rights Respecting School 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 a weekly Well-being Group supports children at risk of lower emotional well being.

Relaxing classical music at the start of the day and regular yoga sessions help develop self regulation. Children have access to the outdoor environment throughout the day, which is a calming antidote to city life.

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 using Start Well and Health for Life initiatives.

Physical activity

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 carefully designed and developed our garden area by creating undulations in the landscape to run up and down, a hill for climbing and rolling as well as a log tangle climbing frame, a tyre swing, steps up to our field area and outdoor block play.

Children take part in action rhymes during daily group times and staff play ring games with children at lunchtime.

We encourage families to take part in Walk to School week and provide bike racks for children who cycle to school.

Healthy Eating

We encourage parents to provide water in their child's drinks bottle and ask them to provide healthy food for their child's lunch. Sweets are not allowed at nursery and we ask parents to buy a book for the school rather than providing sweets to celebrate their child's birthday.

We offer children fruit for their daily snack and milk or water to drink. Staff model healthy choices, drinking water and sharing fruit.

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 are working towards our Eco School Award.

Our new building is designed with sensor taps and lights, to minimise energy usage, and hand dryers to minimise paper waste.

One of our leadership roles for children is the role of Eco Warrior, and children are responsible for turning off lights, ensuring that waste is recycled, collecting litter and composting the food waste.

Staff support children to compost their food waste after snack time and lunch. We have a wormery, turning our food waste into compost that we use for our vegetable plot, and a water butt to collect rainwater which children can access independently for watering the plants.

Groups of children take part in Forest School every afternoon with our trained Forest School leader, learning about the natural world.

We encourage parents to recycle materials and loose parts for construction, modelling and collage.