

POLICY FOR HEALTHY EATING AND ENRICHMENT ACTIVITIES AND SNACK/SCHOOL FUND

Introduction

The limited nursery budget is unable to fund extra resources and activities; therefore, parental contributions are vital.

This document describes the nursery's Healthy Eating and Enrichment Policy and how the Snack /Nursery Fund is managed. It is endorsed by the Board of Governors, used by all staff, both teaching and non-teaching and is available on request, to parents and Department of Education Inspectorate. This policy will be monitored and reviewed on an annual basis.

Rationale

Ballymagee Nursery recognises that healthy eating plays a vital role in child development. We make it our responsibility to offer a range of healthy foods including fruit and raw vegetables for daily snacks. The Healthy Eating Policy seeks to establish a healthy attitude to eating within the school community.

Examples of the many and varied Enrichment activities includes: -

- Opportunities for children to explore fruit and vegetables at a sensory level: - washing, peeling and chopping;
- Cooking activities that allow the child first-hand experience of following a recipe, working together and finally enjoying tasting and eating the end result. Making cake mixtures, offers the opportunity for budding scientists to explore dissolving, melting and mixing, quantities and capacity;
- Baking bread, buns, shortbread and pancakes;
- Making vegetable soup, fruit salad and ice-cream;
- Making own sandwiches with various fillings for snack;
- Exploring colour mixing with shaving foam and liquid paint and various other liquids;
- Planting bulbs, sunflower seeds and beans;
- Mixing ingredients to make play dough and use it to mould and create models;
- Cooking spaghetti to use in art activities; and
- Visits/outings and visitors to the nursery.

To celebrate special occasions there are parties at the end of each term (Christmas, Easter and End of Year). The children receive a gift from Santa, an egg from the Easter Bunny and a leaving gift.

As evidence of each child's achievements in nursery we take photographs throughout the year which are displayed in the entrance hall for parents to enjoy.

A range of these are printed and displayed along with a selection of art and craft work in the hall and classrooms. Photographs are shared with parents at meetings to explain children's progress in the curriculum areas.

The cost of all food purchased, transport costs, entrance fees for visits, all related fees for visitors and materials and resources for learning activities, is paid from the nursery fund.

In order to offer these activities throughout the nursery year, we ask parents to support us by agreeing to pay the sum of £5.00 per week. By making payment to the school your child can avail of the healthy snack and enrichment activities we offer on a daily basis.

Payments may be made weekly, monthly, half termly or termly in advance. By paying a set amount each week there are no additional payments required during the year.

If payments are not made in full then it may not be possible to provide all the activities and benefits provided by the Healthy Eating and Enrichment Programme detailed in this document.