



## Kingsdown Pre-school Healthy Practice

The pre-school promotes a healthy lifestyle in the following ways:

### **Food and drink** *see also Food and Drink policy*

- All snacks provided will be nutritious and pay due attention to children's particular dietary needs/preferences
- Parents are requested to provide healthy packed lunches for their children with ice packs inside particularly in the summer terms
- Parents are requested to provide their children with water in drinking bottles. These are easily accessible to children throughout the pre-school session and are refilled and refreshed as needed by staff

### **Keeping healthy** *See also Health and Safety policy*

Children are taught how to keep themselves healthy:

- healthy eating habits
- personal hygiene including dental care
- taking part in exercise/physical play
- being outside

At Kingsdown pre-school we do this through:

- day to day care routines
- role play
- small world play
- looking at books and posters
- through discussion either planned or as situations arise

### **Outdoor Play** – *see also sun protection policy*

- Children will have the opportunity to play in the pre-school outside area in all sessions throughout the year other than in adverse or dangerous weather conditions.
- Parents are requested to provide their children with outdoor clothing suitable for the season such as warm coat, hat and gloves or sunhat and loose clothing
- Visits to other outside areas in the local community including the local park and beach will be arranged where staffing ratios permit

### **Outside agencies**

The pre-school will maintain links with health visitors and gather health information and advice from the local health authority information services and/or other health agencies.

Parents will have the opportunity to discuss health issues with the pre-school staff and have access to information available to the pre-school. There is a parent information folder in the setting signposting parents to support for different health advice

This policy will be reviewed annually or sooner if needed.

This policy was reviewed by Kingsdown Pre-school on 11 April 2022

Signed on behalf of the pre-school A.Bridges  
Chairperson of Kingsdown Pre-school Committee