



# Hauora (Health and Well-being) Policy

Education [Early Childhood Services] Regulations 2008 (and its Amendments):

Regulation 46

Licensing Criteria for Early Childhood Education and Care Centres 2008:

Criterion HS19 - 23

## Rationale

At Pelorus Community Preschool we believe that healthy food and beverage choices enhance educational outcomes. We wish to guide Health and well-being education by developing, in the context of self-help and self-care, children's knowledge about keeping healthy – in terms of nutrition and physical activity. This links to Te Whāriki where it states that 'Adults will ensure that any food and beverage provided meets the Ministry of Health's Food and Beverage Classification System and Food and Nutrition Guidelines for the relevant age group.'

## Purpose

- To help children and whānau find accurate and unbiased information about healthy eating while encouraging them to clarify their own ideas about healthy eating.
- To ensure children attending Pelorus Community Preschool understand possible long-term effects of their food and beverage choices on their well-being.
- To ensure that all children understand the connection between healthy food, physical activity and having a healthy body
- To ensure that only food and beverages that enhance young people's health will be eaten whilst at our Preschool, a balance of Vegetables & fruits, Grain foods, Milk & milk products and nuts, seeds, meat and seafood (the four food groups recommended by The Ministry of Health)
- To teach children about food from different cultures and to try new foods.

## Policy

The Board and staff of Pelorus Community Preschool support and encourage a healthy eating environment and culture within our preschool. We will provide an environment that encourages and supports healthy eating on a daily basis. We will monitor foods that we are including in our whanau and fundraising events and special occasions within our programme planning to ensure they are healthy and nutritious.

## Procedure

- The staff and teachers at Pelorus Community Preschool will support and promote healthy eating and active movement practices.
- Social events and celebrations during preschool time will include healthy choices that encourage children to enjoy sharing and eating healthy food and beverages and fun active movement activities.

- Fun active movement activities will be a part of everyday play at Pelorus Community Preschool and will be included in programme planning.
- Water is the preferred beverage and will be available at all times of the day. Children will be encouraged to serve themselves water and will be assisted if required.
- We will participate in food-related events and initiatives that support healthy eating practices, for example, 5+ A Day, and the Heart Foundation’s Healthy Heart Award
- In the event of any “serious allergies” noted on enrolment, we reserve the right to ban this food from Preschool.
- Eating a healthy lunch is an important part of our day at Pelorus Community Preschool, we see it as brain food and recommend healthy choices. These include fresh fruit or veggies, sandwiches, rolls, wraps, crackers and cheese, yogurts, eggs, home baked goods and left overs to be heated. We do not recommend pre-packaged foods as these are generally high in sugars and other processed ingredients that are not recommended as healthy for young children.
- All children will wash their hands before eating and will eat at the designated kai areas in the Pipi and Paua rooms. All children will be seated while eating and will be supervised at all times while they are eating.
- Parents and caregivers will provide their children with adequate food for the duration of their attendance at preschool. All food served needs to be in quantity, quality and variety as to meet the nutritional needs of the children.



Reviewed:

June 2017

Review Date:

June 2020