

Willowview Early Learning Centre

Healthy Living Policy

Legislative Framework

Care Standard 1.25, 1.33, 1.37, 1.39, 2.21

Setting the table nutritional guidance

Rationale

It is important to promote Healthy Living to ensure the wellbeing of the individual is fully met, through all areas of the curriculum.

Willowview Early Learning Centre is committed to promoting Healthy Eating/Lifestyles.

"Recognising that the first few years of life has major influences on growth and development." (National nutritional guidelines)

Content and Context

At Willowview Early Learning Centre, we will ensure the following:

- Provision of healthy snacks (see snack menu)
- Staff will check foods for sugar/salt/and fat content.
- There will healthy lunch options for children (see lunch menu)
- All children and staff will have access to fresh drinking water
- All children will have access to outdoor play for the promotion of physical activity and mental wellbeing.
- There will be opportunities for physical activities both indoors and outdoors.
- There will be opportunities for children to visit local areas of interest.
- Staff will promote good hygiene by role modelling and involving the children in cleaning surfaces and explaining why, good handwashing and tooth brushing.
- A Keyworker is assigned to individual children and families as a point of contact to develop good relationships.
- There will be involvement with health professionals where required.
- Staff will ensure that the needs of individual children's dietary and allergy requirements are recorded and shared with staff working in that area.

Monitoring

All staff are responsible for the management of the policy ensuring that all levels of Health and Wellbeing for children are being met, monitored and upheld.