



Otley Street Nursery is working towards gaining our first award within the scheme Healthy Schools. The award consists of 4 themes –

- Active lifestyles
- Emotional health and well being
- Food in schools
- Personal, Social, Health Education

Initially we are hoping to gain Bronze by May but fingers crossed we may try to gain Silver or Gold by the end of the school year!

Our theme we are currently working on is Food in Schools. Doing this has given us the opportunity to review our current policies, practices and information for parents as well as what we carry out within nursery with the children.

Your child may be coming home soon telling you that they have been a ‘Snack Star’. Being a ‘Snack Star’ is a great job, helping to get snack ready for all the other children. This is a great opportunity for children to develop practical food skills of cutting, peeling, tearing, spreading, shaping, measuring, pouring and much more. Children will all have a turn at being a ‘Snack Star’ during their time at nursery. Snack time is a great opportunity for us to talk about healthy foods and why they are good for us as well as talking about where different foods come from.

As part of this theme we will be talking to the children about what they like and don’t like about lunchtimes, breakfast club and after school club, what their favourite things are for snack. Listening to their ideas can inform us how to improve those times of day for your child.

Whilst reviewing our current information and policy we are making some amendments to the information that we give to you at the beginning of your child's time at nursery within the prospectus and information leaflets about lunch times and wrap around care providing you with all the information you need about healthy eating and healthy lunch boxes.

In the meantime some valuable links for some great ideas for healthy lunches are:

[www.actionforchildren.org.uk/eatbetterstartbetter](http://www.actionforchildren.org.uk/eatbetterstartbetter)

[www.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

Once the weather improves(!) we are hoping to grow some of our snack from scratch – peas, strawberries, new potatoes, lettuce. Cooking healthy snacks is going to be an added activity for the children too. Taking turns to create some delicious snacks is a great way for children to explore different foods as well as being brave enough to try some new foods!

As part of the Personal, Social, Health Education element of Food in Schools we will be talking to the children about Oral Health and how important it is to brush our teeth from an early age. If anyone is a dentist or knows of a dentist that would be willing to come in and talk the children, we would be grateful if you could let us know.

If you would like any further information about the award then please don't hesitate to ask.