



Healthy Eating

At COOSC we believe that every child has the right to be healthy. The surrounding school enforces a healthy eating policy, including encouragement of parents supplying healthy lunch boxes. We feel we should also encourage healthy eating in accordance. As the club is situated in the school grounds we work alongside the schools menu in order to try and ensure that the children are not repeatedly given the same food in a day.

Our menu is create with input from the children and we take into consideration any allergies, or religious beliefs children may have, offering an alternative if need be. The sample menu is clearly displayed on the wall situated in the cloak room area; this is to inform both parent and child of what is available in our setting. Water is available constantly, to aid hydration, and fruit is prepared each day. Any fruit left will be discarded at the end of each session. Children are encouraged to wash their hands before snack, and do so has part of their daily routine; posters are located in the bathroom to encourage the smaller children to wash their hands. The children are encouraged to prepare their own food, aiding the child's self reliance, independence, and self esteem. Choices of fillings are laid out on the table, enabling the child to make choices for themselves. All food is labeled with date opened and stored correctly with a daily account of the fridge temperature.

During the holidays a lunch box is required, and during this period only parents are not obliged to send a healthy lunch box, but are encouraged too.

Children are also encouraged to do physical activities as part of a healthy lifestyle.

This policy is due to be revised January 2015