

Special Thanks

MANAGEMENT

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Raising Awareness on Healthy
Eating & Physical Activity for
Parents

Petite Ambassadors Day Nursery
Future Leaders-Respect, Empathy and Excellence.



PHYSICAL ACTIVITY

“Physical Activity is vital for health well-being. If you can get the habit of being active when you are young, it will last for a life time”

D.r Mike Loosemore: Lead Consultant Sports Physician UCL 2017

- Planning for both indoor and outdoor physical activities is a prime area of the Early Years Foundation Stage Curriculum.
- Physical Activity develops motor skills movements, coordination and bodily awareness.
- Our staff have a responsibility to promote physical activity and to support physical development to all children. We believe it is essential for our staff to feel confident in delivering and supporting physical activity.
- The resources and experiences we offer the children focus not only on the strength, skill and health of the body, but also on the ways in which movement assists the development of the brain and nervous system.
- Engage your child/children in lots of physical activities
- Our staff are trained to conduct risk assessments and establish suitable arrangements for off-site visits.
- Free fun & exciting programmes are available for people who live/work in Bromley. Visit..

HEALTHY EATING

“Encouraging children to eat well and learn about food in their Early Years not only protects their health when they are young, but also sets the foundation for their future health and wellbeing”

Children’s Food Trust 2012

- Children are allowed to have second helpings of fruit or milk-based desserts if available.
- Staff who handle or prepare food have up to date Food Handling Certificates and are fully trained in food storage, preparation, and food safety. Staff follow the hygiene procedures laid out in our Health & Safety Policy when preparing food and drink. Staff sits with children while they eat and provide a good role model for healthy eating.
- Children are encouraged to develop good eating skills and table manners, and are given plenty of time to eat.
- Parents and carers will be advised if their child is not eating well and children’s dietary needs are catered for and we are sensitive to the dietary requirement for all cultural, religious and individual preferences.
- Fresh drinking water is available to the children at all times.

The Nurseries’ snack and drinks menu has been taken from the Children’s Food Trust (CFT) guidelines.