



## 6.2 Healthy Eating & Nutrition

### PURPOSE(S):

This policy establishes the need for the creation of a collaborative approach to the human need for an optimistic outlook on life. All people even Nursery Aged must be encouraged to develop an awareness of their personal responsibility regarding their physical, emotional, and mental health. Cooperative approaches to these issues must be encouraged and nurtured.

### POLICY STATEMENT:

1. Little Haven Nursery is an Nursery Early Childhood educational learning institution that seeks to ensure the creation of a positive approach to a healthy lifestyle. Personal responsibility will be encouraged. Adults within the school community will create a comfortable, accepting, and respectful Nursery climate. Nursery Children observe role models who exemplify kindness and confirmation of every child's worth as a special and unique individual.
2. Review curriculum yearly to ensure healthy lifestyle actives are Nursery curriculum. The Nursery is committed to providing healthy food in line with ADEK Standards.
3. Nursery staff will guide our children to understand the importance of healthy lifestyle choices and will include in teaching/learning/activities in Healthy living includes understanding the importance of eating nutritious food, getting enough sleep, exercising regularly, and spending time with family and friends.
4. Nursery staff will support children in all of their endeavors. Children will receive opportunities to explore their current interests and to discover new abilities. Education programs will offer choice and personal expression of interests and concerns.
5. Nursery staff will respect all students in all circumstances, but respect will also be expected. Nursery staff will seek to ensure that students are supported in every event that may occur during the Nursery day, particularly the occurrences that may be distressing to them.
6. Nursery Teachers will develop behavioral management strategies that reflect these ideals.
7. Parents will receive regular communication regarding healthy lifestyle choices or of activities that are taking place within the community which highlight these concerns. The role of parents as the primary caregivers of their children will form the basis of all relationships between Nursery staff and home.





**ROLES AND RESPONSIBILITIES:**

Little Haven Nursery is comprised of a group of individuals who are concerned with the overall health and wellness of all students who attend the Nursery. Nursery staff will work cooperatively to ensure the development of every child in all areas of life.

Developmental and educational learning activities as well as the development of an awareness of the importance of the creation of a healthy lifestyle, a positive outlook, self-confidence, and a balanced life are extremely important are modeled and embedded in daily activities at the Nursery.

