



## PANCO POLICY

### Our Mission Statement

**Creating a child centred, safe learning environment which is underpinned by the physical, emotional, mental and spiritual wellbeing of each child; focusing on children's interests whilst providing a challenging curriculum and enabling environments to support children to strive and be prepared for the next stage of their learning journey**

LAST REVIEWED ON	SIGNATURE
September 2020	S. MADARI
February 2022	S. MADARI



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Regular physical activity provides a range of physical and mental health benefits. These include reducing the risk of disease, managing existing conditions, and developing and maintaining physical and mental functions. Physical activity not only promotes good health and functioning and helps prevent and manage disease; it also contributes to a range of wider social benefits for individuals and communities.

Therefore, the role of the PANCO put in place in early years settings is very beneficial for children under 5s. This policy is in place to ensure that practitioners remain aware and updated on matters of health and physical activity and how best to implement and enhance young children's health and wellbeing within the daily routine. For children under 5, physical activity is recommended for 3-4 hrs a day. Having activities and measures in place within the Nursery helps children stay active for a majority of this recommended period and supports them to maintain a healthy body whilst developing learning about health, wellbeing and diet.

### **How Taqwa Nursery will encourage and promote good health, wellbeing, and diet:**

- To promote good physical health, the Nursery routine has been adjusted to allow for a 30-minute outdoor play session daily. This will allow the children to explore a range of child-led free play and adult-led structured activities that support a range of physical movements and active play. The outdoor area will be set up every day in such a way that in engages the children to move and explore freely and has a sheltered area so that no matter the weather, children are able to access the outdoor resources and benefit from outdoor play every day.
- Staff are provided with a range of pre-planned, age-appropriate physical activities so that the children can gain full benefits of remaining active. (see Annex A)
- There is a misconception regarding outdoor play in poorer weather conditions and how this can lead to colds or illnesses in young children, rather than these being attributed to the effects of viruses which pass between individuals (generally in non-ventilated or indoor areas more frequently than outdoor areas if aerosolised or

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airborne). As such, there will be occasions where parents/guardians request that children are not permitted to go outside to play, and these requests will be particularly frequent in colder weather conditions. At Nursery, staff will use the 'not poor weather, but poor choice of clothing' mantra to promote outdoor experiences in all weather conditions. Staff members will risk assess for either very hot or very cold weather conditions and ensure that children are prepared accordingly.

- Parents/Guardians of those children who stay for lunch are provided with information leaflets (see Annex B) regarding the importance of a healthy diet and have been given further information on ideas of what variety of foods can be included in packed lunches.
- Staff are trained on what a healthy lunch should look like and what to look out for when supervising during lunch. All children will be supervised whilst having their lunch, by a member of staff who has completed a full and relevant paediatric first aid training course. Lunch supervision also helps support those parents/guardians that are struggling to provide a healthy lunch for children and allows lunch supervisors to seize this learning opportunity by engaging children in age-appropriate discussions regarding their lunch, healthy and unhealthy foods and why certain foods are good for our bodies
- Lunch-time supervisors will maintain a record of not-suitable packed lunches provided by parents/guardians and will engage parents/guardians in learning opportunities where appropriate. (see Annex C)
- Good oral health is a high priority at the setting. Parents/guardians are engaged in discussions regarding oral health and dentist registrations and visits from the child's first settler session (see Annex D). Parents/guardians who have not yet registered children with a dentist are supported to register at their chosen dentist. Children brush their teeth daily within setting using the brush bus scheme, this takes place after snack time. Alongside this, children are supported to learn about the importance of good oral health in age-appropriate ways, and the importance of oral hygiene is also shared with parents/guardians through information leaflets and newsletter attachments.