**8.14 PANCO – Physical and Nutritional Development**

**Policy statement**

We notice the physical and nutritional development of the children in our setting as an important factor to their overall development. We also recognise that physical development is a prime area of for children and it contributes to their developing motor skills, social skills, maintaining a healthy weight, heart, bones and muscles. We promote healthy eating using resources and guidance from Change4Life and some local initiatives. At snack and meal times, we aim to provide nutritious food, which meets the children's individual dietary needs.

We allocate a member of staff to take on the role of the Physical and Nutritional Co-ordinator (PANCo) at our setting. Our current PANCo is Rhiannon Grimsey. Our PANCo is responsible for the promoting of positive nutrition and physical activity within the setting and implementing changes that encourage a healthy lifestyle. All members of staff play a part in encouraging children to make healthy choices and be active within the setting.

**Procedures**

We aim to encourage healthy eating within the setting. ***We follow our Food & Drink policy regarding healthy eating in the setting.***

We provide information and advice for parents on ways to provide a healthy lunchbox.

Parents are liaised with regarding children’s diets when required and if there is a concern a child is not eating their snack or lunches.

To promote nutrition, our pre-school garden allows children to be involved in growing our own fruit, vegetables and herbs. The children are able to care for the seeds planted and enjoy watching them grow.

The benefits of healthy eating for children include:

▪ Gives them energy.

▪ Improves brain development.

▪ Enlightens their mood.

▪ Helps maintain a healthy weight

▪ Assist care of skin (Acne, Eczema)

▪ Enjoy mealtimes, having favourite foods etc.

▪ Encourages healthy choices during snack and meal times.

We work towards the recommended 180 minutes of physical activity for children under 5 who are able to walk unaided. To aid this we participate in The Daily Mile.

We use guidance from Change4life, Start4life and PanCo Cambridge Childhood Partnership

Children are physically active regularly throughout the day, we operate a free flow setting which allows children to play in the outdoor and indoor environments with supervision at all times.

Our outdoor area consists of exciting and challenging equipment, these include: Climbing frame, loose parts such as tyres, wood & plastic crates for obstacle course building, ride on equipment, paintbrushes/chalks, water tray with jugs, large mud kitchen with resources for digging and filling buckets, musical stations, stepping stones, wooden constriction bricks, balls and cones to create goals.

Our indoor area includes: writing/literacy area, maths area which includes various construction resources of different sizes, access for children to use technology equipment for music and dancing games. We also have parachutes of two different sizes which the children enjoy bouncing balls into the air with and making up ring games.

We do regular music and movement activities where the children are able to move rhythmically to music and sounds.

We regularly practice yoga, we have use Cosmic Kids on YouTube.

We keep active with Just Dance sessions or Go Noodle movements and dancing on YouTube.

We enjoy acting out our stories and creating an activity out of our favourite stories – our favourite for this is ‘We’re going on a bear hunt’.

We like to be out and about in our local community, we enjoy walks around the fields, running on the basketball court, trips to the local market and park.

We have regular sessions Jo Jingles

The benefits of physical activity for children include:

▪ Achieve and maintain a healthy weight.

▪ Improves the heart bones and muscles.

▪ Prevents obesity

▪ Improving balance, coordination and strength.

▪ The development of gross motor and fine motor skills.

▪ Contributes to brain Development.

▪ Improving concentration and thinking skills.

▪ Improving confidence and self-esteem.

▪ Opportunities to develop social skills and make friends.

**Legal Framework**

▪ The Early Years Foundation Stage (2017, DofE)

**Useful Pre-School Learning Alliance publications**

▪ Nutritional Guidance for the Under Fives (Ed. 2010)

▪ Healthy and Active Lifestyles for the Early Years (2012)

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| This policy was adopted by | Hadleigh Parkside Pre-school | *(name of provider)* |
| On | March 2024 | *(date)* |
| Date to be reviewed | March 2025 | *(date)* |
| Signed on behalf of the provider |  | |
| Name of signatory | Mica Robinson | |
| Role of signatory (e.g. chair, director or owner) | Deputy Manager | |