



PANCo Policy

The role of PANCo is to ensure best practice in physical activity and nutrition. They act as the agent for change. They aim to lead positive change to ensure an environment and ethos which supports the prevention of obesity and promotes the health and well-being of children, staff and families.

Aspley Guise pre-school values the importance of meal times and regards them as an important part of the day. Meal times provide opportunities for social interaction and time to learn about healthy eating and gain awareness of nutrition as well as developing independence in self-care. We work in line with UK public health guidelines for physical activity in early years. We promote regular physical activity working within the Early years foundation stage statutory framework, to support the development of motor skills, build strength in bones, muscles, heart and lungs, maintain a healthy weight and play cooperatively to build social skills.

At Aspley Guise pre-school Tara Kilford (Early years practitioner) is our PANCo (Physical Activity and Nutrition Coordinator) and takes responsibility for coordinating our approach to nutrition, healthy eating and physical activity for children within our setting. All staff work with our PANCo, helping develop a consistent approach to improving outcomes for all our children attending the setting.

AIMS:

- At snack times we aim to provide and serve a variety of nutritious food, which meets all children's dietary needs.
- We provide a healthy, balanced lunch daily (provided by Nursery Kitchen)
- We aim to ensure all children have regular opportunity to be physically active throughout the day.
- We aim for all children to be physically active daily for at least 180 minutes (3 hours) spread throughout the day, in line with current guidance.
- We aim for all children to minimise their time spent sedentary (sitting) for extended periods of time.
- We aim for all staff working with the children to understand the importance of physical activity for children under 5 and they promote and facilitate play opportunities by providing stimulating, enabling environments for physical activity and movement in different ways.
- We aim to work in partnership with children and their families to understand and promote healthy lifestyles, focusing on nutrition, healthy eating and physical activity.

National and Local Incentives:

To promote healthy eating, nutrition and physical activity we use guidance from national and local incentives including PANCo Cambridge Childhood Partnership, Change 4 Life, Start 4 Life, Eatwell guide and Forest school.

We give examples of healthy lunch box ideas during new intake at home visits and in our welcome pack. We have an active Forest school programme running for all our pre-school children to attend. We have Teddy sports coaches visiting twice weekly where parents can book sessions for their child at an additional cost.

Methods:

- Before a child starts the setting, we gather information from parents about their child's dietary needs, including allergies.
- Cultural, religious and medical needs are respected by all staff, parents and visitors.
- We record information regarding dietary needs in each child's individual personal file.
- We ensure all records of children's dietary needs and allergies are kept up to date.
- We have individual children's dietary needs and allergies displayed in our health and safety file which can be accessed by all staff.
- Food for snack is planned weekly in advance, with dietary needs and allergies considered when planning.
- We provide a healthy nutritious snack in the morning and afternoon at no extra cost to parents.
- For the safety of children and staff and in line with our nut policy, parents are asked to not provide food which contains nuts. Staff will remove any items containing nut products and contact the parent.
- Fizzy drinks are not allowed
- Staff are sensitive towards individual dietary needs and allergies and do not label or single out children based on his/her diet or allergy.
- We use meal times as an opportunity for social interaction with staff and children. Staff sit with children during meal times, and they eat together.
- We offer a rolling snack at set times in the morning and afternoon to ensure children come to eat when they are ready and to prevent disturbance to their play. Children are given a warning before the snack table closes.
- Children and staff wash their hands before and after eating to avoid cross contamination of germs and allergens.
- Children are always supervised while eating.
- We liaise with parents if children are reluctant or picky eaters.
- We use meal times to promote independence in self-care through handwashing and encouraging children to serve and feed themselves.
- We have fresh drinking water available all day, children bring in their own water bottles to avoid cross contamination of germs.
- Children are not allowed to share or swap food.
- For children who drink milk we provide semi-skimmed pasteurised milk.
- To develop knowledge of nutrition and healthy food we plant and grow vegetables with the children and engage in activities where children can be involved in food preparation such as snack and structured cooking activities.
- Our outside area promotes physical development opportunities with areas to climb and run and move in a variety of different ways.
- Children are taken over to forest school regularly where they participate in climbing, digging, planting, exploring and use construction tools under close supervision.
- Our outside area has continuous provision which promotes physical development, this includes a sandpit, climbing frame and slide, bikes, large, fixed tyre, hoops, balls, mud kitchen and chalkboards.
- We incorporate structured physical activity through daily yoga sessions with our qualified Early Years yoga teacher, Cassie Shaw and have the Teddy sports programme visit twice a week, this introduces children to sports such as football, tennis and cricket. Teddy sports sessions are booked at an additional cost to parents.
- We make the most of our rural location and take the children on nature walks up and around the spinney.

The legal framework and guidance for this policy is:

- The Early Years Foundation Stage Statutory Framework.
- Cambridge Childhood Partnership (PANCo Role – Physical Activity and Nutrition Coordinator) www.panco.org.uk
- NHS Healthy Eating Guidance www.nhs.uk
- Change 4 life/Start4 life www.nhs.uk
- Food standards agency www.food.gov.uk