

Christ Memorial Christian Preschool Nutrition and Physical Activity Policy

Nutrition

Parent will provide snacks that emphasize nutrient-rich foods like fruits, vegetables, whole grains, low-fat or non-fat dairy and lean meats. Snacks should be low in saturated fat, sugar, sodium and no trans-fats.

Parents will provide either low fat 1% or non-fat/skim milk, water, or 100% fruit juice for snack.

Soda, sweetened tea, fruit drinks, full fat and flavored milk, candy, cookies will not be sent in or served for snack.

The staff will model healthy habits by eating the same foods offered to the children during snack and will not consume other foods or beverages in front of children.

Food will not be used as either a punishment or a reward.

Teachers encourage, without forcing, each child to eat or taste food.

All children and staff will wash their hands before snacks.

Safe, fresh drinking water is always offered at snack time and is available throughout the day.

Daily Physical Activity

Children are provided with numerous opportunities for physical activity throughout the day.

Extra physical activity may be used as a reward; it is never used or withheld as a punishment.

Parents are instructed to dress their children for safe indoor and outdoor play; including not wearing open toed shoes, sandals, or crocs.

The preschool offers children numerous indoor and outdoor (weather and air quality permitting) physical activities daily. To ensure children have plenty of time to be physically active, screen time (TV, videos, computer, etc) is not offered.

Both indoor and outdoor play equipment and materials provide and support the development of gross motor skills.

Indoor and outdoor equipment is inspected regularly to ensure the safety of all children. The outdoor environment is made safe by discarding broken materials, cleaning contaminated areas, sweeping, raking areas regularly and picking up large branches.

Education and Communication

Our preschool is a "NO Cell Phone Zone" during drop-off and pick-up times

Good Nutrition and Healthy Habits are incorporated into content areas as well as daily routines, and other planned learning experiences.

Nutrition education and physical activity information is provided for parents through newsletters and handouts.

The preschool staff provides positive verbal and nonverbal messages about healthy eating and physical activity.