



Nutrition Policy

*As a commitment to your child's health we follow these guidelines**

Monthly Snack Calendar

A monthly snack calendar shall be posted on the Parent "Apple Board".

Snack Time

Snack will be at 10:00 -10:30

Hand Washing

Children are shown the proper manner of hand washing. Hands are always washed before snack.

Variety and Nutrients

Children will be served a variety of healthy foods with high nutrient value. Portion sizes will be developmentally appropriate. Emphasis will be on whole grain breads and cereals, fresh seasonal fruits and vegetables, and some proteins, such as cheese and yogurt. Choices from two food groups will be available at each snack time, in an attempt to help children, learn to enjoy healthy foods.

Only 100% fruit juice will be served and will be limited to less than 6 oz servings. Milk served will be 1% fat, as recommended by the American Academy of Pediatrics for children 2 years and older. Water will be freely available at snack time and throughout the preschool day.

Snack Time Opportunities

Snack shall be served in a pleasant environment. An adult/teacher shall sit and eat with the children. This provides an opportunity for positive role modeling and social interaction. We will strive to provide opportunities for children to become increasingly more independent by pouring their drink and serving themselves using tongs or other utensils.

Children's Choice

While we feel that children need to have snack during their preschool day, children will never be "forced" into eating. We acknowledge that our role as teachers is to provide nourishing food choices. It is the role of the children to decide if they want to eat a snack and, if so, which of the foods offered they would like.

A daily snack log will be kept to record those children who came to snack and those who did not. In the event a child consistently declines snack, the parent shall be informed.

Special Occasions

There may be times when parents are invited to bring food to class parties. Guidelines will be provided for these occasions.

Food Allergies

Parents whose children have food allergies will conference with staff regarding the best plan for their snack.

**Guidelines are consistent with requirements of the USDA Child and Adult Care Food Program, Centers for Disease Control, and the American Academy of Pediatrics. Website information available upon request.*

Physical Activity Policy*



Active Play

Active play is anything that encourages and provides children with opportunities for physical development through movement.

Why Active play is so important to development

Physically active play in the early years is a very important part of development that helps young children grow intellectually, emotionally and physically. When children engage in active play they:

- ◆ Develop social competencies
- ◆ Learn about decision making and problem solving
- ◆ Build confidence, self awareness and self esteem
- ◆ Use their imaginations and creativity
- ◆ Improve coordination, flexibility, strength and endurance
- ◆ Work their bodies, increasing aerobic capacity and maintenance of a healthy weight
- ◆ Improve academic performance and overall quality of life
- ◆ JUST PLAIN HAVE FUN!!

Outside Activity*

Daily outside play (both structured and unstructured) shall be provided for the children.

We strive for a minimum of 30 minutes of outside time.

Activities, equipment and outside play areas shall be safe and developmentally appropriate.

A variety of activities shall be available during outside time including running, climbing, riding on wheel toys, bouncing, throwing, catching, kicking balls and “shooting hoops”. (Subject to change due to Covid-19)

Areas will be available for science exploration, sand play, gardening, painting, and water play.

With all these activities and areas there will be numerous opportunities for imaginative play in our playground!

In inclement weather children will be provided with indoor activities such as balancing, navigating obstacle courses, bean bag toss, and hoop activities.

Inside Activity

During our music and movement time children will be provided opportunities for “planned” movement activities such as scarf dancing, Simon says, freeze dance and numerous other physically challenging musical activities.

****Our goal is to provide children with 50% of the daily activity recommended by the National Association for Sports and Physical Education during their 2 ½ hours at preschool!***

