

Atwell Playclub

Healthy Food, Celebration & Siblings Policy

At this Playclub we promote healthy, nutritional eating habits for the children, and are also mindful of providing a safe and supportive environment for all, including those with allergies. For some children, issues with allergies mean that the slightest exposure could endanger their lives.

We therefore ask that you follow the guidelines below regarding food at Playclub:

Snack Time

- Snack time is included in the weekly Playclub program – this is not lunch but a morning snack
- Children are encouraged to bring their own drink bottle filled with water
- Suitable food would include, for example, fruit (fresh/ dried), a healthy sandwich with savoury filling, crackers, fresh vegetables or cheese
- We ask that you don't bring the following for reasons of health and allergies: sweet foods including biscuits, cakes and sweets, all nut products and eggs.
- Food is to be eaten while sitting at the table.

Celebrations at Playclub

End of Term or Year: Atwell Playclub promotes and encourages healthy food for end of term or end of year celebrations, however, we agree that once a term or year we can be flexible in allowing a small amount of sweet foods e.g biscuits, small cakes or muffins. It would be great if parents could try out some new healthy recipes as a way of encouraging positive eating habits in our children and sharing healthy ideas with other parents.

Birthdays: Our policy at Atwell Playclub is that we will acknowledge and celebrate a child's birthday via a 'Happy Birthday' song or other simple ways the Playleader chooses to recognise the child's age and development.

Due to different food habits and allergies, we ask that parents do not bring in special foods (including cakes or sweets) for individual birthdays.

Siblings

We understand that it can be difficult to have siblings looked after while attending Playclub, however to be fair on everyone else and to be able to spend that special time with the child, we only allow babies up to the age of 6 months to attend. If the baby is unsettled, we expect parents to go outside, so the group is not distracted.

Respect

Our goal is to nurture an environment of understanding, support for each other, and respect for different practices in families. We can do this in many ways, including around food.

Thank you for your cooperation and understanding