

**Drinks Policy**

**Shenley Fields Nursery School**

**Aim of this Policy**

To provide fresh milk and plain drinking water. Diluted fresh fruit juice may be offered to children at meal times. The children throughout the day have access to fresh water in all our provisions.

**Objectives**

* To reduce intake of sugar in children’s diet to prevent tooth decay and excessive weight gain
* To prevent poor speech and language development which can be caused by inappropriate use of drinking vessels and tooth decay
* To encourage a happier and calmer population of children

**Support & Guidance**

This policy was formed with support from Startwell. Their guidance is based on Public Health England Early Years Menu guidelines, which produce evidence-based guidelines for nutrition for under 5’s.

**Role Models**

* All staff will act as good role models for children and will only have water bottles that contain water in all the nursery provisions.

**Water**

* Birmingham tap water is fluoridated to protect enamel on teeth , therefore, we provide fresh tap water
* Water will be freely available throughout the day
* Each room has a water station with water jugs and cups
* Water jugs and cups are provided on dining tables at meal times

**Diluted Fruit Juice**

Where children are offered fresh fruit juice, the NHS guidance is to dilute the fruit juices with water (1part juice to 10 parts water) and offer with a meal in an open cup/ free-flow beaker to avoid tooth decay.

**Milk**

* Children 1-2 years old are provided full fat milk
* Children 2 years old and above are provided semi-skimmed milk
* Milk is offered at morning or afternoon snack time

**Drinks from Home**

Drinks from home are not permitted in nursery with the exception of:

* breast and formula milk
* reasonable adjustments made for children with SEND/ medical needs

**Drinking Vessels**

* Free flow beakers and unlidded cups are provided by our nursery
* Bottles are not permitted in nursery for infants over 12 months (we understand that reasonable adjustments may need to be in place for children with SEND/ medical needs)
* Milk cartons with straws
* None-spill beakers are not permitted in nursery

**Monitoring**

All staff are responsible for monitoring this policy. Unsuitable drinks and drinking vessels will be returned to parents.

Date Policy Adopted:

Full Governing Body: 18.9.2023

Date for next renewal: Autumn Term 2025

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **Chair of Governors**

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ David Aldworth

 **Executive Head Teacher**