

Healthy Eating



St John the Baptist Primary School Nursery Class

Physical activity is a key part of daily life in our health promoting nursery. As part of a whole school approach to health, it can contribute to the physical, social and emotional well-being of young people and staff within the school and its community.

Health promoting schools help the school community to understand the far-reaching benefits of regular physical activity, which include:

- better general health
- a sense of well-being
- increased self-esteem
- reduced stress and anxiety
- improved mobility
- improved muscular strength and endurance
- strong bones
- steady, healthy weight
- reduced risk of developing eating disorders or adult diseases and conditions such as heart disease, diabetes and high blood pressure

Young people need at least one hour of physical activity a day to ensure good health and it is important that as a health promoting nursery school we offer opportunities for this. Physical activity within the nursery setting can include physical education (PE), sport, play, active travel, dance, exercise and outdoor activities. All children should also be encouraged to be active in their daily lives at home and in the community.

WE take guidance from the setting the table national guideline.

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