



St. Angela's Nursery Class

Lunchtime Policy

Statement

In St. Angela's Nursery Class, our meal and snack times offer many rich opportunities for children to connect and engage in conversation with other children and staff. Meal and snack times can contribute to children's learning, development and health and wellbeing.

Rationale

To ensure that we provide meals and snacks that are nutritious.

To ensure our meals and snacks are served in a relaxed, calm and safe environment.

To ensure that the setting for meals and snacks are well planned and promote a sense of belonging.

To ensure that the setting for meals and snacks support social interactions.

Key Establishment Procedure

- SLT updates kitchen with all snack & Lunch numbers, which includes any dietary needs, allergies, beliefs & preferences.
- All staff must check daily for dietary requirements, allergies as above. (Lists in snack/lunch room)
- Staff gather lunch children at 11.45am
- Children toilet and wash hands and then go into lunch room with appropriate staff (1-8 ratio).
- Children get lunchmats and choose seats for lunch.
- Children take role of Lunch helpers: -
 1. Put on apron
 2. Set table for all children including cutlery and cups
- Staff member will facilitate Lunch as children come out to food area and self-serve. If they don't like the food an alternative is offered eg. Sandwich, crackers & cheese.
- Children to be supported to be independent in pouring their own water.
- All food is Halal.
- Staff member eats with children.
- Staff member will facilitate clean up as children are responsible to emptying food waste into the bin and putting dirty dishes in basin.
- Staff member gathers all dishes onto Lunch trolley to be returned to kitchen.
- Children wash their hands.
- If staffing allows lunch children taken either to library/outdoors after lunch. If this doesn't happen children taken back to playroom for afternoon session beginning.

Roles and Responsibilities

SLT - To work with Facilities Catering Management to provide a healthy and balanced diet in line with current policy & guidelines. Catering staff within the School to ensure all food is served correctly in line with guidelines. To ensure that all members of staff are aware of the policy and it is regularly reviewed, and adhered to through monitoring & self-evaluation.

All Staff - To monitor and evaluate snack and lunch routines to ensure a positive happy experience. Encourage children to become aware of healthy eating, hygiene, being independent and socialising positively.

Key Documents

Care Inspectorate- Practice note- Keeping children safe: supporting mealtime experiences in early learning and children.

Infection Prevention and Control in Childcare Settings (Health Protection Scotland, October 2016)

A Quality Framework for day-care of children & childminding and School -aged children (2022) QI- 1.1 Nurturing Care & Support

NHS - Setting the table (2005)

Health and Social Care Standards (2017) I experience high quality care and support that is right for me - Wellbeing: Eating & drinking 1.33-1.39

Health and Safety Regulations.

Childsmile Toothbrushing Standards Nursery NHS

Risk Assessment

This policy developed in draft:	March 2023
L Isaac L McCann	DHT Team Leader
Date Implemented:	March 23
Staff Involved:	All staff
Policy to be reviewed:	Aug 23
Updated	November 23