



St Bartholomew's Nursery Class

Lunchtime Routine

"I can enjoy unhurried snack and mealtimes in a relaxed atmosphere as possible"

(Health and Social Care Scotland, 2017)

"Food is not just fuel, Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well together"

Michael Pollan

Rationale

We know that eating times provide rich opportunities to foster children's social wellbeing. Within St Bartholomew's Nursery Class, snack and loving lunches are regarded as a rich learning opportunity and our skilled staff plan carefully for these experiences. We strive to ensure all snacks and meals meet the cultural and dietary needs of our children and support them to make independent choices and develop their self-help skills in a dignified manner. We also know the importance of fostering positive attitudes to healthy eating begins from a young age.

Dietary/Allergy Information

If children have food allergies or special dietary requirements should be shared with Facility Support Services.

Children require special diet for ethical, religious or cultural reasons parents should request this using the appropriate paperwork to the head Teacher, who will liaise with the Area Manager for catering services. The Areas Manager will then provide advice and support to the school Catering Manager.

Loving Lunches

The Nursery playroom and corridor areas are set up for lunches. The children will sit at the tables that are set and will be accompanied by at least one adult per table.

Children will have a lunch experience where their adult will be fully focused on the children encouraging the social aspects of lunchtimes/eating together whilst being able to encourage manners, trying different foods etc.

Catering Staff

Catering staff bring lunches down from the kitchen. They serve the main course for the children. Catering staff will take dishes (plates, cups and cutlery) back to the kitchen where they will be washed and kept in the kitchen. Clean dishes (plates, cups and cutlery) are brought down daily.

NLC9/7 Key worker

Each Key worker will gather their group of children together so that the tables and chairs can be set up for lunch. Children monitored by staff wash their hands before and after lunch with soap and water. Staff are responsible for promoting good hand-hygiene ensuring children use soap. They then sit with their group promoting positive social experiences.

NLC4 Support Worker

Support staff are responsible for setting up the table and chairs for lunch. Staff ensure that their aprons are on. Support staff help to give out lunches. Support staff support the tidying away of the dishes and cleaning the tables and returning them to the store areas as well as cleaning the floor.

EEL

EEL to be available to support the NLC7/9 where needed.

Tooth brushing

Children brush their teeth after lunch before leaving the table. Staff follow NHS Lanarkshire's tooth brushing guide.

Signed: *Martina Macintyre*

Reviewed: November 2023