



Lunch & Healthy Eating Policy

Aim

To promote the choice of healthy, balanced lunch options in line with the most recent national guidance and to support children with allergies and intolerances, ensuring an inclusive and nurturing lunchtime experience.

Entitlement to Lunch

All children attending our Early Learning Centre are entitled to a funded school lunch.

“When children are happy, healthy, and safe, they are more likely to develop and learn well” (Realising the Ambition, Section 5.3). To support this, our lunch provision ensures children receive nutritious meals that contribute to their overall well-being and development.

When a child starts ELC, families will receive a ParentPay activation letter. This system allows parents to select meal options for their child. We recommend that parents engage their child in this process, ensuring they know what they have chosen and are happy with the options. For efficient kitchen preparation, parents are encouraged to select meals for the full week ahead. All lunch choices must be completed by 8:00 AM on the chosen day.

If no lunch option is selected, the child will be offered the soup and sandwich option, ensuring that all children are provided with a nutritious meal.

Packed Lunches

Children are welcome to bring packed lunches from home. We strongly encourage families to support healthy eating by including balanced food choices. Children will be

guided to eat their savoury and fruit options before any sweet items. To support a healthy environment, we request that no confectionery is included in packed lunches.

Packed lunches will be safely stored in the ELC kitchen's packed lunch fridge.

"Our role as early years practitioners is to model positive relationships and behaviours which children can learn from and imitate" (Realising the Ambition, Section 5.1). Staff will encourage healthy eating habits and positive attitudes toward food during lunchtimes.

Allergies and Intolerances

Our setting is committed to accommodating children with food allergies and intolerances. To do so effectively, we require written documentation from a healthcare professional, enabling the creation of an Individual Health Care Plan tailored to the child's needs.

Once approved by the SBC Catering Team, an alternative menu will be uploaded for meal selection on ParentPay. In the interim, parents are requested to provide a suitable packed lunch for their child.

If your child has dietary preferences, such as a no-dairy requirement, you will need to choose the non-dairy option from the lunch menu. Parents are welcome to provide alternative foods, like milk and cheese, for their child to consume at the setting, but an alternative menu will not be offered.

"Transitions such as meal and snack times are opportunities to promote social development and reinforce positive routines" (Realising the Ambition, Section 8.2). By providing clear processes for allergy management and involving children in meal choices, we aim to foster a safe, inclusive, and positive lunchtime experience.

Our Commitment

We are committed to ensuring that every child has access to a healthy, enjoyable lunch experience. By providing nutritious meal options and supporting families in promoting healthy eating, we aim to nurture children's physical and emotional well-being, in line with their rights and needs.

Healthy Living

At Stow Primary School ELC we aim to:

- Develop a framework for health education and promotion, within the whole school programme, that takes into account national guidance and regulations
- Include staff, parents and children in our health education and promotions
- Monitor, evaluate and review our policy on a regular basis, as a health promoting school
- Build effective partnerships between the school and key health agencies and support groups
- Ensure our building and grounds provide a well maintained, safe, secure, clean and attractive environment for children, parents and staff
- Ensure health and safety and child protection procedures are adhered to
- Be good role models in health promotion
- Promote healthy eating, positive relationships, active lifestyles, personal safety and hygiene
- Support children and staff with specific health needs
- Undertake appropriate staff training as required

Use current Health Education resources effectively To Promote Healthy Eating. Our practice is informed by using documents such as Realising the ambition, Setting the Table and Food Matters:

- Children are encouraged to eat fresh, nutritious food and drink milk or water
- Children are encouraged by staff to eat snacks and lunch provided
- Staff promote new foods and tastes at both the snack and cooking areas and support learning about different foods, their values and origin
- Parents are informed of lunch menus through the Parent Pay system noticeboard

Snack and mealtimes are a non-hurried social experience for children. We have a self - serve rolling snack in the morning and afternoon. Children are encouraged and supported to help with the preparation of snacks and have input into snack ordering. Guidance on snack is available in the green snack ordering folder. Lunch is in the dining hall and for those having a hot school meal, children are encouraged to set the table, self - serve their meals and clear away, developing independence and awareness of portion control.

To Promote Physical Activity and Exercise:

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All children are encouraged to use the outdoor areas in a wide range of weathers and outdoor clothing is provided by our ELC provision. Physical activity develops our children's gross motor skills in the form of climbing, jumping, skipping, hopping, running, balancing and using the outdoor environment to support this. Opportunities for children to rest and relax, including yoga, mindfulness sessions and our quiet Gather Times.

To Promote Emotional and Social Wellbeing:

Our children are offered a variety of media techniques so that they can express their thoughts and feelings for example in painting, drawing, printing and modelling and are able to develop their skills in these areas. Our children are given the opportunities to indulge in "messy play". This provides tactile sensory experiences such as clay, paint, water, sand, mud etc. Our children are able to recreate and invent situations through role play to help them explore their world. Our children are given the opportunities for making and responding to sounds, rhymes, song and music. Our children are encouraged to make their own music by singing, clapping and playing percussion instruments. Our children are encouraged to participate in dancing and singing games and to move rhythmically and expressively to music. Our children have daily opportunities to develop their confidence, build their self-esteem and to give them a sense of security. Our children are encouraged to develop their independence appropriately in caring for themselves, including dressing and personal hygiene, and being aware of the need for their personal safety. Our children are encouraged to problem solve preserve in tasks that may, at first, present as difficult, to enable them to build their resilience. Our children are supported to express their feelings, needs and preferences in an appropriate manner. Our children are supported to develop a range of personal relationships and sustain them in appropriate manner. Our staff are good role models for the children, work as a team and value and respect each other. Our staff demonstrate good communication skills with other team members, children and parents.

To Promote Good Hygiene Practices:

Our staff show themselves to be good role models in all hygiene procedures. Our children are taught hygiene procedures and their importance and are supported by staff and parents. Our children participate in a daily tooth-brushing programme and are supported to do this through the ChildSmile Programme. Our children are encouraged to take care of themselves and to wear appropriate clothing for different types of weather. Our children are made aware of germs and illness in a non-threatening manner by staff and parents. Our children are familiar with different parts of their body and how to look after them.

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