



*Reach for the Stars*

## **EYFS LUNCHTIME POLICY**

Head Teacher	Sign and Date	H Warburton 22.06.23
Chair of Governing Body	Sign and Date	W Shaw 22.06.23
Vice Chair of Governing Body (Signed in the absence of CofG)	Sign and Date	

Next Review Date	Summer 2026
Committee Responsible	School Effectiveness
Document locations	Shared Drive & X Drive

## **Lunchtime at North Walkden**

All children at North Walkden will have the opportunity to have a delicious, nutritious hot school meal and pudding daily. Citywide provide an exciting and varied menu, catering for all dietary needs. You will be advised of the cost of this during the nursery meeting in the summer term.

Lunchtimes are a time where children can sit together at the table and share the lunch experience with their friends. We want all children to feel happy and settled during this time and not to feel worried about trying new or unfamiliar food. We know that as children get older, they show more willingness to try new tastes and textures- we just to try to help and encourage them along the way. If a child is a reluctant or 'fussy' eater, we will work together with parents, agreeing on different strategies to try at home and at school. We aim to ensure all children are as independent as possible, feel inquisitive about their food and know that if they need help, there is a member of staff there to support them. Most of all, we want lunchtimes to be a happy, sociable and relaxed time of day.

We recognise there are some children in school that need more support than others at lunchtime. This is often the case with our children in the EYFS especially. Before our EYFS children start in school, the Nursery teacher will have a conversation with parents about their child's eating needs, likes and dislikes and how much support they think their child will need. This will be recorded on the schools recording system for all relevant members of staff to be aware of. The Nursery Teacher will also point the parents in the direction of the school website, where parents can use the 'PACEY – Getting my child school ready' document in readiness for starting school and how to support independence.

If a child starts school and parents have not made staff aware of any eating obstacles, or issues arise along the way, staff will liaise with parents as soon as possible and seek guidance from parents about alternative options for their child. All conversations will be recorded on the school recording system so other staff are aware of what strategies are put into place.

### **At lunchtime, staff will support children if necessary by:**

- cutting up food for the children, making it easier for them to use a knife and fork
- support children with cutting up their own food.
- Putting food on a fork and handing it to the child
- Teach the children about how to use a knife and fork, model how they are held and how to use the knife to make smaller pieces
- Occasionally, a child who is willing to eat their food but may present with some hand/eye co-ordination difficulties may need help putting the fork or spoon into their mouth so they don't spill or drop the food! . This will be discussed with parents.

### **Food tasting in class**

Eating and trying new food doesn't just happen at lunch time at North Walkden, there are often times where food tasting becomes part of our curriculum to enhance learning experiences. The children will create some tasty delights during their time in EYFS!

There are, however, some organisational requirements when this arises.

- All children and staff should wash their hands before handling food. Children will be taught about food hygiene during all food tasting experiences.
- Staff will have looked at the allergies file to ensure all children are able to participate and other arrangements are made for the children that need to be catered for separately due to allergies or for those children who are reluctant to try new or unfamiliar foods.
- For hygiene reasons, children should have their own fork or spoon for food tasting.
- Staff are able to support children where their hand/eye coordination is poor and they need further support. This will be by putting food onto their fork or spoon and handing it back to the child in their hand to taste.
- If the child does not want to taste the food on offer, that's fine. Staff will try and encourage the child to use their other senses, such as sight, smell or touch to describe the food- allowing them to enjoy the experience along with their friends.
- If there is any food left, the children might be able to take some home for you to enjoy too!