

Watlington Primary School Early Years Food Procedure

March 2024

Next due review: March 2026

Signed: _____ Headteacher Date: March 2024
Gemma Sterjo

Policy has been adopted / reviewed by Governing Body:

Signed: _____ Chair of Governors Date: March 2024
Finbar McGaughey

INTRODUCTION

At Watlington Primary School we value the importance of a healthy diet, oral health, and well-being, and understand the impact that they have on children's education.

AIMS AND OBJECTIVES

- To encourage children to make healthy choices
- To promote health awareness
- To teach and promote good oral hygiene
- To contribute to the healthy development of all members of our school community

IN PRACTICE

- Prior to a children starting with us, parents are consulted about dietary requirements, preferences and allergies. In addition to this, in our Early Years setting, we ask parents to fill in an 'All About Me' form, which also includes the same information. Where a child has a dietary requirement, or allergy, we ask parents to complete any additional paperwork and provide any medication needed. Information is shared with the team.
- The 'All About Me' form asks if parents have registered their child with a dentist, and if so, when they attended their last appointment.
- All children are supervised when children are eating at fruit/ break time and lunch time. In-line with statutory guidance a staff member with paediatric first aid is always on site. All staff are first aid trained.
- Fruit is given to the children, and where necessary cut up. We encourage the children to be as independent as possible. Parents are asked to cut up fruit in lunch boxes, in accordance with safe practice.
- All children are encouraged to bring a water bottle to school
- All our under-5s are entitled to free milk which is organised by the staff. Children older than this can have milk, which needs to be paid for.
- Toast café is in place once a week for our Early Years children. We use healthier options including low fat spreads.
- We use an external catering company for our lunch provider. All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. A salad bar is provided and children are encouraged to serve themselves and make healthy choices.
- For those children bringing a packed lunch to school, we communicate to parents and carers ensuring that the contents are healthy.

PARTNERSHIP WITH PARENTS AND CARERS

- We begin sharing our healthy practices at our open days and evenings, where we discuss our healthy approach as part of the presentation.
- Our class pages actively promote good oral hygiene and shares how we are modelling and explicitly teaching this in school.
- At our new parents evening, we continue to share information about being healthy and, as part of our admissions pack, ask for dietary information, along with 'all about me' forms.
- Parents are reminded that, due to the severity of some allergies in school and the difficulty in managing allergies and preferences when children bring treats into school, we have made the decision not to accept birthday treats in school.
- The Healthy Lunchbox Ideas leaflets are sent communicated to parents and carers throughout the year.

SHARING THE POLICY

- The policy is shared with the staff and is saved on the shared drive.
- Staff are provided with regular reminders about encouraging the children to be healthy.

The following are shared with staff,

- Food Safety – Help for early years providers – GOV.UK (education.gov.uk)
- Foods to avoid giving babies and young children – NHS (www.nhs.uk)
- Spotlight on Nutrition (PACEY)

ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld.

REVIEW

The local governing body will review this policy in line with its annual cycle of review.