

Kay Rowe Nursery School



Together a better future

***Kay Rowe Nursery School
and Children's Centre***

Food policy and healthy statement

Date: January 2021

Governor's signature: _____

Nursery school and Centre Food Policy

Kay Rowe Nursery School.

We are based in Newham the numbers of children in our borough who are both underweight and who are obese exceed the national figures and tooth decay in the under 5's is the second highest in London.

We provide an environment that promotes healthy food and eating and enables children to make informed choices about the food they eat. This policy covers all aspects of food and drink at nursery school.

The policy was formulated through consultation between members of staff, governors, and parents/carers. The policy is communicated to the entire nursery community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in nursery during the day. The nutritional principles of this policy are based on current evidence based findings; and the 'eat well plate' is the agreed model for ensuring a healthy balanced diet. We use the 'eat better start better' guidance and look to the Caroline Walker trust for guidance on under-fives nutrition and portion size.

www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

<https://foundationyears.org.uk/eat-better-start-better/>

<https://www.cwt.org.uk/>

Standards for safe school food throughout the school day are in place.

Further information can also be found in the School Food Plan (July 2013)

www.schoolfoodplan.com

This school food policy and healthy eating strategy are co-ordinated by Sarah Porter Head teacher and Farida Jasat Children's centre Coordinator.

FOOD POLICY AIMS

The main aims of our nursery food policy are for example:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes

2. To provide healthy, balanced, nutritious food/drink choices throughout the school day and ensure food brought into nursery is safe and healthy.
3. To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our nursery
4. To ensure that children are helped to understand the importance of physical activity and to make healthy choices in relation to food'.

These aims are in keeping with the Statutory Framework for the EYFS

CURRICULUM

The Department for Education legislation (September 2015) stipulates that nutrition education is embedded in the curriculum. There are numerous opportunities in the Kay Rowe curriculum for pupils to develop knowledge of food and health, examples are cooking (e.g. bread making) or preparing food from a range of cultures.

Children are involved in cooking and food preparation every day in the Nursery School, they pour their own drinks and prepare their own snacks under supervision. We promote healthy eating habits that will lead to lifelong health and well-being. We recognise that healthier children learn more effectively. We aim to have an impact on Health related issues such as children being over or under-weight and having poor dental health which are such significant factors in Newham.

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY.

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in nursery throughout the nursery day. Together they apply to all food and drink served in schools from 08.00 – 6 pm. including all foods, breakfast, snack, lunch, and tea in after-school provision.

SNACKS

The snacks we offer are carefully planned according to nutritional guidelines for under-fives so they offer a mix of carbohydrate, protein and fruit or veg. Snack is offered on a rolling program twice a day . Food is washed and brought to the table by staff and children are involved in preparing their individual snack and clearing up the cutlery, plates etc. All plates, cups etc. are washed in a dishwasher after use. Snack and lunch menus are displayed and photos to promote healthy eating and hand washing mounted by snack tables.

A four week snack menu is offered to the 3 and 4 year olds and for the 2 year olds. We feel that repetition in the snack menu is a good way to ensure that a child has the opportunity to see others eating certain foods regularly before they are confident to try unfamiliar foods themselves.

We monitor the children's response to the menus and make small changes related to this while maintaining the overall balance but we do not feel the need to change the menus completely as this is a snack not a full meal provision.

HEALTHY FOOD CHOICES.

Snack times across all of our services are used to engage children in talking about making healthy food choices. We use these times to talk with children about specific dietary requirements, too. This helps them to develop an understanding that some people have allergies, some people make ethical food choices (e.g. they are vegetarian or vegan) and some people make food choices because of their faith (e.g. halal)

SCHOOL LUNCH

School meals are provided by Juniper Catering Ltd and they meet the National Nutritional Standards for School Lunches (The School Food Plan 2013). We encourage all children staying for lunch to have a school meal. The Children's Food Trust (2009) reported that packed lunches brought from home were not only, of majority, 99% less nutritious than School Meals, but it is further widely reported that School meals are cheaper than their counterpart.

Children in nursery have all their meals and snacks provided and parents do not need to send any food or drinks during the nursery day. There is a small charge for lunch. This will ensure that our nursery is fully compliant with the stringent national standards and that all children have a healthy balanced meal in the middle of the nursery day.

STAFF ROLE.

Staff working at the snack/lunch areas model eating as a social occasion. They encourage children to try new items without putting pressure on them to eat, to help themselves and learn about food through talking to them about the food on offer, what they eat at home etc.

EDUCATIONAL VISITS.

The nursery and Children's Centre encourages parents and carers to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure children

eating packed lunches have a healthy balanced meal. We provide a leaflet to show parents examples of what a 'healthy packed lunch' may look like. Staffs taking part in the visits are also expected to bring a healthy packed lunch.

CHILDREN'S CENTRE.

Drinks and Snacks are offered during sessions In the Children's Centre, Water and milk are available to drink in 'Stay and Play' sessions and in the crèches. Whenever possible a small healthy snack is served in the crèche. This may consist of fruit, salad vegetables, bread sticks and similar items.

Staff run regular weekly healthy cooking sessions in 'Stay and Play' groups preparing healthy food together.

The quarterly Children's Centre Leaflet provides detailed information on the services available. The Centre promotes evidence-based Healthy Eating messages in a range of ways as detailed above.

Children's

Centre staff will raise concerns and signpost families to the appropriate Early Intervention Service for example Health visitor as needed.

The Children's centre staff are all trained in promoting breastfeeding and we are committed to supporting breastfeeding mothers to feed anywhere they choose in the nursery.

AFTER SCHOOL CLUB

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

USE OF FOOD AS REWARD/BIRTHDAYS

When children start at Kay Rowe their parents are made aware that we love to celebrate birthdays but we only accept

Fruit or veg platters

Plain popcorn

Breadsticks or rice cakes.

Food is not offered as a reward especially as a reward for good behaviour .

WORKING WITH PARENTS.

Parents do not bring food into school for their children to eat during the school day but we work to encourage parents to bring a healthy drink

or snack at the end of a session though displays, leaflets and conversations with parents.

On educational visits in Nursery and Children's Centre we will often provide drinking water and a healthy snack eg fruit and breadsticks to model healthy eating.

The relationship between the parent and the child's key person is central to the way we operate in the Nursery. Key persons meet regularly with parents and will raise and follow up on any issues or concerns relating to health or diet. If concerns continue about a child's health staff can raise this with senior staff, with Children's Centre staff

DRINKING WATER

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The nursery encourages all staff and pupils to consume water as their primary fluid intake.

We provide drinking water at snack time along with milk and encourage pupils to drink at frequent intervals throughout the day. Drinking water is provided at lunchtime on each table and children are invited to pour their drinks themselves from freshly prepared water jugs.

Additional water is provided outside in hotter weather.

SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN DIETS/HALAL MEALS

School caterers offer a vegetarian option at lunch every day.

SPECIAL DIETS - MEDICAL

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The nursery and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets

If a parent has any concerns about their child's eating, they should

discuss it with us so that we can ensure we are ready to cater for them.

When children start Nursery school they have a home visit from their key person and a separate individual meeting with a senior member of the staff team. At these meetings they are asked some general questions about their child's health and dietary requirements including the name of the child's doctor and dentist. If they have no dentist they will be given details on how to register.

ALLERGIES

When children start Nursery school they have a home visit from their key person and a separate meeting with a senior member of the staff team. At one of these meetings they complete information forms which include a question on dietary requirements and food allergies.

If a parent tells us that their child has an allergy to certain foods we discuss this with them and ask if they have medical confirmation of allergies. If this is the case we use an appropriate form to take all the relevant details. Copies of this form are kept centrally by the SENCO in the First aid cupboard in the reception area along with any medication and care plans.

Medication is clearly labelled with the child's name and all staff in the room are aware of its location. An overall list of allergies for the Nursery is maintained by the SENCO and copies of this list with photos of the child are displayed by the main snack table so that any member of staff working in this area is aware of all allergies. Children with food allergies wear a badge with a coloured spot.

When a child who uses an EpiPen comes to Nursery training is arranged for all staff on the procedures to be followed and the administering of the medication. We discuss with the parent any measures we need to take within the school to keep the child safe such as being particularly careful about washing hands after handling any food which may cause an allergic reaction. We are a nut free school. The majority of our staff are trained paediatric first-aiders.

We have a spare nursery epi pen in case of unforeseen allergies.

Our lunch time supervisors have completed the food standards allergy awareness course.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene Training (level 2) and that suitable equipment and protective clothing are available.

Food and fridge temperatures are checked daily.

Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

THE FOOD AND EATING ENVIRONMENT

The nursery provides a clean, sociable welcoming environment for pupils to eat their lunch. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating. The senior lunch time supervisor ensures the appropriate food checks are made.

Monitoring of safe food hygiene practices is part of our regular cycle of self-evaluation

SUSTAINABILITY.

Food waste is minimal as children at the Snack table are encouraged to take small portions initially and then to take a second helping if they have finished the first and want more.

Plastic bags which the food is delivered in are always reused within the Nursery. We use crockery which can be washed and reused rather than disposable paper or plastic cups for snack, at the water fountain and on educational visits. We can now recycle paper, cans and plastic wrappers which food is packaged in.

We are working towards growing more salad and vegetable crops in the Nursery and the Children's Centre in the coming year. We have a compost bin.

LEADING BY EXAMPLE AND STAFF TRAINING

Education staff, caterers and lunchtime supervisors have a key role in influencing pupil's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. The Senior Leadership Team will ensure staff will be kept up to date with Food in School issues by emailing them relevant documents / guidelines or providing relevant training as appropriate.

Hot drinks for staff must be in opaque safety cups to minimise risk of spillage or children coming into contact with hot liquids or surfaces.

Staff are permitted to leave the room briefly in cold weather to make a warm drink.

Cold drinks need to be healthy and should be served in opaque plastic cups with lids.

Staffs working in the Children's Centre have hot drinks outside of the session times unless food and drinks are provided for sharing with parents and children.

Cold drinks only are served at shared lunches.

Staffs who wish to eat during the session may sit and eat with the children at one of the snack tables. No other food is available to staff in the classrooms.

Staff may eat lunch in the staff room away from any areas being used by families. The staff room has facilities for making hot drinks, a fridge for the staff to store food and a microwave for heating lunches.

CONSULTATION/MONITORING AND EVALUATION

This policy was written in accordance to the most recent government guidance and support the policy and its impact is reviewed on an ongoing basis. The policy is communicated to the entire nursery community and new families/staff to our nursery are made aware of its importance. We are also working towards gaining the Healthy Early Years London award in the Nursery and Children's Centre.

REVIEW

Date policy implemented: January 2020

Review Date: January 2021