



Blackwood Primary School and ELC



Lunch Policy

March 2023

Review date: March 2025 (or as required)

Aim - At Blackwood Primary and ELC we aim to promote a positive attitude towards healthy eating and the enjoyment of trying and experiencing a variety of food. We aim to provide children with an enjoyable, nurturing and relaxing lunch time experience where we can further develop children's social and independence skills, enabling them to become Confident Individuals. We understand the importance of lunch time and how it promotes healthy eating habits that can last a lifetime.

Guidance for all ELC Staff-

- A weekly rota has been created for staff which begins at 12pm. This ensures that when children begin to get their lunch at 11:30am there are enough staff in the playroom and lunch hall to maintain ratios and support children.
- Lunches for the week are sent out via an email to parents/carers for their child to select their chosen lunch options for the week ahead. When children arrive to the ELC they are also encouraged to put their name on a lunch choice for that day. This is in line with the Health and Social Care Standard 1.37: 'my meals and snacks meet my cultural and dietary needs, beliefs and preferences.'
- Miss Marshall or Mrs Lennox will collate the lunch choices each day and give these through to the canteen.
- Parents are provided with planning of packed lunches to ensure that children's dietary needs are met, and that the food is safe for children to eat.
- Parents are required to put cool packs in their child's lunch box in line with Care Inspectorate guidance.
- Staff should ensure children wash their hands thoroughly before eating their lunch.
- Staff should wear plastic gloves provided at snack area if required due to having a specific skin condition e.g. eczema.
- Staff should follow usual good hygiene practices when preparing or serving food or assisting children with packed lunches.
- Children will be encouraged to develop good eating skills and table manners.

Staff management of Lunches-

Lunch hall- Team Leader, Miss Biggart, Mrs Bryson, Mrs Curley & Mrs Thomson

Playroom- Mrs McGauley, Mrs Inglis, Miss Forbes and Miss Morrison

Playroom:

- Packed lunches and cold lunch options are served in the playroom from 11:30am onwards. Children will have free choice in the playroom within the lunch period of when they would like to eat their lunch.
- A cleaning schedule has been set up for staff to follow, ensuring the area is cleaned and disinfected before and after the children have their lunch. This can be found next to the playroom fridges.
- The cold lunches are brought through from the canteen. They will be probed for temperature before leaving the canteen. Sandwiches/salad should be stored in the fridge. Staff are required to probe these before, during and after serving to children. Sandwiches are to be 5c below and soup should be served 63c and below. The weekly lunch temperature chart is also stored next to the playroom fridges.
- Children are encouraged to develop their independence skills by pouring their own water and using tongs to select their fruit and salad.
- Children are encouraged to clear up once they have finished their lunch.
- At least two members of staff should always be sitting with children whilst they are eating their lunch (ratio dependant) to ensure no choking incidents occur.
- Water is offered to children at lunch time, unless children bring their own drink with their packed lunch.

Lunch hall:

Hot school lunches are served in the dining hall from 11:30-12pm.

- Children are encouraged to develop their independence skills by pouring their own water and using tongs to select their fruit and salad.
- Staff in the lunch hall should be sitting with the children whilst they eat their lunch to minimise the risk of choking.
- Children are encouraged to clear away their lunch and lunch trays once they have finished their lunch.

Curriculum for Excellence

I enjoy eating a diversity of foods in a range of social situations. **HWB 0-29a**

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy. **HWB 0-30a**

I know that people need different kinds of food to keep them healthy. **HWB 0-32a**

I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth. **HWB 0-33a**

I explore and discover where foods come from as I choose, prepare and taste different foods. **HWB 0-35a**

Audience:

- Children
- Nursery Staff
- Team Leaders
- Support Staff
- SMT
- Parents/Carers
- SLC Personnel
- HMIe
- Care Inspectorate
- Child Smile dental nurse
- Health Visitor
- Students

Links

- Education Scotland
- Health and Social Care Standards
- HGIOELC
- GIRFEC
- CFE

Core Resources

- Setting the Table - Nutritional Guidance and food standards for early years childcare providers in Scotland (NHS)
- The Eatwell Guide
- Health and Social Care Standards
- Care inspectorate- Food Matters
- Practice Note- Keeping Children Safe: Supporting Positive Mealtime Experiences in Early Learning and Childcare
- Allergens Chart

Health and Social Care Standards - 1, 2, 5

UNCRC Articles - 3, 27, 28, 31

HGIOELC - 2.1, 2.5, 2.7, 3.1