



The LJS Nursery School Safeguarding/Policies

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09 Standard Childcare Practice

09.8 Prime times – Snack-times and mealtimes (older children)

Snack times

- Children wash their hands before and after snack-time.
- Children are only offered full-fat milk until they are at least two years old because they may not get the calories they need from semi-skimmed milk. After the age of two, children can gradually move to semi-skimmed milk as a main drink, as long as they are eating a varied and balanced diet.
- Fruit or raw vegetables, such as carrot or tomato, should be in batons. Bananas and other foods such as Baby Bel cheese are not cut as rounds but are sliced to minimise a choking hazard.
- Staff join in conversation and encourage children's independence by allowing them to open their snack bags and packaging.

Mealtimes

- Tables are never overcrowded during mealtimes. Some social distancing is encouraged even though it is acknowledged that children will play in close proximity for the rest of the session.
- Cloths are used where practical and children's places are personalised with, for example, mats that they make for themselves and have laminated..
- Children wash their hands and sit down.
- Children are encouraged to open their lunches and eat as much as they want.
- Staff have their snack and lunch with children. Staff who are eating with the children role-model healthy eating and best practice at all times, for example not drinking cans of fizzy drinks in front of the children.
- Children are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks. They are not made to eat what they do not like and are only encouraged to try new foods slowly.
- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swopping their food with one another.
- Food is not used as a reward or punishment.

- Mealtimes are relaxed opportunities for social interaction between children and the adults who care for them.
- After lunch children are encouraged to pack away their food and put their plates in the bin and help wipe the table and sweep the floor.
- Children go to the bathroom and wash their hands after lunch. Cleaning teeth no sooner than 1 hour after lunch is recommended where hygiene procedures pose no risk (see procedure 04.6 Oral health)/ It is not always recommended for groups in shared premises.
- Information for parents is displayed on the parent's notice board, including:
 - Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf

This school is committed to safeguarding and promoting the welfare of children and insists all staff and expects all parents to share this commitment.

“Safeguarding is everyone's responsibility.”