

Eat Well Policy

Overall aim of the Policy:

The Ladies' College, Melrose is committed to promoting and supporting the health and wellbeing of all the girls at the school. We aim to provide healthy, balanced, varied and nutritious food and drink which meet the children's needs, encouraging them to develop healthy lifestyles and promote wellbeing throughout their lives.

Mission Statement/Rationale:

At The Ladies' College, Melrose Pre-School we are a healthy eating school who believe that good health and good food in the Early Years helps to safeguard children's wellbeing. We also recognise that food and nutrition play a fundamental role in helping our children to learn effectively. Our mealtimes are treated as an opportunity for social interaction as well as laying the foundations about making healthy choices. This policy is communicated to all parents/guardians.

We meet the welfare requirements outlined in the EYFS on food and drink: "Where children are provided with meals, snacks and drinks, these must be healthy, balanced and nutritious." DCFS (2008)

Aims:

- The aim of this policy is to promote and support the health and well-being of the children within the Early Years setting at The Ladies' College, Melrose.
- To set out a consistent approach to food and drink provision throughout the early years setting.
- To ensure that all food and drink provided by the setting, adheres to the Statutory framework for the Early Years Foundation Stage section entitled Food and Drink.
- To include in the curriculum, learning associated with healthy, balanced diets supporting young learners to make healthy food choices and, wherever possible, to include opportunities to develop skills to prepare nutritious food.

- To work in partnership with parents and families in raising awareness of the healthy eating policy by providing information and support.
- The setting provides a safe, healthy and welcoming eating environment for the children.
- To work in accordance with the **Statutory framework for the Early Years Foundation Stage Setting the standards for learning, development and care for children from birth to five EYFS (2014)**

Development and Implementation of the policy:

At The Ladies' College, Melrose Pre-School, our team of qualified staff provides a two-week cycle of nutritious menu choices for our pupils each term. Our young learners also enjoy a selection of seasonal fruits and vegetables during snack time. To promote healthy habits, water is the only drink offered, with chilled water readily available through our water chillers.

Our Early Years (EY) staff have worked closely with Alex Kosmos, Eat Well Lead, to ensure the quality of our menu aligns with best practices. Additionally, EY staff have attended Parent Partnership Training for the Eat Well Policy at Le Rondin, ensuring compliance with current legislation and standards.

The policy is collaboratively planned and reviewed by all Early Years and Pre-School staff, reflecting our commitment to a whole-team approach. It is shared with all relevant stakeholders at The Ladies' College, Melrose, and a copy is available on the school website.

This policy will be reviewed annually to ensure it remains up-to-date and continues to meet the needs of our community.

When and who the policy applies to:

This policy applies to all food provided by the setting, including meals, snacks, and refreshments, as well as food brought in from home and food provided during events or trips. It is applicable to all staff within the setting, including those involved in menu planning, cooking, preparing, and serving food, as well as to parents and carers who bring food into the setting from home. The policy also extends to The Ladies' College, Melrose – Core Catering Team. To ensure accessibility and awareness, this policy will be promoted via our school website.

Food and Drink Provision:

At The Ladies' College, Melrose, pupils bring in water bottles that are regularly refilled throughout the day, with water chillers available for ease of access. During lunchtime, the girls are provided with a cup of water, which is refilled as needed, and they are encouraged to drink it. Pre-School pupils have a selection of seasonal fruits provided each morning and stay for a hot

lunch. The Reception age pupils all bring in a 'healthy snack' and water, which is discussed each year at the 'Meet the Teacher' evening. Parents also have a 'Parent handbook' to refer to. They have a choice of a hot meal provided at school or to bring in a healthy lunchbox. Menus are displayed on our website, in Pre-School and Early Years classrooms. The school actively promotes a culture of healthy eating.

The eating environment and social aspects of meal times:

All girls in Pre-School or Reception are encouraged to eat their healthy snack together at lunchtime and to hydrate. At lunchtime, the girls sit together with staff and are encouraged to use a knife and fork to eat their hot lunch. If they bring a packed lunch they sit at the tables and follow the same lunchtime routines.

Celebrations and special occasions

Pupils are allowed to bring a birthday cake or treat into school to celebrate their birthdays, this practice is reviewed annually. Over the course of the year, we introduce pupils to a variety of foods through specially arranged cultural menus. The daily menu always includes a vegetarian option to accommodate dietary preferences. Each year, the pupils grow their own food, culminating in a celebratory 'tasting party'. We also welcome visitors to the school to share a variety of cultural and seasonal celebrations, which may take place during school assemblies or in classrooms.

Providing food for all

At The Ladies' College, our catering team accommodates children with various food allergies, guided by individual care plans reviewed annually with parents/carers. Allergy information is on our MIS, and all staff, including the catering team, are informed. The menu features diverse cultural dishes, with themed days held throughout the year. We are a nut-free school and all staff receive annual EpiPen training.

Encouraging fussy eaters to eat well

The pupils are gently encouraged to try new foods and are praised for their efforts. They participate in growing and tasting foods in a fun 'party' setting to foster engagement. Daily communication with parents about food consumption is maintained, and referrals can be made to Health Improvement Nurse Caroline Hoar or helpful resources like [Building healthy relationships with food | Health Improvement Commission](#)

Food brought in from home

At the initial 'Meet the Teacher' meeting, staff discuss healthy choices. The Pre-School handbook provides information on healthy snacks and bringing water each day. It also informs parents that

the pupils have cookery lessons, where they learn about the basic rules of hygiene and making healthy food choices. Seesaw messages are sent home regularly to promote healthy eating and lifestyles. Parents are encouraged to provide snacks that are nutritious and/or low in saturated fat, sugar, and salt, and free of nut products.

Cooking with Children

Melrose have a full size kitchen which all the Early Years children can use regularly. Early Years planning throughout the year incorporates many opportunities for the girls to bake and share their own culinary feasts. Pre-School pupils prepare and eat their own Christmas lunch and Christmas cakes each year.

Food safety and hygiene

Food prepared on the premises is cooked by the Core Team who all have the relevant qualifications necessary for food preparation. Staff that prepare hold food hygiene certificates. The pupils use a variety of tools and equipment regularly, to promote experience and safety. The pupils always follow good practice regarding handwashing before each snack/meal.

Sustainability

In accordance with the EYFS (2014) the pupils learn about the importance of sustainability by responsible recycling and the disposal of food waste in accordance with Guernsey policy.

Protecting children's health

In the event of potential food poisoning the School will notify the Early years team in Guernsey whereby they will register any event of food poisoning affecting two or more children cared for on the premises. Notification will be made as soon as is reasonably practicable, but in any event within 14 days of the incident.

Evaluation and review of the setting's approach to food and drink provision

The school will work actively with the children, parents/carers and staff around food and nutrition. This will include:

- Educating learners about nutrition and healthy eating.
- Consulting with parents/carers and staff with regards to obtaining information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements.
- Consulting with parents/carers and staff with regard to the school's approach to nutrition
- Partnering with parents/carers and staff to support nutrition within the school community.