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St. Anne's School  
ALDERNEY

# St Anne's School Early Years Food Policy

## Policy Directive

and

## Guidelines



Version	Date	Reviewer	Summary of Changes/Notes	Review Date
1.0	9/2021	G Costello	Policy adoption taken from St Anne's School Whole School Food Policy.	09/22
1.2	10/2021	S Parrilla	UNCRC Articles added, Formatting Front Page	

### Convention on the Rights of the Child

At St Anne's School we respect the rights of the children and adults in our school, community and beyond and aim for each school policy to adhere to Articles from the UN's Convention on the Rights of the Child.

In this policy, we are working towards the following articles:

*Article 3: The best interests of the child must be a top priority in all things that affect the child.*

*Article 6: Every child has the right to survive and achieve their full potential*

*Article 19 - Every child should have protection from neglect*

*Article 24: Everyone has the right to the best health and care*

*Article 27: Every child has the right to adequate standard of living - nutrition, clothing, housing - and support for families who need assistance*

## **St Anne's School – Early Years Food Policy**

### **Mission statement (extract from the overarching school policy)**

Our School is committed to promoting and supporting the health and well-being of all members of the school. It recognises that food and nutrition play a fundamental role in helping learners to learn effectively. It also recognises that educational settings need to create a consistent 'whole-school' approach to nutrition which focusses on supporting the school community to eat well and ensures consistency between the formal curriculum, on-site food and drink provision and food and drink provided at extra-curricular activities and other events.

All of these aspects fall within the scope of this policy. To help support a healthy diet among learners - that is a diet where there is a balance of food and drink providing the nutrients required in the right amounts - the Education Office promotes the Eatwell Guide within the formal curriculum and within the provision of food and drink. Our school also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced from food and drink.

**Name of setting:** St Anne's School

**Name of staff member responsible for food policy:** Gill Costello, Early Years Lead

**Date of policy implementation:** 30<sup>th</sup> September 2021

### **1.0 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 St Anne's School.
- 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.
- To require the setting to provide 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 – 1<sup>st</sup> September 2021***

## 2.0 Policy Provision

### Food within the Early years setting:

It is important to note that in our setting, the early years provision of daily snacks is provided by parents and carers.

**Snacks:** The setting encourages parents/carers to provide their child/children with snacks that complement the guidelines and standards recommended and does not seek to undermine the healthiness of the food and drink available across the school. This will be achieved by promoting a culture of healthy snack options using the principles of the Eatwell Guide and information guidance leaflets.

**Drinks:** Drinking water will be provided free of charge at all times in pre-school. We will encourage the children to stay hydrated through drinking water frequently. We will supply the children with their own bottles which will be monitored and refilled by a member of staff. All bottles are washed in a dishwasher daily.

### 2.1 Special Dietary Needs

In accordance with the Statutory framework for the early years foundation stage, the preschool early years practitioners team will ensure that they support learners with special dietary needs during the day. Before a child is admitted to the setting the provider must also obtain information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements. The setting will record and act on information from parents and carers about a child's dietary needs. This may include the drawing up of an Individual Healthcare Plan to provide clarity about what needs to be done, when and by whom.

The pre-school are vigilant when it comes to allergies. We take a common sense approach and follow up to date guidance regarding common allergens such as nuts, egg as well as less common allergens. If there is a child or staff member with a severe allergy to any foods within the setting, we do not allow this to enter the building. All staff have had EpiPen training as part of our annual first aid training.

## **2.2 Drinks**

Our school recognises the contribution that the consumption of sufficient water, makes to learning, positive behaviour and health. Our school establishment will make clean, palatable water available to all learners and staff throughout the teaching day. The daily provision of fresh milk will also be provided to those children who request it. Provision of any other drinks will meet Guernsey School Food and the Statutory framework for the early years foundation stage.

## **2.3 Packed Lunches**

Currently, there is no lunch provision in our pre school setting.

## **2.4 Snacks**

Within the early years setting the parents will be encouraged to provide snacks and drinks that are nutritious and/or low in saturated fat, sugar and salt.

## **2.5 Snack Area/Environment**

Our school will provide a clean, welcoming, sociable environment, indoors and/or out, for the children to enjoy their snacks. They will specify areas for eating and will ensure all such areas have easy access to palatable drinking water and facilities to recycle/dispose of waste. We encourage children to manage their own appetites by helping them to recognise when they are hungry and when they are full. Before eating or preparing food children wash and dry their hands. Good manners are encouraged while they are at the table.

All staff involved in preparing and handling food will receive training Level 2 Food Safety and Hygiene, which will remain valid for three years. Staff training and development plans for food safety, hygiene and nutrition will be regularly reviewed.

## **3.0 The Curriculum, Rewards and External Providers**

**3.1** Learning about the benefits of food and healthy nutrition will be integrated into the educational programme and based around the Early Years outcomes and the Eatwell Guide as a model of understanding a balanced diet. Staff should refer to schemes of work, support and teaching ideas and resources at [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) wherever possible, practical teaching and learning opportunities will be provided, in particular to develop both an understanding of the positive role of nutrition and to support the development of associated cooking skills.

Food and nutrition will be taught at an appropriate level within the setting. The children will prepare predominantly savoury dishes by way of introduction to healthy and varied foods.

**Birthdays:** The setting recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit, vegetables or healthy cake alternatives for their child to share with the class on their birthday. We should discourage chocolates, sweets and unhealthy cakes for birthdays and encourage the inclusion of other foods that form part of a balanced healthy diet.

**3.2 Rewards,** We do not use food as a reward for good behaviour or achievement. Other suggested methods of positive reinforcement can be found at:

<https://healthimprovement.gg/services/eat-well/eat-well-school>.

### **3.3 External Providers and Support Agencies**

The whole school nature of learning about healthy food and drink will be reinforced through celebrations. When visitors, such as Support Agencies or parents/carers, are involved in lessons about food and drink, they will work in accordance with this policy and always with an Early years practitioner present in accordance with the External Providers and Support Agencies Policy Directive.

## **4.0 Extra-curricular Activity and Special Occasions**

### **4.1 Parties and celebrations**

To demonstrate our pre-schools' commitment to promoting and supporting consistent, healthy behaviours among learners, special occasions and cultural events will be used to promote health and well-being. Such occasions will provide the opportunity for children to learn about food and drink from different religions and cultures. Celebrations and parties will therefore promote healthy options alongside other food and drink options or alternatives to food.

### **Inclusion**

The Early years setting will ensure that all children are considered and that the setting provides food for children following special, cultural or religious diets, including children with food allergies, and manage this appropriately and effectively.

### **Encouraging fussy eaters to eat well**

For those children identified as being fussy eaters or displaying fear of new foods, group activities will allow the children to explore a selection of different fruits, vegetables and foods etc. through fun activities. We aim to support parents and carers in encouraging their children to eat a healthy and varied diet, for example by referring them to helpful websites or stories. <https://healthimprovement.gg/services/healthier-weight/building-healthy-relationships-food>

### **Learning about and through food**

In accordance with the Early Years Foundation Stage curriculum, the children will learn by exploring a variety of food that will be introduced to the setting through a range of diverse, individual and group activities. Using their senses, they will experiment, explore and learn about the different colours, shapes, textures and tastes of each of the individual foods. This learning will be further linked to the Early Years Outcomes as they learn about keeping healthy, growth and decay and start to develop an understanding of how things work.

## **5.0 Health and Safety**

All food and drink preparation within the setting, will adhere to the school's health and safety procedures and will be carried out according to good food hygiene and preparation standards. Health and safety remain the responsibility of all staff involved in food preparation. Wherever possible, food preparation will be carried out in designated areas in

the school. The school's risk assessment procedures will include consideration of food hygiene.

### **6.0 Working in Partnership with Learners, Parents/Carers and Staff**

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

### **Protecting the children's health**

#### **Food Poisoning**

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.

**Date for policy review: September 2022**

**Signed: .....**

**Dated: .....**