

Trinity Nursery School

Dinner Routine Policy



Adopted by Board of Governors on: 10.05.2021

To be reviewed on: 10.05.2024

Signed by the Principal:-----

Signed by Chair of Governors:-----

Version	Date	Revision Author	Summary of changes
2	02.06.21	S. Alexander	A member of staff at every table was amended to reflect current staffing levelling. Additional phase added to reflect that the policy is subject to changes in line with government guidance.



Introduction

In Trinity Nursery School we value our dinner time as a vital part of the nursery day. We aim to make this a special relaxed time when the children can continue to develop their social skills. We operate a family style mealtime with a member of staff serving the children at each table, where possible. Emphasis is placed on quality group discussion with time to listen to and share personal experiences. Children are seated in four small groups. These groups change on a consistent basis enabling all children to have the opportunity to mix with their peers.

The tables are set with placemats which display the position of the knife, fork and spoon. During Term One the placemats bear the child's first name & symbol. This progresses in Term Two to display only the child's first name and finally in Term Three the mats show the child's first name and surname. This sequence allows the children to develop name recognition.

Dinner Routine

11:40am Following their toileting and hand washing the children help to set the tables along with dinner mats. Once this task is complete the children are given "treasure boxes" to explore.

12:00pm Mrs Armstrong brings the dinner trolley into the classroom. The children say "Good afternoon" to Mrs Armstrong and the staff set the serving dishes onto the tables.

- Once dinners are served to the whole class, 'Grace before Meals' is sung and signed (B.S.L.).
- When all children at the table are finished, plates are passed to the adult, scraped and placed on the trolley (Term 1). During Term 2 the children take turns to clear their tables. During the Term 3 the children clear their own places.
- Once dessert is finished and cleared away the adult's spray the mats and children wipe them clean and place them on the caterpillar drying rack.
- Children are encouraged as the year progresses to be independent and helpful by pouring their own water, serving fruit or biscuits, wiping spills, etc.
- No child is forced to eat but gently encouraged. Children who request seconds are given a smaller portion. Dessert consists of a choice between fruit and yoghurt. On occasions frozen yoghurt, flakemeal biscuits or custard and cake are an additional alternative.
- The children are offered water or milk as a drink each day, when available.



- The staff complete a “Someone’s been eating my porridge” card for the class record. Teachers will work closely with parents of children who are not good eaters to devise strategies which will help aid the individual child.

- After dinner and teeth brushing has been completed the children will either participate in:
 - additional outdoor physical play,
 - an adult-led Circle Time,
 - story time,
 - singing rhymes and songs,
 - or choose from the activity trolleys.

- Parents are welcomed into the classrooms from ten minutes before the end of the session and encouraged to play with their child while chatting about their day.

- One member of staff is positioned at the classroom door to greet the parents and to ensure that no child leaves the room unaccompanied.

This policy is regularly reviewed by staff, the Principal and endorsed by the Board of Governors in line with our Policy Review Cycle. This is to ensure that the dinner routine runs smoothly and that the children gain from this social experience. We endeavour also to monitor good practice in other nurseries and gain from their experiences and advice.

** Trinity Nursery School endeavours to follow this policy as laid out unless government guidance at the time states otherwise.*