

# Trinity Nursery School

## Dinner Routine Policy



**Adopted by Board of Governors on: 5/03/2025**

**To be reviewed on: 05/03/2029**

**Signed by the Principal:**\_\_\_\_\_

**Signed by Chair of Governors:**\_\_\_\_\_

Version	Date	Revision Author	Summary of changes
3	23/02/25	O.Grew	Name changes. Coloured sticker system to let the parents know how much food each child has eaten.
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**

11.45am      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      Miss Cole brings the dinner trolley into the classroom.  
The children say "Good afternoon" to Mrs Cole and say and sign 'thank you' 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 (Makaton)
- 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. Fruit is always offered as a dessert choice alongside the EA menu.
- The children are offered water or milk as a drink each day, when available.



- After dinner the children receive a coloured sticker that the parents are notified about at the start of the year. A rainbow sticker means all food was eaten, orange means most of their food was eaten and yellow means very little food was eaten.
- After dinner 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 1pm until 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.*