



# Policy on Routine

Hart Memorial Nursery is committed to nurturing learning for life, to promoting independence and providing a safe and secure learning environment for all pupils. All play provision has been carefully planned to engage and motivate and, at each play station (both indoors and outdoors), there is a visual routine displayed to help foster and encourage independence. Throughout the Nursery year, snack time and dinner time routines are well embedded, to help the children become increasingly independent as the year continues.

## **Snack Time**

It is the policy of this school that an informal snack time is provided each day and is set out in each classroom for the children to help themselves to water / milk and snack. This means that play is not interrupted and independence is encouraged. Milk / water is provided each day with a selection of healthy foods e.g. fruit, plain biscuits, cheese, crackers, vegetables and various breads. The children are given opportunities to experience new tastes. A member of staff is always on hand to provide help, to encourage interaction between children and adults, and children with other children, and so help to develop social and language skills.

## **Pre-dinner toilet and hand wash time**

It is the policy of this school that each child is encouraged to develop good habits of health and hygiene. There are three children's sinks available at any given time, so children access the bathroom in small groups. All children will have washed their hands before being seated at the dinner table.

## **Dinner Time**

Hart Memorial Nursery offers a full-time place and school dinner forms an important part of the day. Lunchtime is a relaxed and pleasurable experience where meaningful interaction between children and adults takes place thus developing social and language skills. Fine motor skills are developed with the use of knives and forks. Dinner is a well balanced, nutritious and appealingly presented meal. Parents / carers are encouraged to recognise eating together as another learning experience for their children. Nursery shares information with home, outlining the importance of the school meal experience and the learning opportunities which school dinner time creates. Nursery dinner time rules are shared with home, together with our dinner time prayer so that parents / carers can further embed these at home (Appendix 1).

## **Serving of Dinner**

Dinner is served in the classroom. Tables are used to provide a family group setting. Initially staff set the table with the cutlery and the children's named placemats for the first term. We progress to the children setting the tables in term two. The children use knives and forks. After washing their hands, children come into the classroom, find their place mat and sit down. After saying a short prayer, dinner is served to each child in turn. The children have the opportunity to try a wide variety of food and encouraged to have a 'little try of everything'. Second helpings are offered where possible (main meal only). Time is allowed for slow eaters. Water / milk is provided for drinking. The children are taught to use good manners including:-

- Please
- Thank you
- Please may I have milk/ water?
- Please may I leave the table?

Once finished dinner, the children are taught to scrape their plate (if necessary), stack their dishes and put away their cutlery.

**Reviewed: November 2019**