



Policy on Routine

St. Teresa's Nursery School 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 each play area (both indoors and outdoors) provides visual routines to help foster and encourage independence. Throughout the Nursery day, snack time and dinner time routines are well embedded, to help the children become increasingly independent as the Nursery 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 hall with parent volunteers to support communication and independence. This ensures that play is not interrupted.

Milk/water are 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 supervise and to encourage interaction between children and adults, and children with other children, and so help to develop social and language skills.

Pre-dinner 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.

The rest of the class will then be directed as more space becomes available in the bathroom, until all children have washed their hands and found their seats at the dinner table.



Dinner Time

St. Teresa's Nursery School 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 a booklet with home, outlining the importance of the school meal experience and the learning opportunities which school dinner time creates. A copy of the Nursery dinner time rules is shared with home, so that parents/carers can further embed these at home.

Serving of Dinner

Dinner is served in the classroom. Tables are used to provide a family group setting.

The children set the tables with the cutlery and the children's named placemats.

The children use knives and forks.

After washing their hands, the children come into the classroom, find their place mat and sit down. The children match their knife, fork and spoon to the outlined shape. 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.

Monitoring and evaluation

This policy will be reviewed and monitored in line with the school's policy review schedule.