Lunchtime

The Lunch club offers children the opportunity to eat with their friends whilst extending their session time. By attending Lunch club children will learn the following:

Independence

Children will be encouraged and supported to do the following:

- open their own packaging
- cut their own fruit (all small items such as grapes should be pre-cut before sending in)
- Pour their own drink or use the water cooler

Health and Hygiene

Children will be encouraged and supported to:

- wash their hands so they are ready to eat
- wash the plates they put their packed lunch onto so that it is ready to use again

Recycle

The children will learn which bin their waste needs to go in:

- Black Bin: non-recyclables
- Green Bin: recyclable

Headteacher; Mrs Gemma Williamson & Hayley Yendall

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Heath Lane Nursery

COMMUNITY · EDUCATION · DEVELOPMENT

Lunchtime

Roots Federation

EDUCATIONAL EXCELLENCE FOR EARLY YEARS

Packed Lunch Information

We currently have no facility to cook onsite so require all children to bring in a packed lunch. You will find information on providing nutritional packed lunches on our website.

Always...

- start with smaller lunches and build up. Only add further items when your chid starts eating everything. Sending in a very large packed lunch full of items can be quite overwhelming.
- include a piece of fruit or a vegetable.

Do not....

- send in anything with nut products in. We have staff and children with severe allergies
- send in fizzy drinks
- send in meat with bones

We Provide....

- cutlery-you do not need to send in spoons, knives or forks
- cups and fresh water

The Routine

At lunchtime the children:

• Wash their hands
• Find their lunch box/bag
• Choose an activity if they finish their breakfast (such as reading with an adult/using small world resources)

When they have finished they:

• Washing their plate and cup
• Put their lunch box/bag away
- Get ready to go outside

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