



# SURBITON

HIGH SCHOOL

## Early Years Foundation Stage Food and Nutrition Policy 2025

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## Aims and Ethos

Surbiton High School aims to **inspire, encourage and empower** all its students to discover and embrace their individual talents, within United Learning's core mission to bring out "the best in everyone". We combine an intellectually rigorous academic environment with outstanding pastoral care and outstanding co-curricular opportunities; through this provision, we encourage our students to live out our **School values**, and become compassionate, respectful, courageous, and inquisitive members of the community.

### Our Values

#### **We are compassionate:**

We are kind and we care, in both thought and action. We consider those less fortunate and strive to support and offer aid. We are mindful of the gentle power of positive actions. We support and encourage those around us, living out the School's motto: *Amor nos semper ducat* (May love always lead us).

#### **We are respectful:**

We respect all people equally. We respect ourselves, our learning, our community, our environment, and the planet we all share. We strive to act with respect and integrity in all things. When we disagree, we do so respectfully.

#### **We are courageous:**

When challenged by our fears we are determined, not deterred. We call on resilience for strength when in the heat of the struggle. We bravely chase our dreams and fight for what we believe. When we fall, we pick ourselves up and forge forward.

#### **We are inquisitive:**

We understand that a thoughtful question is the key to unlock understanding. We believe where answers provide ends, questions pose exciting beginnings. We are eager to explore, we question to discover, we are curious to learn more of the world at large.

#### **We are a community:**

We are united - with a common focus. We value belonging to a wider community: our school community, our local community, our global community. We are inclusive of all, no matter our differences. We value and nurture the connections we form.

### United Learning and the United Church Schools' Trust

Surbiton High School is part of *United Learning* and the *United Church Schools' Trust*. The School has an Anglican foundation, valuing its Christian heritage whilst welcoming staff and children from all faiths and none. We share with United Learning its core mission statement "to bring out the best in everyone". We are committed to the aims of United Learning, including its *Framework for Excellence*, which can be found at: [www.unitedlearning.org.uk](http://www.unitedlearning.org.uk)



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## 1. INTRODUCTION AND AIMS

This policy has been developed in accordance with the Early Years Foundation Stage (EYFS) requirements and with regard to the Early Years Foundation Stage Nutrition Guidance, May 2025. It recognises that good nutrition is fundamental to children's health, development, and learning outcomes.

### **Our Aims:**

Our primary aim is to provide nutritious, balanced meals and snacks, supporting children's optimal growth and development during the Early Years. We are committed to creating positive mealtime experiences, not only supporting children's physical development, but also promoting lifelong healthy eating habits through enjoyable, social dining experiences.

The safety and wellbeing of all children remains paramount during all aspects of food preparation, serving, and consumption, with robust procedures in place to protect every child in our care. We work collaboratively with parents and carers as partners to meet each child's individual dietary needs, recognising that consistency between home and school supports the best outcomes for children.

We view food experiences as valuable opportunities for holistic learning and development, incorporating nutrition education naturally into our curriculum.

## 2. STAFF SUPERVISION AND SAFETY REQUIREMENTS

### **2.1 Staff Positioning During Meals**

Staff members on duty supervise pupils whilst eating, ensuring the ability to respond immediately to any situation that may arise, particularly choking incidents.

### **2.2 First Aid Requirements**

When Early Years children are eating, a member of staff holding a current Full Paediatric First Aid qualification is present. This essential safety requirement applies to all meal and snack times, ensuring that, should any emergency arise, particularly choking incidents, which can occur silently and require immediate intervention, appropriately trained staff are immediately available to respond. Staff rotas are carefully arranged to ensure this requirement is consistently met, with first aid qualified staff clearly identified and their qualifications maintained through regular updates and renewal programmes.



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## **3. PRE-ADMISSION REQUIREMENTS**

### **3.1 Essential Information Required**

Before any child joins the School community, we obtain comprehensive information about their dietary requirements, which may stem from cultural, religious, or personal family preferences that are integral to their identity and wellbeing. Critical to child safety, we collect thorough documentation, details regarding any food allergies, including medical information and emergency procedures that must be followed in the event of an adverse reaction. Additionally, we record information about food intolerances, documenting associated symptoms and the specific management strategies that have proven effective for each individual child. We also gather information about any special health requirements that may impact nutrition or feeding practices, ensuring we can provide appropriate care that supports each child's individual needs.

## **4. MEAL AND SNACK PROVISION**

### **4.1 Nutritional Standards**

Surbiton High School has regard for the Early Years Foundation Stage Nutrition Guidance, May 2025, and follows these guidelines unless there are documented reasons for alternative approaches.

### **4.2 Food Quality and Variety**

All food served is carefully selected to meet the comprehensive nutritional requirements necessary for growing children during these critical developmental years. Menus are thoughtfully designed to reflect and celebrate the rich cultural and ethnic diversity of our school community, ensuring that all children see their heritage represented and valued while also being introduced to new flavours and traditions. We prioritise fresh, wholesome ingredients wherever possible, recognising that quality nutrition forms the foundation for optimal physical and cognitive development. Throughout all aspects of food preparation, we adhere strictly to relevant health and safety guidelines, maintaining the highest standards to protect the wellbeing of every child in our care.

## **5. RESPONSIBILITY AND MONITORING**

### **5.1 Designated Responsibility**

At each mealtime and snack time, including during the extended day, there is a designated member of staff responsible for checking that the food being provided meets all requirements for each child. Our comprehensive daily monitoring ensures that each child's special dietary requirements are met with accuracy, consistency, and careful attention to individual needs.



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## **6. ALLERGY AND SPECIAL DIETARY MANAGEMENT**

### **6.1 Allergy Management**

We develop individual care plans for children with food allergies, working closely with parents and healthcare professionals to ensure all aspects of the child's condition are understood and managed appropriately. Clear labelling and physical separation of allergenic foods is maintained throughout our food preparation, storage, and serving processes, with dedicated equipment and preparation areas used where necessary to prevent cross-contamination.

All staff receive thorough training on recognising the early signs of allergic reactions and responding appropriately, including when and how to seek emergency medical assistance. Emergency medication prescribed for individual children is kept readily available in designated, easily accessible locations, with multiple staff members trained in its proper administration and emergency protocols clearly posted and regularly reviewed.

### **6.2 Special Diets**

We are committed to accommodating medical and dietary needs and, as far as reasonably possible, respecting religious and cultural practices. When complex medical dietary requirements are involved, we actively seek consultation with healthcare professionals to ensure our approach is both safe and nutritionally appropriate. For every child with specific dietary needs, we provide suitable alternative options that are equally nutritious, ensuring no child feels excluded or different during mealtimes.

## **7. DRINKS PROVISION**

### **7.1 Water**

Fresh drinking water is available and topped up throughout the day as needed.

## **8. CHILD INVOLVEMENT AND INDEPENDENCE**

### **8.1 Active Participation**

Children are involved in age-appropriate food preparation activities supporting their development while building positive relationships with food and cooking. We encourage and support the correct use of cutlery and self-serving skills appropriate to each child's developmental stage, fostering growing independence. Food exploration activities are thoughtfully incorporated into our broader learning programme, using



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cooking and food preparation as natural opportunities to develop fine motor skills, mathematical concepts, scientific understanding, and cultural awareness.

## **8.2 Choice and Autonomy**

Children are empowered to decide which foods they will eat from the healthy options provided, supporting their developing autonomy while ensuring all available choices are nutritionally beneficial. Children's individual preferences are respected and accommodated where possible, while gentle encouragement is provided to try new foods and expand dietary variety. We trust in children's natural ability to self-regulate their appetite and nutritional intake, allowing them to eat according to their hunger cues rather than imposed adult expectations about portion sizes or food combinations.

## **9. PARENT PARTNERSHIP**

### **9.1 Communication**

Weekly menus are available to parents through the School's management information system. Ready access to the menus enables parents to encourage children to make healthy, balanced choices.

## **10. CELEBRATIONS AND SPECIAL OCCASIONS**

### **10.1 Healthy Celebrations**

To support our healthy eating policy at school, we encourage parents to celebrate birthdays and special occasions outside of school. If your child is keen to bring something to share with their friends, gift alternatives such as bubbles, books or stickers are permitted rather than cakes or sweets or other foods. Cultural and religious celebrations are thoughtfully recognised and incorporated in ways that respect diverse traditions while maintaining a commitment to healthy eating practices.

## **11. HEALTH AND SAFETY**

### **11.1 Food Safety**

Throughout all food-related activities, we maintain a clean and hygienic eating environment that supports both health and the enjoyment of mealtimes. Early Years staff involved in food preparation with the children hold a Level 2 qualification in Food Hygiene.



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## 11.2 Choking Prevention

Age-appropriate food textures and sizes are carefully provided for each child, taking into account individual developmental readiness and familiarity with different food types.

When preparing food, small fruits including grapes, olives, raspberries, strawberries and cherry tomatoes are cut lengthways.

Continuous, attentive supervision is maintained during all eating times, with staff positioned to observe all children clearly and respond immediately to any signs of difficulty. All staff receive first aid training on a rolling programme.

**This policy demonstrates our commitment to providing the highest standards of nutrition and food safety for all children in our care, while supporting overall development and wellbeing.**

## Document Information

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