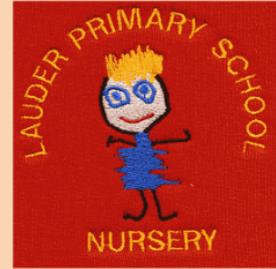


Lauder Primary School Nursery



Lunch Time Routine

Children's early experiences of food play an important part in shaping later eating habits, and good eating habits support healthy growth and development. (Setting the Table, 2018, NHS)

At Lauder Primary School Nursery, lunchtime for us is a way in which we can shape and develop positive eating habits. We start our lunch time routine at 11.20 am with hand washing before heading along to the lunch hall around 11.30 am. We have dedicated tables that we sit at.

We have two options available each day and you order one of the two hot dishes for your child. Eating in school is a new experience for the children and so their preferences may change. We shall let you know which foods are being eaten, and which foods aren't!



We operate our food choices via ParentPay. This is a system which is used throughout the Scottish Borders and is the same system for P1-P7. The system will provide you with a range of options including sandwiches and soup. However, these options are not available to us in the nursery and it is only the two hot meal options you can select from. We also have 3 choices of puddings available which is usually fruit, yoghurt or baking.

To help us with admin, it is useful for you to order the meals for the week prior to each Monday morning. If your child has any allergies or intolerances, please let us know in advance. Our Scottish Border Council Catering Team are very good at taking you through the process of ordering and making sure the correct food is served to your child.

"There are exciting opportunities to help children eat well and lay the foundations for a healthy diet" (Food Matters, 2018, Care Inspectorate)

The children sit in their coloured groups (yellow or purple) along with members of staff from the nursery. We have round tables which can seat 7 children and one adult.



The cutlery, cups and jugs are all suitable for the nursery children's size. Everyone gets a choice of water or milk. We have specialised serving dishes that come straight from the oven but are cool to touch on the outside.



They were sourced specifically for this by Scottish Border Council Catering Team. The children can assist a member of the nursery staff team in serving their meal. Salad is available for each meal daily.

If you feel that your child will not eat any of the lunches provided, we are happy to have packed lunch options also.

If you do send a packed lunch, please send it with an ice pack or similar as we do not have facilities to hold any food for a packed lunch in the fridge.

Once our lunch is finished, we head back along to the nursery to brush our teeth using the 'Childsmile' guidance and have some free play.

Mealtimes provide clear structure and rhythm to the day. Such times are of particular importance to children as they mark the passing of time in a predictable and reassuring way. (Realising the Ambition: Being Me, 2020, Education Scotland)