

Eat Well Policy

1. Policy Statement

The Ladies' College, Melrose is committed to promoting and supporting the health and wellbeing of all the girls at the school.

We provide food and drink that are healthy, balanced and nutritious and meet the requirements of the EYFS Statutory Framework (2025). In line with the safeguarding and welfare requirements, The Ladies' College has regard to the Early Years Nutrition Guidance (2025) and follows this guidance unless there is a clear reason not to and also aligns with the Guernsey Early Years Quality Standards Framework (EYQSF).

We recognise that positive early experiences with food help secure healthy habits for life. Our approach supports children to develop good eating routines, a positive relationship with food and confidence in making healthy choices. Mealtimes are valued as important social experiences that promote language, independence and community.

2. Aims

- The aim of this policy is to promote and support the health and wellbeing of the children within the Early Years setting at The Ladies' College, Melrose.
- To set out a consistent approach to food and drink provision throughout the setting.
- To ensure that food and drink provision meets the EYFS Statutory Framework (2025) food and drink requirements.
- To ensure provision aligns with the Guernsey Early Years Quality Standards Framework (EYQSF).
- To provide learning opportunities linked to healthy, balanced diets so children learn to make healthy choices and develop food preparation skills.
- To work in partnership with parents and families to share information and support healthy habits at home.
- To provide a safe, healthy and welcoming eating environment that supports independence and personal development.

- To have regard to the Early Years Nutrition Guidance (May 2025), including requirements relating to choking prevention, drinks, menu planning, portion sizes and allergy management.

3. Development and Implementation of the Policy

At The Ladies' College, Melrose Pre-School, our team of qualified staff provides a two-week cycle of nutritious menu choices for our pupils each term. Our young learners also enjoy seasonal fruits and vegetables during snack time. Water is the only drink offered, with chilled water available through our water chillers.

Our Early Years staff have worked closely with Alex Kosmos, Eat Well Lead, to ensure our menus meet best practice. Staff have also attended Parent Partnership Training for the Eat Well Policy at Le Rondin.

The policy is collaboratively planned and reviewed by all Early Years and Pre-School staff and is shared with all relevant stakeholders. A copy is available on the school website.

This policy is reviewed annually and takes into regard the Early Years Nutrition Guidance when reviewing menus and food practices.

4. When and who the policy applies to:

This policy applies to all food provided by the setting, including meals, snacks, and refreshments, as well as food brought in from home and food provided during events or trips. It is applicable to all staff within the setting, including those involved in menu planning, cooking, preparing, and serving food, as well as to parents and carers who bring food into the setting from home. The policy also extends to The Ladies' College, Melrose – Core Catering Team. To ensure accessibility and awareness, this policy will be promoted via our school website.

This includes meeting the "Provide, Limit, Avoid" expectations in the Nutrition Guidance and ensuring all food meets the EYFS 2025 requirement to be healthy, balanced and nutritious.

5. Food and Drink Provision

At The Ladies' College, Melrose, pupils bring in water bottles that are regularly refilled throughout the day, with water chillers available for ease of access. During lunchtime, the girls are provided with a cup of water, which is refilled as needed, and they are encouraged to drink it. Pre-School pupils have a selection of seasonal fruits and crackers provided each morning and stay for a hot lunch or packed lunch. Lower Prep pupils all bring in a 'healthy snack' and water, which is discussed each year at the Meet the Teacher evening and referred to in the parent handbook. They have a choice of a hot meal provided at school or to bring in a healthy packed

lunch. Menus are reviewed and updated termly and are displayed on our website, in Pre-School and in Melrose. The school actively promotes a culture of healthy eating.

In line with the EYFS Statutory Framework (2025) and the Early Years Nutrition Guidance (2025), only plain water is offered.

We follow current choking prevention guidance, ensuring that food served at school or brought from home is cut appropriately for young children.

6. The eating environment and social aspects of meal times:

At Melrose, our mealtimes are calm, social moments that support the girls' independence, wellbeing and personal development. The girls sit together with staff, who model positive eating habits and encourage good table manners and safe use of cutlery. Whether eating a hot lunch or a packed lunch, all girls follow the same consistent routines so that lunchtime feels familiar and secure.

A member of staff with a full paediatric first aid certificate is always present during meal and snack times, in keeping with the EYFS Statutory Framework (2025). We take a gentle and positive approach to eating, and the girls are never pressured to finish food. Portion sizes are age-appropriate and guided by the children's appetite, with staff helping them to listen to their own hunger cues. This reflects the Early Years Nutrition Guidance (2025), which encourages calm and supportive mealtimes where children feel confident and relaxed.

7. Celebrations and special occasions

Celebrations form an important part of the College community and are approached in a way that supports healthy habits and maintains safety for all pupils. In Pre-School, food-based birthday treats are not permitted. Birthdays are celebrated through meaningful non-food activities that ensure all children can participate safely and consistently.

From Lower Prep upwards, families may bring a birthday treat to share with the class, provided that all allergy requirements are followed and items are checked by staff before distribution. The College also holds cultural food days, tasting events and opportunities for pupils to sample foods they have grown in the school garden, which help to broaden their understanding of food, culture and sustainability.

8. Providing food for all

At The Ladies' College, our catering team accommodates children with a wide range of food allergies and dietary requirements, guided by individual care plans that are reviewed annually with parents and carers. Allergy information is recorded on our MIS, and all staff, including the

catering team, are informed so that daily routines consistently reflect the needs of every child. Our menus include diverse cultural dishes and themed days throughout the year, and as a nut-free school, all colleagues receive annual EpiPen training.

To further support children with allergies, we create an Allergy Action Plan for any girl with a diagnosed allergy, ensuring that the procedures we follow are clear, personalised and understood by all relevant staff. We take great care to reduce cross-contamination by following safe storage and preparation practices. These reflect the expectations set out in the Early Years Nutrition Guidance (2025). We offer a daily vegetarian option and design menus that embrace a variety of cultural food traditions.

9. Encouraging fussy eaters to eat well

Children are gently encouraged to try new foods and are praised for their efforts. They take part in growing, preparing and tasting foods in a fun and familiar environment, which helps build confidence and curiosity. We maintain daily communication with parents about how their child is eating and where needed we can refer families to the Health Improvement Nurse, Caroline Hoar, or direct them towards resources such as [Building healthy relationships with food | Health Improvement Commission](#)

Portion sizes begin small, and girls may request more if they are hungry. We promote positive, pressure-free experiences with food, helping the girls listen to their own hunger cues. This approach reflects the EYFS 2025 welfare expectations and supports healthy eating habits.

10. Food brought in from home

Healthy choices are discussed at the annual Meet the Teacher evening and included in the parent handbooks. Parents are informed that cookery lessons form part of our curriculum, helping the girls learn about hygiene and making nutritious choices. ClassDojo messages reinforce these expectations throughout the year. Parents are encouraged to provide snacks that are nutritious, low in saturated fat, sugar and salt, and free from nut products.

In line with the Early Years Nutrition Guidance (2025), foods sent from home should be cut into safe, age-appropriate pieces to avoid choking risks; for example, grapes and similar items must always be cut lengthways. Parents are encouraged to name and detail the contents of their child's packed lunch and as part of our hygiene and safety routines, we do not refrigerate or reheat food brought from home.

For younger children who require milk from home, staff may gently warm the milk on site, following strict hygiene and safety guidance from the EYFS Statutory Framework (2025), the EYQSF and the Food Standards Agency. Microwaves are not used for heating milk, and staff

always check temperatures carefully before offering it to the child. This applies only to bottles of milk and does not extend to reheating general packed food.

Chocolate bars, sweets, crisps, fizzy drinks, juices and flavoured drinks should not be included. Water (in a water bottle that can be refilled at school) should be provided each day.

11. Cooking with Children

Melrose has a kitchen which all the Early Years children can use regularly. Early Years planning throughout the year incorporates many opportunities for the girls to bake and share their own culinary creations. Pre-School children also take part in cooking opportunities within the Pre-School.

All cooking activities follow food hygiene guidance, choking prevention advice and use age-appropriate tools and supervision.

12. Food safety and hygiene

Food prepared on the premises is cooked by the Core Team, who all have the relevant qualifications necessary for food preparation. Staff who prepare food also hold food hygiene certificates. The pupils use a variety of tools and equipment regularly to promote experience and safety. The pupils always follow best practice regarding handwashing before each snack or meal.

We follow the food safety, storage, preparation and allergen-management expectations set out in the Early Years Nutrition Guidance (2025) and the Guernsey EYQSF.

13. Sustainability

At Melrose, we help the girls develop an understanding of how to care for the world around them as part of the EYFS area *Understanding the world*, which encourages children to notice and talk about natural processes, seasonal changes and how their actions can make a difference. Through our daily routines, the girls learn about sustainability by recycling, reducing waste and disposing of food waste responsibly in line with Guernsey policy.

We also model sustainable practices through our food provision. Menus are updated seasonally where possible, and the girls are encouraged to value food, try new ingredients and understand why avoiding waste is important. Growing, harvesting and tasting food within our Early Years curriculum further deepens their understanding of where food comes from and how it can be used respectfully and responsibly.

14. Protecting children's health

If an incident of potential food poisoning affects two or more children, Melrose will notify the Early Years Team in Guernsey. This will be done as soon as reasonably practicable, and always within 14 days.

15. Evaluation and review of the setting's approach to food and drink provision

We work actively with children, parents, carers and staff to support a shared approach to food and nutrition. This includes:

- Teaching the girls about nutrition and healthy eating
- Consulting with families and staff about dietary requirements, preferences, allergies and health needs
- Discussing and reviewing Melrose's approach to food and drink provision
- Partnering with families to promote healthy eating in the Melrose community

This policy is reviewed annually and is updated to reflect any changes in the EYFS Statutory Framework (2025), the Early Years Nutrition Guidance (2025) and the Guernsey Early Years Quality Standards Framework (EYQSF).