

Brearley Nursery School

Mission Statement

"A safe place to hope, learn, play, enjoy and grow".

At Brearley Nursery School we value all of our children and families.

As a setting we follow Birmingham City Council's safeguarding procedure and we uphold the British values whilst celebrating the diversity in our communities. We promote mutual respect and we're an inclusive setting and our ethos and curriculum enables children to be independent learners-making choices and building strong relationships particularly with their peers. Thus enabling a safe learning environment.

All of these create the firm foundations needed to encourage democracy, the rule of law, individual liberty, mutual respect and tolerance of those of different faith and beliefs. Staff members are trained on the 'Prevent Strategy' this is utilised in the delivery of the curriculum and within our professional practice.

Brearley Nursery School

Food and Healthy Lifestyles Policy

Health and well-being involves practitioners in enabling children to engage in physical play, have a balanced diet and learn about healthy eating, and in protecting them from being ill, injured or suffering from stress. Children therefore need to have healthy choices in a setting which is welcoming, calm, clean, comfortable, accepting and affirming. The setting should also provide opportunities for safe, energetic play, for quiet contemplation and for bodily relaxation.

Effective Practice in Relation to Promoting Healthy Lifestyles

Across the children's centre we will promote healthy lifestyles by supporting our children, families and staff by:-

- Learning about the benefits of healthy eating.
- Providing nutritious, balanced meals and snacks appropriate to their dietary needs.
- Protecting them from infections and are tended when ill or if they have an accident.
- Providing regular opportunities for physical play, indoors and out. (Gym Joey, Wake-up Shake-up).
- Training team members in basic nutrition and food safety who will then act as advisors.
- Offering healthy eating/lifestyle workshops to parents/carers
- Creating an environment which supports, normalises and encourages breastfeeding/weaning.
- Giving basic advice and leaflets to our families, signposting to other services where appropriate.
- Display menus and nutritional information in rooms and main entrances
- Parental information display linked to healthy eating/lifestyles.

Leadership and Management

The implementation of the Food and Healthy Lifestyles Policy will be monitored, evaluated and reviewed in the following ways:-

- An early years healthy setting steering group will meet on a half termly basis, made up of representatives from staff and parents.
- The group will seek the views of children, parents and staff on promoting healthy lifestyles.
- A member of the leadership team on both sites will oversee all aspects of developing this policy.

Guidelines on Food Provided By the nursery

Food provided by the children's centre will meet the government's, 'food based standards' as outlined below:-

The food-based standards for school lunches apply to:	The Food-based standards for school other than lunch apply to all food provision up to 6p.m., including:
All school lunch services, including hot, cold and packed lunch services provided on a school day.	• Breakfast clubs • Mid-morning break services • Vending machines • Tuck shops • After school snacks and meals.

Also see: <http://www.schoolfoodtrust.org/resources/2007b>

Dinner menus are displayed in each room and in the main entrance. When adapting or changing food provided by the nursery children's food choices will be taken into consideration.

Brearley Site

Each class has fresh toast and juice, milk or water at the start of the day. This means that their bodies are getting the energy they will need to learn through play, at the start of the day.

Site

Non-valved, free flowing beakers and wherever possible unlidded cups will be used for all drinks given to children to protect their teeth.

Chilled drinking water will be available to the children at all times.

Fresh fruit juice, milk and water will be the only drinks available to the children. Fresh fruit juice will be diluted 1-part fruit juice to 10 parts water.

Packed Lunches for Trips

Advice will be given to parents about suitable foods and drinks to bring from home for packed lunches for trips, snacks and for outings such as picnics.

Induction to nursery Process

As part of the induction to the nursery, parents will be asked to share information about their child's dietary requirements (including any allergies). This information will be used when planning food/meal times in the following ways:-

Brearley Site

- This information is placed on the back of dining placemats to remind staff of dietary requirements.
- An information board with child's photo, dietary needs and allergies are displayed in the staff room and the catering supervisor has a copy of this information.
- Information is recorded on child's registration form (dietary/allergies).
- Information kept in rooms and given to cook.

It is the parent's responsibility to inform the setting if this information changes.

Physical Environment

The eating environment provided by the nursery will be comfortable and relaxed and children will be given plenty of time to eat. This is part of our personal and social education. We recognise this is a social time and an opportunity for children to learn about healthy eating and develop new skills such as serving food and drink and feeding themselves dependant on their age.

Tables will be the appropriate size for the ages and stages of the children.
Brearley Site

Each table will be prepared with each child having their own placemat which they have made themselves, cutlery and a cup for a drink of water. Each child will find their placemat and also help their peers to find their place. The younger children are supported by Early Years Practitioners during meals.



Behaviour Mangement

Behaviour in our nursery is managed positively by the staff team and good relationships are modelled by all adults. Food and drink will not be used as a reward or punishment.

THE ESSENTIALS OF FOOD HYGIENE

- Keep yourself clean and wear clean over-clothing when handling or serving food.
- Always wash your hands thoroughly: before handling food, after using the toilet, handling raw foods or refuse, before starting work, after every break, after blowing your nose.
- Tell your supervisor, before commencing work, of any skin, nose, throat, stomach or bowel trouble or infected wound. You are breaking the law if you don't.
- Ensure cuts and sores are covered with waterproof, high visibility dressing.
- Do not smoke, eat or drink in a food room, and never cough or sneeze over food.
- Avoid unnecessary handling of food.
- Keep preparation of raw and cooked food strictly separate - use separate chopping boards and knives and wash your hands after handling all raw food.
- Store raw food below cooked food in fridge.
- Allow plenty of time to defrost frozen products.
- Do not prepare food too far in advance of service or cool quickly and refrigerate - never leave food at room temperatures for long periods.
- Keep perishable food either refrigerated (below 8°C) or piping hot (over 63°C)
- Avoid re-heating food if possible but if not, ensure it gets piping hot and only re-heat once.
- Clean as you go. Keep all equipment and surfaces clean. Use the correct chemical in the correct dilution. Store all chemicals safely away from food.
- Keep pets and pests out of food rooms.
- Follow any food safety instructions either on food packaging or from your supervisor.
- Don't use food past its use-by date.
- If you see something wrong - tell your supervisor.



Safer food, better business

Guidance on preparing infant formula - Monday 13 February 2006



The Department of Health and Food Standards Agency have issued revised guidance on the preparation and storage of infant formula milk.

The European Food Safety Authority's (EFSA) Scientific Panel on Biological Hazards has issued an opinion in relation to the microbiological risks in powdered infant and follow-on formulae.

The panel concluded that salmonella and *Enterobacter sakazakii* are the micro-organisms of greatest concern. Although infections with these micro-organisms from formula milk are rare, the risk can be reduced by following guidelines on preparation and storage.

The Department of Health and the Food Standards Agency advise all health professionals, particularly nurses, midwives and health visitors, to change/revise/update their advice to mothers on the preparation and storage of infant formula milk in the home.

Health professionals should re-emphasise to parents:

- the importance of good hygiene practices in preparing and storing feeds made from powdered formula

- failure to follow the manufacturer's guidelines may increase the chances of a baby becoming ill

Infant formula powder is not sterile; the risks associated with using powdered infant formula milk are reduced if:

feeds are made up using boiled water that is greater than 70°C; in practice, this means using water that has been left to cool for no more than half an hour

feeds are made up fresh for each feed; storing made up formula milk may increase the chance of a baby becoming ill and should be avoided

any left over milk is thrown away

mothers, who require a feed for later, are advised to keep water they have just boiled in a sealed flask and make up fresh formula milk when needed or use a liquid ready-to-feed formula**

the temperature of the feed should be tested and, if required, cooled by holding the bottle, with the cap covering the teat, under cold running water*
The NHS leaflet on bottle feeding has been updated and 'Birth to Five' and 'The Pregnancy Book' will be updated to reflect this advice before the next print run.

*This last point has been added since this article was originally published.

** The advice about using a liquid ready-to-feed formula was added on 13 February 2006 as a result of the Department of Health updating their advice.



Wednesday 2 March 2011



Safer food, better business



Revised infant formula guidance -

The Department of Health and the Food Standards Agency have issued revised guidance for parents on the safe preparation and storage of powdered infant formula milk.

Powdered infant and follow-on formulas are not sterile, which means they can contain harmful bacteria. So it is important to take care when preparing and storing formula, to reduce the risk of babies becoming ill. Bacteria will be killed if formula is made up following the advice, which includes using water that is at least 70°C.

This new guidance will make it easier for parents to prepare and store infant formula safely.

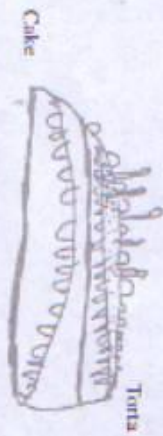


Mangiare

Abbiamo diritto di mangiare le cose che fanno bene.
Solo alcune volte le patatine e un cioccolato.
È giusto mangiare un hamburger e bere molto.



Insalata



Eating

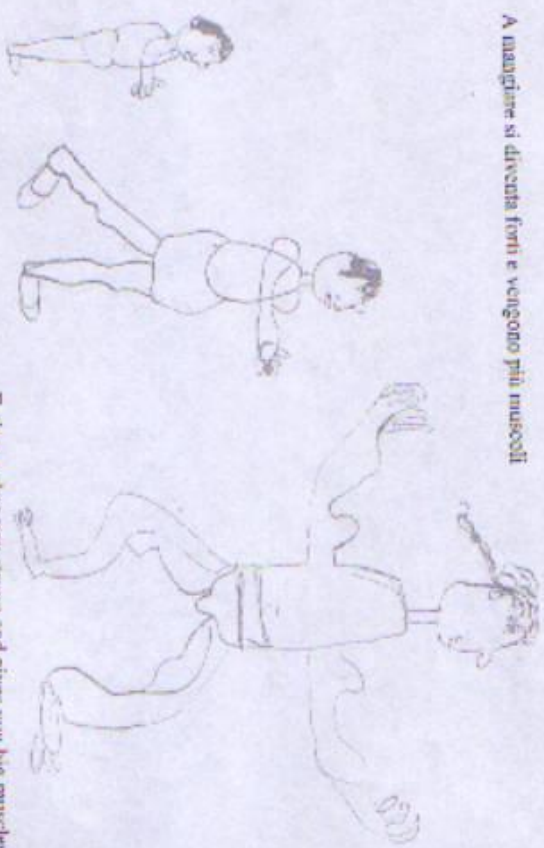
We have the right to eat things that are good for us.
Only sometimes potato chips and chocolates.
It's right to eat a hamburger and drink a lot.

Mangiare

È importante mangiare perché si diventa grandi e si diventa forti.

Se uno non gli piace mangiare qualcosa può lasciarlo lì.

A mangiare si diventa forti e vengono più muscoli



Eating makes you strong and gives you big muscles

Eating

It's important to eat because you grow up and get strong.

If somebody doesn't like something, he can leave it on his plate.

**DIRECT SERVICES
CLEANING & CATERING
EQUIPMENT COLOUR CODING**

**WASHROOMS AND
SANITARY AREAS**



**MAIN KITCHEN
FOOD PREPARATION AREAS**



VEGETABLES



**GENERAL PURPOSE AREAS
(Dining Room / Classrooms)**



Our staff play an important role in keeping Birmingham City schools environment clean, healthy and hygienic.



**COLOUR CODING PREVENTS
CROSS CONTAMINATION**

