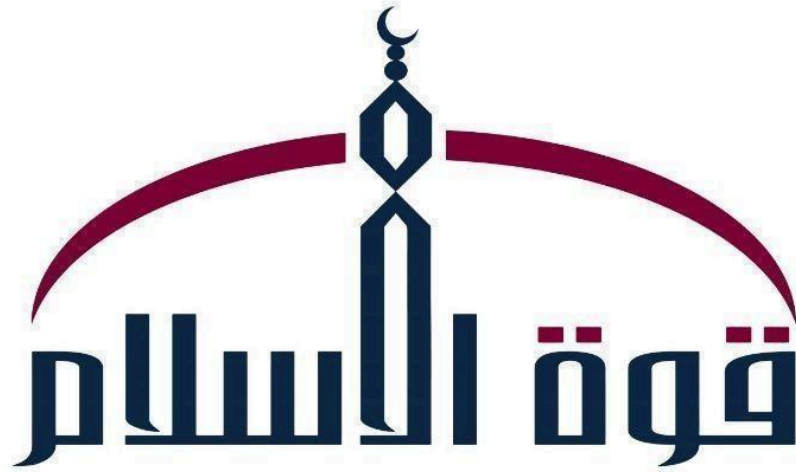


Quwwat-Ul-Islam Girls' School



QUWWAT-UL-ISLAM GIRLS' SCHOOL

www.quwwatulislam.com

Together we can achieve more

Early Years Food Policy

Published Date	September 2026
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School Motto
Together we can achieve more
School Values
Respect . Aspiration . Responsibility
Learning Drivers
Caring for Ourselves, Our World, Our Education, Our Rights

School Vision Statement

To establish a school of excellence both **Islamically** and **Academically** - Provide a **holistic** education which is inspired by: **Taqwa**: God consciousness **morals and values** inspired by the prophet (saw) coupled with **academic excellence**.

At Quwwat-ul-Islam girls' school we adhere to the following:

- **Mutual respect and tolerance** - We respect and care for everybody.
- **Democracy**– We promote the right of every individual to have their opinions and voices heard.
- **The rule of the law** – We understand that laws and rules protect us and at the same time provide us with responsibilities, by breaking them there are consequences.

Quwwat ul Islam Girls' School is committed to safeguarding and promoting the welfare of all pupils in its care. As an employer, the school expects all staff, governors, volunteers and parents/carers to share this commitment.

We are based in Newham and the numbers of children in our borough who are both underweight and who are obese exceed the national figures and tooth decay in the under 5's is the second highest in London.

We provide an environment that promotes healthy food and eating and enables children to make informed choices about the food they eat. This policy covers all aspects of food and drink within the nursery.

The nutritional principles of this policy are based on current evidence based findings; and the 'eat well plate' is the agreed model for ensuring a healthy balanced diet. We use the 'eat better start better' guidance and look to the Caroline Walker trust for guidance on under-fives nutrition and portion size.

- www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx
- <https://foundationyears.org.uk/eat-better-start-better/>
- <https://www.cwt.org.uk/>

The main aims of our nursery food policy are:

- To enable pupils to make healthy food choices through the provision of information and development appropriate skills and attitudes related to healthy eating habits
- To provide healthy, balanced, nutritious food/drink choices throughout the school day and ensure food brought into the nursery is safe and healthy.
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our nursery
- To ensure that children are helped to understand the importance of physical activity and to make healthy choices in relation to food.

These aims are in keeping with the Statutory Framework for the EYFS

Curriculum

The Department for Education legislation (September 2015) stipulates that nutrition education is embedded in the curriculum. There are numerous opportunities in the curriculum for pupils to develop knowledge of food and health, examples are cooking (e.g. bread making) or preparing food from a range of different cultures.

Children are involved in cooking and food preparation every day in the Nursery, they pour their own drinks and prepare their own snacks under supervision. We promote healthy eating habits that will lead to lifelong health and well-being. We recognise that healthier children learn more effectively. We aim to have an impact on health related issues such as children being over or under-weight and having poor dental health which are such significant factors in Newham.

Food and drink provision throughout the school day

National Nutritional Standards for food in schools became compulsory in June 2014. Food and Nutrient based Standards covering all aspects of school food, form the basis for all food offered and eaten in nursery throughout the nursery day. Together they apply to all food and drink served in schools, including all foods, breakfast, snack, lunch, and tea in after-school provision.

Snacks

The snacks we offer are carefully planned according to nutritional guidelines for under-fives so they offer a mix of carbohydrate, protein and fruit or veg. Food is washed and brought to the table by staff and children are involved in preparing their individual snack and clearing up the cutlery, plates etc. All plates, cups etc. are washed after use.

Snack menus are displayed and photos to promote healthy eating and hand washing mounted by snack tables.

A four week snack menu is offered as we feel that repetition in the snack menu is a good way to ensure that a child has the opportunity to see others eating certain foods regularly before they are confident to try unfamiliar foods themselves.

We monitor the children's response to the menus and may make small changes related to this while maintaining the overall balance. However, we do not feel the need to change the menus completely as this is a snack not a full meal provision.

Healthy food choices

Snack times across all of our services are used to engage children in talking about making healthy food choices. We use these times to talk with children about specific dietary requirements, too. This helps them to develop an understanding that some people have allergies, some people make ethical food choices (e.g. they are vegetarian or vegan) and some people make food choices because of their faith (e.g. halal)

School Lunch for full time students

School meals are provided by Catering Ltd and they meet the National Nutritional Standards for School Lunches (The School Food Plan 2013). We encourage all children staying for lunch to have a school meal. The Children's Food Trust (2009) reported that packed lunches brought from home were not only, of the majority, 99% less nutritious than School Meals, but it is further widely reported that school meals are cheaper than their packed lunches. There is a small charge for lunch this will ensure that our nursery is fully compliant with the stringent national standards and that all children have a healthy balanced meal in the middle of the nursery day.

Packed Lunch for full time students

The nursery encourages parents and carers to provide children with healthy packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the 'eatwell plate'. This will ensure that children eating packed lunches have a healthy balanced meal.

Snacks for part time students

Children in nursery have all their snacks provided and parents do not need to send any food or drinks during the nursery day. There is a small weekly charge for snacks, this may consist of fruit, salad vegetables, bread sticks and similar healthy food items.

Drinking water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The nursery encourages all staff and pupils to consume water as their primary fluid intake. We provide drinking water at snack time along with milk and encourage pupils to drink at frequent intervals throughout the day.

Staff roles and responsibilities

Staff working at the snack/lunch areas model eating as a social occasion. They encourage children to try new items without putting pressure on them to eat, to help themselves and learn about food through talking to them about the food on offer, what they eat at home etc.

The relationship between the parent and the child's key person is central to the way we operate in the Nursery. Key persons meet regularly with parents and will raise and follow up on any issues or concerns relating to health or diet. If concerns continue about a child's health staff will raise this with senior staff members.

Special medical diets

We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets.

The nursery and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets

If a parent has any concerns about their child's eating, they should discuss it with us so that we can ensure we are ready to cater for them. When children start nursery they have a home visit from their key person and the Early Years Lead. At these meetings they are asked some general questions about their child's health and dietary requirements including the name of the child's doctor and dentist. If they have no dentist they will be given details on how to register.

Allergies

If a parent tells us that their child has an allergy to certain foods we discuss this with them and ask if they have medical confirmation of allergies. If this is the case we use an appropriate form to take all the relevant details.

Medication is clearly labelled with the child's name and all staff in the room are aware of its location. An overall list of allergies for the Nursery is maintained by the Welfare Officer and copies of this list with photos of the child are displayed by the main snack table so that any member of staff working in this area is aware of all allergies. Children with food allergies wear a badge with a coloured spot when they start nursery and have a meal mat describing their allergy.

Use of EpiPens

When a child who uses an EpiPen comes to the nursery, training is arranged for all staff on the procedures to be followed and the administering of the medication. We discuss with the parent any measures we need to take within the school to keep the child safe such as being particularly careful about washing hands after handling any food which may cause an allergic reaction. The majority of our staff are trained paediatric first-aiders.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene Training and that suitable equipment and protective clothing are available. Food and fridge temperatures are checked daily.

Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

The food and eating environment

The nursery provides a clean, sociable welcoming environment for pupils to eat their snacks. Lunchtime supervisors will help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating, independence and making choices. Food is served 'family style' with children sitting around a table with staff and children are encouraged to 'chat' as you would around a family dinner table about your day etc. The senior lunchtime supervisor ensures the appropriate food checks are made.

Sustainability

Food waste is minimal as children at the snack table are encouraged to take small portions initially and then to take a second helping if they have finished the first and want more.

Plastic bags which the food is delivered in are always reused within the Nursery. We use crockery which can be washed and reused rather than disposable paper or plastic cups. We can now recycle paper, cans and plastic wrappers which food is packaged in.

Oral health

We understand that oral health plays a vital role in our daily lives, affecting our ability to eat, speak, and feel confident. Newham has a high rate of tooth decay in young children and we want to try and work with parents and children to try to raise awareness of good oral hygiene. We include teeth brushing in play routines for example encouraging children to brush the teeth of dolls or soft toys and have sets of teeth to play with. We read stories about teeth and talk about healthy food and drinks that help to grow strong teeth, and those that do not. We will encourage children to look at their own teeth using mirrors.

We signpost families to useful resources and also support families to:

- visit the dentist regularly - we support families to find a dentist if they do not have access to one
- read stories about visiting the dentist
- brush teeth together
- establishing good toothbrushing routine