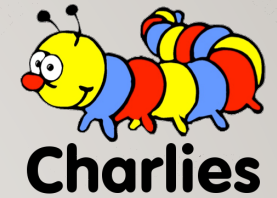


Charlies

Learning Walk – Mealtimes Oct 2018

Objective is to take a step back to observe practice and reflect on what's going well, what's not going so well and what we can do to improve.

What's going well...



Breakfast

- Staff wearing aprons
- Lots of self service going on
- Parents were greeted in timely welcoming manner, use of personal names on the intercom
- Student tasked to stock up paper towels/blue roll supplies in all rooms for the day
- Older children were involved in clearing away, 'helpers' took the trolley to the kitchen gate for Annette

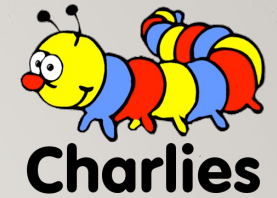
Snack

- Open snack bar
- Safety cutters on the trolley
- Staff wearing aprons

Lunch...

- Babies washed hands in a bowl of warm soapy water and dried hands with paper towel
- Babies were wearing bibs to begin their meal
- Babies were encouraged to feed themselves
- Meal is served to babies in the room
- Toddlers used the bathroom sinks to wash hands
- Toddlers were wearing aprons to begin their lunch
- Children sat well to eat in a calm and relaxed atmosphere

What's going well cont'd...



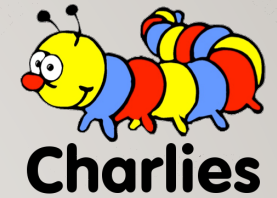
Lunch cont'd...

- One table observed the pudding dish put into the centre of the table encouraging children to have extra's promoting patience and turn taking
- Some adults were observed sitting at each table in family groups, one table were chatting and self serving
- Pre-school children were changed out of wet clothes from play during story time ready for lunch
- Pre-school children used the bathroom to wash hands
- A child dropped his knife and asked for a clean one
- An adult had a small portion and sat with the children to eat
- An adult was observed engaging in a conversation that was sparked by the children, asking open ended questions to encourage and extend the children's language
- Some rooms offered children the opportunity to self serve the part of the meal that was cool enough to do so

Tea

- Children in both older rooms lined up making trains to go to the bathroom to wash hands
- Staff wearing aprons
- Some rooms singing please and thank you song
- Some children offered the opportunity to self serve, mainly older children

What's not going so well...



What do we need to improve further...

- Some staff not washing hands before serving food (Health and Hygiene)
- Adult aprons not worn consistently when serving food, mainly snack time (Health and Hygiene)
- Staff standing with the iPad during the meal
- Most staff standing above the children, few staff sitting with the children
- Some staff stretched, serving breakfast, answering door, supervising children finished whilst other rooms were quiet
- Breakfast time was very quiet, very little atmosphere, limited adult interaction, no music
- Limited interaction and conversation with the children, no Makaton signing or symbols used (British Values)
- Please and thank you song wasn't sang consistently (British Values)
- Children's handwashing routine was not consistent at breakfast, snack and tea time, hand gel not used (Health and Hygiene)
- Lunch dishes too hot for children to self serve food
- Napkins and/or bibs weren't worn consistently
- Some staff serving food onto dirty tray or table, ie. Pudding after lunch, breakfast...
- Staff were stood eating the food
- Lack of adult teaching or role modelling, ie. how to use the safe cutters, children attempting to cut fruit in a bowl
- Self service unsupervised resulting in unnecessary waste and poor portion control, lack of self service for younger children (British Values)
- No placemats laid out for older children (British Values)
- Lack of activities available for when finished, lack of instruction "What's happening next"

What's not going so well cont'd...

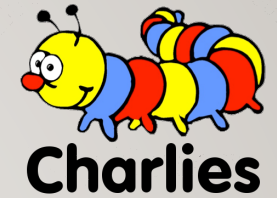


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What do we need to improve further cont'd...

- Leaving the floor until children have left the table resulting in walking food around the room (Health and Hygiene)
- Wipes used after meals leaving some children's faces not cleaned well
- No teeth cleaning
- Children left in dirty tops after their meal
- Water jugs/cups not consistently left out for the children, put back on the trolley for the kitchen (Safeguarding)
- Fruit every morning, following the menu?

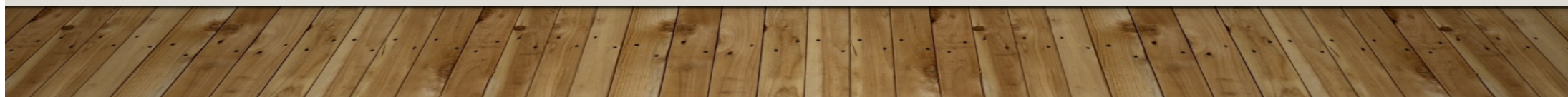
Our philosophy around mealtimes

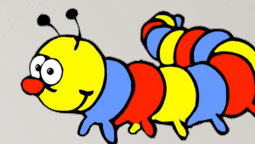


What does our policy say...

- At every mealtime the children are given a choice of what's on the menu
- Each part of the meal will be offered in turn encouraging and accepting the child's choice, even if you know the child doesn't like what's chosen
- If a child doesn't like everything on the menu, they can choose more of the item they do like (this may take a few attempts of making the wrong choice)
- An alternative is not always necessary as children can fill up on other parts of the meal however NEVER leave a child hungry, if needed offer an alternative.
- Don't serve a plate of food not chosen by the child, mealtimes are a sociable and interactive time that should be enjoyable for both adults and children alike.
- We encourage adults to serve a small portion of the meal and always sit with the children to eat.

The aim of the above is to help children to learn to make choices and discover their own likes and dislikes. Please don't worry if a child doesn't eat a complete meal, as long as they have eaten the parts that they like, this applies to breakfast, snack, lunch and tea.





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Action Plan