**Lunch sessions**

All children who attend on a Monday bring a packed lunch with them. For the autumn term, if you prefer, children may be collected at 1pm after they have eaten their lunch. From January all children stay at nursery until 2.45pm. Some Tuesday and Thursday children bring a packed lunch if they are booked into nursery until 2.45pm.

There is usually some concern about what items should be placed in a lunch box. The nursery has a nut free policy so peanut butter etc may not be placed in sandwiches/rolls nor any other nut product. We suggest you start with a couple of sandwiches or a small roll, a piece of fruit and perhaps a small treat. Please don’t put a range of things so the children can choose what they fancy. We will encourage children to eat as much of the lunch as they can working on the assumption they will like what is in the box and that you expect them to eat that amount. Please don’t give them something they haven’t had before at home. Cocktail sausages, olives and grapes should be cut in half length-ways as these items can be a choking hazard. Yoghurts are not a great item for lunchboxes, they are tricky to open and often very messy as is chocolate, particularly on a hot day.

On a Monday, part of learning during the lunch session is to prepare children for the move to school so, whilst staff are on hand throughout the session sitting with the children, we are supporting the children to become as independent as possible. This is also true on a Tuesday and Thursday although we recognise some younger children may require a little more support.

As a priority children should have a clearly named (on the outside) lunch box which they can open themselves. Any boxes or packets inside the lunch box should also be easy enough for children to open. The children find opening cling film difficult and it has some safety implications – if you are able to avoid cling film it would be appreciated.

Children should bring named water bottles to nursery each day and these are given to the children at lunch time as well. We will ensure they have adequate water in the bottle. They do not need an additional drink in their lunch.

Please ask if anything is unclear. You know your child best so you may wish to give them a little more food than I have suggested.