



Middlefirth Church of England Primary School

EYFS Safe Eating Policy	
Written By	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine - Matthew 5:16

Middleforth C of E Primary School & Nursery

EYFS Safe Eating Policy

(In line with EYFS Statutory Framework 2025 Requirements)

Policy Owner: EYFS Lead

Approved by: Headteacher/Governing Body

Review Date: Annually or sooner if guidance changes

Date of Implementation: September 2025

1. Policy Statement

At Middleforth C of E Primary School & Nursery, we are committed to providing a safe, nurturing and inclusive environment where all children can enjoy food and drink safely. We recognise that eating and drinking are important parts of children's health, wellbeing, learning and social development.

We acknowledge our duty under the **Early Years Foundation Stage (EYFS) Statutory Framework 2025**, particularly sections **3.63-3.70**, to minimise the risks associated with choking, food allergies, intolerances and anaphylaxis, and to ensure the safety of all children during meals, snack times and food-related activities.

2. Aims

We aim to:

- Provide a safe eating environment for all children.
- Reduce the risk of choking incidents.
- Effectively manage allergies, intolerances and dietary requirements.
- Ensure staff are trained and confident in responding to emergencies.
- Promote healthy eating habits.
- Maintain strong communication with parents, carers and healthcare professionals.
- Meet all statutory EYFS 2025 safer eating requirements.

3. Roles and Responsibilities

Headteacher and Senior Leaders

The Headteacher and Senior Leadership Team will ensure:

- Safe eating procedures are implemented across Nursery and Reception.
- Appropriate staffing arrangements are in place during all meal and snack times.
- At least one Paediatric First Aid (PFA) trained member of staff is present whenever children are eating.
- Staff receive appropriate training regarding food safety, choking prevention and allergy management.
- All incidents relating to eating and drinking are recorded, monitored and reviewed.

EYFS Staff

All EYFS staff will:

- Follow safe eating procedures at all times.
- Be familiar with children's allergy and dietary information.
- Supervise children closely whilst eating and drinking.

- Recognise signs of choking and allergic reactions.
- Act immediately in an emergency.
- Record and report any incidents or concerns.

4. Collection of Dietary and Medical Information

Prior to admission, parents/carers must provide information regarding:

- Food allergies.
- Food intolerances.
- Medical conditions affecting eating.
- Religious or cultural dietary requirements.
- Food preferences and restrictions.

This information will be:

- Recorded on admission forms.
- Stored securely within school systems.
- Shared with all relevant staff.
- Updated whenever changes occur.
- Reviewed at least annually.

5. Allergy Management

Middleforth C of E Primary School & Nursery recognises that allergies can develop at any stage of childhood.

For children with diagnosed allergies:

Allergy Action Plans

The school will:

- Work in partnership with parents/carers.
- Seek advice from healthcare professionals where appropriate.
- Develop an individual Allergy Action Plan.
- Ensure plans are accessible to all staff.
- Review plans regularly and whenever a child's needs change.

Staff Awareness

All EYFS staff will:

- Know which children have allergies.
- Understand individual Allergy Action Plans.
- Recognise symptoms of allergy and anaphylaxis.
- Know the emergency procedures required.
- Know the location of medication, including adrenaline auto-injectors where applicable.

Safe Food Checking

At every meal, snack time or cooking activity:

- A designated member of staff will check food and drink are safe for each child.
- Ingredients will be checked where necessary.
- Cross-contamination risks will be minimised.
- Children will not share food, drinks, utensils or containers.

6. Safe Food Preparation

All food provided by the school will be prepared and served in accordance with current food safety regulations and school food hygiene procedures.

Staff will:

- Follow school food hygiene guidance.
- Prepare food appropriately for children's developmental stages.
- Remove or modify foods that present a choking risk.
- Follow current government safer food preparation guidance.
- Ensure food is served at a safe temperature.

Examples include:

- Grapes cut lengthways.
- Cherry tomatoes cut into quarters where appropriate.
- Hard fruit prepared according to children's age and development.
- Avoidance of foods identified as presenting an unacceptable choking risk.

7. Safe Eating Environment

Middleforth C of E Primary School & Nursery will provide a calm and well-supervised eating environment.

We will:

- Ensure children are seated safely during meals and snacks.
- Use appropriately sized tables and chairs.
- Encourage children to sit whilst eating and drinking.
- Reduce distractions where possible.
- Promote positive conversations during mealtimes.
- Ensure staff are positioned facing children so they can observe continuously.

Children will not:

- Walk around whilst eating.
- Run with food in their mouths.
- Lie down whilst eating or drinking.

8. Supervision During Eating

Children will be closely supervised at all times whilst eating and drinking.

Supervising staff will:

- Remain attentive throughout meal and snack times.

- Observe children continuously.
- Listen for signs of difficulty swallowing, choking or distress.
- Monitor children who are new to foods or who may be at increased risk.

Staff will never leave children unsupervised whilst eating.

9. Paediatric First Aid

In accordance with EYFS 2025 requirements:

- At least one member of staff holding a valid Paediatric First Aid certificate will be present whenever children are eating.
- Staff responsible for supervising meals will know how to respond to choking incidents.
- Emergency contact details and medical information will be readily available.

10. Choking Incidents

If a choking incident occurs:

Staff will:

1. Follow Paediatric First Aid procedures.
2. Summon additional support immediately.
3. Contact emergency services if required.
4. Inform parents/carers as soon as possible.
5. Record the incident in accordance with school procedures.

Any near miss incidents will also be recorded and reviewed.

The EYFS Lead and Headteacher will monitor incidents to identify:

- Patterns.
- Recurring risks.
- Environmental factors.
- Training needs.

Immediate action will be taken where improvements are identified.

11. Food and Drink Brought from Home

Parents are asked to:

- Inform school of any changes to dietary requirements.
- Follow school guidance regarding packed lunches and snacks.
- Clearly label any food supplied for their child.
- Avoid sending foods that may increase allergy risks to others where requested.

The school reserves the right to restrict certain foods where necessary to protect children with severe allergies.

12. Food Activities and Cooking Experiences

When children participate in cooking or food tasting activities, staff will:

- Check allergy information beforehand.
- Conduct appropriate risk assessments.
- Ensure ingredients are safe for all participants.
- Supervise activities closely.
- Promote good hygiene practices, including handwashing.

13. Training

The school will ensure relevant staff receive training in:

- Paediatric First Aid.
- Allergy Awareness.
- Choking Prevention.
- Food Hygiene.
- Safeguarding and Health & Safety.

Training will be refreshed in accordance with statutory requirements and school procedures.

14. Monitoring and Review

This policy will be reviewed:

- Annually.
- Following any significant incident.
- When new legislation or guidance is published.
- When changes occur within the EYFS statutory framework.

The effectiveness of this policy will be monitored through:

- Incident records.
- Allergy management reviews.
- Staff training records.
- Routine health and safety monitoring.

Linked Policies

- Health and Safety Policy
 - First Aid Policy
 - Medical Needs Policy
 - Supporting Pupils with Medical Conditions Policy
 - Safeguarding and Child Protection Policy
 - Food Hygiene Procedures
 - Intimate Care Policy
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Commitment Statement

At Middleforth C of E Primary School & Nursery, we believe that mealtimes should be safe, positive and enjoyable experiences. Through robust procedures, vigilant supervision and strong partnerships with families, we work together to ensure every child can eat, drink and thrive safely.



Middlefirth Church of England Primary School

EYFS Safe Sleep and Rest Policy	
Written By	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine - Matthew 5:16

Middleforth C of E Primary School & Nursery

EYFS Safe Sleep and Rest Policy

(In line with EYFS Statutory Framework 2025)

Policy Owner: EYFS Lead

Approved by: Headteacher/Governing Body

Review Date: Annually or sooner if guidance changes

Date of Implementation: September 2025

1. Policy Statement

At Middleforth C of E Primary School & Nursery, we recognise that children aged 3-5 years generally no longer require a planned sleep routine whilst attending nursery or school. Our provision is designed to promote active learning, play, exploration and engagement throughout the day.

However, we understand that there may be occasions when a child becomes tired, unwell, distressed, or falls asleep unexpectedly. In these circumstances, we are committed to ensuring that children are cared for safely, comfortably and in accordance with current EYFS guidance.

The safety and wellbeing of every child remains our priority at all times.

2. Aims

We aim to:

- Provide a safe and appropriate environment for children who require rest.
- Ensure children are continuously supervised when resting or sleeping.
- Work in partnership with parents and carers regarding children's needs.
- Follow safe sleep guidance and best practice.
- Respond appropriately if a child becomes unwell or falls asleep unexpectedly.
- Promote children's health, wellbeing and emotional security.

3. Planned Sleep Arrangements

Middleforth C of E Primary School & Nursery does not routinely promote or schedule sleep times as part of the daily provision.

Children attending Nursery and Reception are provided with opportunities to:

- Rest when needed.
- Access quiet areas.
- Engage in calm activities.
- Regulate their emotions and energy levels throughout the day.

Planned sleep sessions are not part of the curriculum or daily routine.

4. When a Child Falls Asleep

If a child falls asleep unexpectedly or requires rest due to illness, tiredness, emotional distress or other circumstances:

- Staff will ensure the child is safe and comfortable.
- The child will be moved, where appropriate, to a suitable supervised resting space.
- Parents/carers will be contacted as soon as possible.
- Staff will discuss the situation with parents and seek their wishes regarding continued rest, collection from the setting or any other appropriate action.
- The child's wellbeing will continue to be monitored throughout.

Where a child appears unwell, school illness procedures will also be followed.

5. Resting Facilities

Middleforth C of E Primary School & Nursery has suitable sleep/rest mats available for use in both Nursery and Reception.

When required:

- Mats will be stored safely and accessed when needed.
- Children will rest in a well-ventilated area.
- The environment will remain calm and comfortable.
- Children will remain within sight and hearing of staff at all times.
- Mats and equipment will be cleaned regularly in accordance with school hygiene procedures.

6. Supervision

A child who is resting or sleeping will never be left unattended.

Staff will:

- Maintain continuous supervision.
- Remain within sight and hearing of the child.
- Regularly monitor the child's breathing, colour and comfort.
- Ensure the child can be easily observed at all times.
- Be alert to any signs of illness or distress.

Staff will record concerns and seek medical advice where necessary.

7. Safe Sleep Practice

Should a child fall asleep, staff will follow recognised safe sleep guidance by:

- Ensuring the child is placed in a safe position.
- Maintaining an uncluttered sleeping area.
- Avoiding excessive blankets, cushions or loose items around the child.
- Ensuring the child's face and airway remain clear.
- Maintaining a suitable room temperature and ventilation.

- Supervising continuously throughout the rest period.

Children will never be allowed to sleep in unsafe locations or positions.

8. Partnership with Parents and Carers

Parents and carers play an important role in supporting children's wellbeing.

If a child falls asleep or requires significant rest during the school day:

- Parents/carers will be informed promptly.
- Discussions will take place regarding the child's needs.
- Any relevant information shared by families regarding sleep patterns, illness or wellbeing will be taken into account.
- Agreed actions will be recorded where appropriate.

9. First Aid and Medical Considerations

If a child falls asleep unexpectedly and staff have concerns about their health or responsiveness:

- A qualified first aider will assess the child.
- Parents/carers will be contacted immediately.
- Medical advice will be sought where necessary.
- Emergency services will be contacted if there are concerns for the child's immediate safety or wellbeing.

10. Recording and Monitoring

Staff will record:

- Significant sleep or rest incidents during the school day.
- Any concerns regarding a child's wellbeing.
- Contact made with parents/carers.
- Actions agreed or taken.

Where patterns emerge, these will be discussed with parents/carers to ensure appropriate support is in place.

11. Staff Training

Relevant staff will receive training and guidance relating to:

- Child wellbeing and welfare.
- Safeguarding.
- Paediatric First Aid.
- Safe supervision practices.
- EYFS statutory requirements.

12. Monitoring and Review

This policy will be reviewed:

- Annually.
 - Following any significant incident.
 - Following updates to EYFS guidance or safe sleep recommendations.
 - As part of the school's ongoing safeguarding and welfare monitoring.
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Linked Policies

- EYFS Policy
 - Safeguarding and Child Protection Policy
 - First Aid Policy
 - Health and Safety Policy
 - Medical Needs Policy
 - Intimate Care Policy
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Commitment Statement

At Middleforth C of E Primary School & Nursery, we recognise that young children may occasionally need periods of rest due to illness, tiredness or individual circumstances. Whilst sleep is not routinely promoted within our Nursery and Reception provision, we are committed to ensuring that any child who falls asleep or requires rest is cared for safely, sensitively and in partnership with their family, following current EYFS guidance and best practice.



Middlefirth Church of England Primary School

EYFS Screen use and Digital technology Policy	
Written By	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine – Matthew 5:16

Middleforth C of E Primary School & Nursery

EYFS Screen Use and Digital Technology Policy

In line with EYFS Statutory Framework 2025 and DfE Screen Use Guidance

Policy Owner: EYFS Lead

Review Date: Annually

Implementation Date: September 2025

1. Policy Statement

At Middleforth C of E Primary School & Nursery, we recognise that young children learn best through play, exploration, physical activity, social interaction and first-hand experiences.

Whilst technology forms part of the world in which children live, screen use within our Nursery and Reception provision is kept to an absolute minimum and is only used where it has a clear educational purpose that enhances learning.

We do not provide individual iPads, tablets or personal digital devices for children's use in Nursery or Reception. Screens are never used as entertainment, a reward, a behavioural management strategy or a substitute for high-quality adult interaction and play.

This policy reflects the Department for Education's guidance on screen use and the requirements of the EYFS Statutory Framework.

2. Aims

We aim to:

- Prioritise play-based, active and hands-on learning.
- Ensure any screen use is intentional, purposeful and educational.
- Promote children's communication and language development through adult interaction.
- Minimise unnecessary screen exposure.
- Support children's understanding of technology in age-appropriate ways.
- Work in partnership with families to encourage healthy screen habits.

3. Our Approach to Screen Use

At Middleforth C of E Primary School & Nursery:

- Children do not have access to individual iPads or tablets.
- Screens are used infrequently and only to support learning.
- Technology enhances learning experiences rather than replacing them.
- Most learning takes place through practical experiences, outdoor learning, stories, conversations, creative activities and play.
- Children are always supervised when screens are used.

Screen use may include:

- Sharing photographs linked to children's learning.
 - Viewing short educational clips linked to topics or interests.
 - Supporting phonics, storytelling or language development.
 - Exploring experiences that children cannot easily access first-hand.
 - Participating in occasional interactive whole-class learning experiences.
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4. Screen Time Limits

The Department for Education advises that children aged 2-5 years should have no more than one hour of screen time per day, with less being preferable.

As children may access screens at home, we seek to minimise screen exposure within the setting wherever possible.

Any use of screens within Nursery or Reception will:

- Be brief and purposeful.
 - Form only a very small part of the school day.
 - Support a clearly identified learning intention.
 - Never be treated as a daily expectation or entitlement.
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5. Adult Engagement

Children will never access screens independently.

Whenever screens are used, an adult will be present to:

- Talk with children about what they are seeing.
- Ask questions and encourage discussion.
- Extend language and vocabulary.
- Support understanding and critical thinking.
- Help children make connections with their own experiences.

We recognise that learning occurs through interaction with adults rather than passive viewing.

6. Content Standards

Any digital content used within the setting must be:

- Suitable for the age and developmental stage of the children.
- Carefully selected by staff.
- Educational in purpose.
- Simple, clear and slow-paced where appropriate.
- Free from inappropriate material, advertising and autoplay functions.

Content will always be viewed by staff prior to being shown to children.

7. Screen-Free Learning Environment

To promote children's wellbeing and development:

- Screens will not be used during mealtimes or snack times.
- Screens will not be used as background entertainment.
- Screen use will not replace outdoor learning, physical activity, storytelling or play.
- Children will have daily opportunities for movement, exploration and social interaction.

The learning environment will remain predominantly screen free.

8. Assessment

In line with DfE guidance:

- Children's learning and development will be assessed through observation, interaction and professional judgement.
- Children will not be expected to complete assessments on screens.
- Staff will use their knowledge of children and evidence from everyday learning experiences to inform assessment.

9. Working with Parents and Carers

We recognise that screen exposure largely occurs outside of the setting.

We will:

- Share guidance on healthy screen use where appropriate.
- Promote a balanced approach to technology.
- Support families in understanding current recommendations.
- Encourage reading, play, conversation and physical activity alongside any technology use at home.

10. Staff Responsibilities

All staff will:

- Follow this policy.
- Model positive technology use.
- Ensure any screen use has a clear educational purpose.
- Monitor children's responses to digital content.
- Prioritise direct interaction and play-based learning.

11. Monitoring and Review

This policy will be monitored by the EYFS Lead and Senior Leadership Team and reviewed:

- Annually.
- Following updates to EYFS guidance.
- Following any significant safeguarding or online safety concerns.

Linked Policies

- EYFS Policy

- Online Safety Policy
- Safeguarding and Child Protection Policy
- Behaviour Policy
- Teaching and Learning Policy

Commitment Statement

At Middleforth C of E Primary School & Nursery, we believe that young children learn best through real experiences, meaningful relationships, active play and exploration. Technology is therefore used sparingly, intentionally and only where it genuinely enhances learning. Our Nursery and Reception children do not use individual tablets or iPads and spend the majority of their day engaged in rich, hands-on experiences that support their development across all areas of learning.



Middlefirth Church of England Primary School

EYFS Intimate Care and toileting policy	
Written By	Beth Stritch
Date	September 2026
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Let Your Light Shine – Matthew 5:16

Middleforth C of E Primary School & Nursery

Intimate Care and Toileting Policy

In line with EYFS Statutory Framework 2025

Policy Owner: EYFS Lead

Approved by: Headteacher/Governing Body

Review Date: Annually

Date of Implementation: September 2025

1. Policy Statement

At Middleforth C of E Primary School & Nursery, we are committed to ensuring that all children are treated with dignity, respect and sensitivity when receiving intimate care.

We recognise that children develop toileting skills at different rates and that some children may require support due to their age, developmental stage, medical needs, special educational needs or disabilities (SEND).

We work in partnership with parents and carers to promote children's independence and confidence in managing their own personal care wherever possible.

2. Aims

We aim to:

- Safeguard the dignity, rights and wellbeing of all children.
- Support children in developing independence in toileting and personal hygiene.
- Work closely with parents and carers to establish consistent toileting routines.
- Ensure intimate care is carried out safely, respectfully and sensitively.
- Comply with EYFS welfare requirements and safeguarding guidance.
- Meet the individual needs of every child.

3. Expectations on Entry to Nursery

At Middleforth C of E Primary School & Nursery, we recommend that children start Nursery toilet trained where possible.

We recognise that this is not always achievable and understand that some children may:

- Have additional needs.
- Have medical requirements.
- Be awaiting developmental readiness.
- Be experiencing temporary setbacks in toileting.

Children will not be excluded from attending Nursery solely because they are not yet fully toilet trained.

Where a child is not toilet trained on entry, we expect parents and carers to work in partnership with staff to support the development of consistent toileting routines both at home and within the setting.

4. Working in Partnership with Parents

Parents and carers are expected to:

- Share information about their child's toileting needs.
- Provide nappies, pull-ups, wipes and spare clothing where required.
- Inform staff of any medical or developmental factors affecting toileting.
- Work collaboratively with staff to support toilet training.

Staff will:

- Share progress and concerns with parents.
- Promote consistency between home and school.
- Encourage and celebrate children's independence.
- Agree individual arrangements where appropriate.

5. Teaching Toileting Skills

Toileting routines are taught regularly and consistently throughout Nursery and Reception.

Children are supported to:

- Recognise when they need the toilet.
- Communicate their needs confidently.
- Use the toilet independently where appropriate.
- Manage clothing.
- Wipe appropriately according to age and stage.
- Wash and dry hands thoroughly.
- Develop good personal hygiene habits.

Staff provide encouragement and reassurance and understand that accidents are a normal part of child development.

6. Intimate Care Procedures

Intimate care may include:

- Changing nappies or pull-ups.
- Supporting a child following a toileting accident.
- Assisting with cleaning after using the toilet.
- Changing soiled clothing.
- Supporting personal hygiene following illness.

Staff will:

- Explain what they are doing and seek the child's cooperation.
- Respect the child's privacy and dignity at all times.
- Encourage the child to do as much for themselves as possible.
- Wear disposable gloves and aprons where appropriate.
- Follow hygiene and infection control procedures.
- Ensure intimate care takes place in a suitable and safe environment.

Children will never be left unattended during intimate care procedures.

7. Children in Nappies or Pull-Ups

Where children require nappies or pull-ups, staff will follow current EYFS guidance and agreed school procedures.

We will:

- Change children promptly when required.
- Follow hygienic changing procedures.
- Dispose of waste safely and appropriately.
- Record changes where required.
- Monitor any concerns regarding a child's health, skin condition or wellbeing.
- Promote increasing independence as children become ready.

Nappy changing will always be carried out by appropriately trained members of staff.

8. Toileting Accidents

Accidents are a normal part of learning and development.

Where accidents occur:

- Children will be reassured and comforted.
- Staff will respond sensitively and discreetly.
- Clean clothing will be provided where necessary.
- Parents will be informed if appropriate.
- Patterns of frequent accidents will be discussed with families to identify any support required.

Children will never be criticised, shamed or punished for accidents.

9. Safeguarding

All intimate care will be carried out in line with the school's safeguarding procedures.

Staff will:

- Maintain children's dignity and privacy.
- Report any concerns regarding a child's welfare immediately.
- Record concerns following safeguarding procedures.
- Follow safer working practice guidance at all times.

If a child becomes distressed or makes a disclosure during intimate care, staff will follow the school's safeguarding procedures without delay.

10. Children with Additional Needs

Some children may require ongoing support with intimate care due to SEND, medical conditions or disabilities.

Where this is the case:

- Individual arrangements will be agreed with parents/carers.
 - Relevant healthcare professionals may be involved where appropriate.
 - Personal Care Plans may be developed.
 - Reasonable adjustments will be made to support the child's needs.
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11. Health, Safety and Hygiene

Staff will:

- Wash hands before and after intimate care procedures.
 - Wear suitable personal protective equipment (PPE) where required.
 - Clean and disinfect changing areas appropriately.
 - Dispose of waste according to school procedures.
 - Maintain high standards of hygiene at all times.
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12. Recording and Communication

Staff will maintain records where appropriate for:

- Children requiring regular nappy changes.
- Significant toileting concerns.
- Medical issues affecting toileting.
- Agreed personal care arrangements.

Parents/carers will be kept informed of any significant concerns or changes.

13. Monitoring and Review

This policy will be reviewed:

- Annually.
 - Following updates to EYFS guidance.
 - Following changes in legislation.
 - Following any incident or concern relating to intimate care.
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Linked Policies

- EYFS Policy
 - Safeguarding and Child Protection Policy
 - Health and Safety Policy
 - Medical Needs Policy
 - SEND Policy
 - Safe Sleeping Policy
 - Safe Eating Policy
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Commitment Statement

At Middleforth C of E Primary School & Nursery, we believe that every child deserves to be treated with dignity, respect and kindness. We work closely with families to support children in developing independence in their personal care and toileting skills, whilst ensuring that any intimate care needs are met safely, sensitively and in accordance with current EYFS guidance and safeguarding requirements.