Middleforth Church of England Primary School

EYFS Safer Eating Policy	
	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine – Matthew 5:16

Through the EYFS Safe Eating Policy the school will promote and teach the values we learn based on the example of the Christian faith:

• Forgiveness
• Respect for self and others
• Reconciliation and redemption
• Truth and honesty
• Trust and fairness
• Tolerance and compassion
• Self-discipline
• Respect for property and the environment
• Politeness

Such values, in turn, promote not only the Christian ethos and aims of Middleforth Church of England Primary School, but assist in the preparation of children for the responsibilities and duties of adult life.

Vision

As a caring, Christian community, we aspire to 'let our light shine'. We will open up the world to celebrate God's wonderful creation and foster a sense of awe and wonder.

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EYFS Safe Eating Policy
1. Introduction and Scope

At Middleforth Church of England Primary School and 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 aspects of children's health, wellbeing, learning and social development.

The school recognises its responsibilities under the Early Years Foundation Stage (EYFS) Statutory Framework and will take all reasonable steps to minimise the risks associated with choking, allergies, intolerances and anaphylaxis. Safe eating arrangements apply whenever EYFS children are eating or drinking, including snack times, lunch times, celebrations, educational visits, wraparound provision and food-based curriculum activities.

Our Commitment to Children and Families

We will:

• Provide a safe eating environment for all children.
• Ensure all staff understand safer eating procedures.
• Maintain effective communication with parents and carers regarding dietary needs.
• Respond promptly and appropriately to emergencies.
• Continually review our procedures to ensure children remain safe whilst eating and drinking.

2. Aims

The aims of this policy are 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, balanced and nutritious eating habits.
- Maintain strong communication with parents, carers and healthcare professionals.
- Meet all statutory EYFS safer eating requirements.

3. Roles and Responsibilities

Headteacher and Senior Leaders

The Headteacher and Senior Leadership Team will ensure that:

- Safe eating procedures are implemented across Nursery and Reception.
- Appropriate staffing arrangements are in place during meal and snack times.
- A Paediatric First Aid trained member of staff is available when EYFS children are eating.
- Staff receive training relating to choking prevention, food safety and allergy awareness.
- Welfare staff are aware of children's individual dietary requirements.
- Incidents are monitored and reviewed appropriately.

EYFS Staff

All EYFS staff will:

- Follow safe eating procedures.
- Be familiar with children's dietary and allergy information.
- Supervise children appropriately whilst eating and drinking.
- Recognise signs of choking and allergic reactions.
- Respond immediately in an emergency.
- Record and report incidents and concerns.

Lunchtime Supervisors and Welfare Staff

Staff supervising EYFS children during meal times will:

- Be aware of individual dietary and allergy needs.
- Follow agreed allergy action plans.
- Ensure safe eating procedures are followed.
- Report all concerns, incidents and near misses.

4. Collection of Dietary and Medical Information

Prior to admission, parents and carers will provide information regarding:

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

• Food preferences or restrictions.

The school will ensure this information is securely recorded, shared appropriately with relevant staff and reviewed regularly. Parents and carers must inform the school immediately if circumstances change.

5. Allergy Management

The school recognises that allergies can develop at any stage of childhood and will work in partnership with families and healthcare professionals where appropriate.

Allergy Action Plans

Where required, the school will:

• Develop an individual Allergy Action Plan.
• Ensure plans are accessible to relevant staff.
• Review plans regularly and whenever children's needs change.

Staff Awareness

Staff will:

• Know which children have allergies.
• Understand individual plans.
• Recognise symptoms of allergy and anaphylaxis.
• Know emergency procedures and medication locations.

6. Safe Food Preparation

All food provided by the school will be prepared and served in accordance with current food hygiene regulations and safer food preparation guidance.

Staff will:

• Follow school food hygiene procedures.
• Prepare food appropriately for children's age and stage of development.
• Modify foods that present choking hazards.
• Ensure food is served safely and at an appropriate temperature.

7. Safe Eating Environment

The school will provide a calm, safe and well-supervised eating environment.

We will:

• Ensure children are seated safely.
• Encourage children to sit while eating and drinking.
• Reduce distractions.
• Ensure staff maintain effective supervision throughout meals and snacks.
• Ensure children remain within sight and hearing of supervising adults.

8. Supervision During Eating

Children will be closely supervised whenever they are eating or drinking.

Staff will:

- Observe children continuously.
- Remain attentive throughout meal and snack times.
- Monitor children requiring additional support.
- Never leave children unsupervised whilst eating.

9. Choking Incidents and Emergency Procedures

If a choking incident occurs, staff will:

- Follow Paediatric First Aid procedures.
- Summon support immediately.
- Contact emergency services where necessary.
- Inform parents/carers promptly.
- Record the incident in accordance with school procedures.

The school will review all incidents and near misses to identify any required improvements.

10. Food and Drink Brought from Home

Parents and carers are expected to:

- Inform the school of any dietary changes.
- Follow school guidance regarding packed lunches and snacks.
- Clearly label food where appropriate.
- Support safer eating guidance issued by the school.

The school reserves the right to restrict foods where this is necessary to reduce significant allergy or choking risks.

11. Monitoring and Review

This policy will be reviewed:

- Annually.
- Following significant incidents.
- Following updates to legislation or guidance.
- Following changes to EYFS requirements.

The effectiveness of this policy will be monitored through incident records, allergy reviews, staff training records and routine health and safety monitoring**.**

Middleforth Church of England Primary School

EYFS Safe Sleep Policy	
	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine – Matthew 5:16

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EYFS Safe Sleep Policy
1. Introduction and Scope

At Middleforth Church of England Primary School and Nursery, we recognise that young children may require periods of rest or sleep during the school day. We are committed to ensuring that any sleep or rest arrangements are safe, well supervised and promote the health, wellbeing and development of every child.

This policy outlines the procedures and responsibilities for providing safe sleep opportunities within the Early Years Foundation Stage in line with statutory safeguarding and welfare requirements. It applies to all EYFS staff, volunteers and children who access sleep or rest provision.

Our Commitment to Children and Families

We will:

- Provide a safe, clean and comfortable environment for rest and sleep.
- Work closely with parents and carers to understand children's sleep needs.
- Ensure children are appropriately supervised at all times.
- Maintain clear records of children's sleep arrangements where required.
- Review procedures regularly to ensure best practice is maintained.

2. Aims

The aims of this policy are to:

- Safeguard children during periods of sleep and rest.
- Promote children's health, wellbeing and emotional security.
- Ensure appropriate supervision is maintained.
- Provide clear guidance for staff.
- Establish consistent procedures across EYFS provision.
- Meet requirements of the EYFS Statutory Framework.

3. Roles and Responsibilities

Headteacher and Senior Leaders

The Headteacher and Senior Leadership Team will ensure that:

- Appropriate sleep arrangements are in place.
- Staff understand and follow safe sleep procedures.
- Risk assessments are completed and reviewed regularly.
- Suitable resources and facilities are available.
- Any concerns regarding children's wellbeing are addressed promptly.

EYFS Staff

EYFS staff will:

- Follow agreed safe sleep procedures.
- Monitor sleeping children appropriately.
- Ensure sleep environments remain safe and suitable.
- Record any relevant information as required.
- Communicate with parents and carers regarding sleep routines and concerns.

4. Safe Sleep Environment

The school will ensure that all sleep and rest areas:

- Are clean, safe and appropriately maintained.
- Are well ventilated and at a comfortable temperature.
- Allow suitable supervision of children at all times.
- Are free from hazards and unnecessary equipment.
- Provide sufficient space and comfort for children.

5. Sleep Arrangements

Sleep arrangements will be discussed and agreed with parents and carers before children access sleep provision.

Where sleep is required:

- Individual needs will be considered.
- Parents' wishes will be respected where appropriate.
- Suitable bedding and equipment will be provided.

• Sleeping arrangements will be reviewed regularly.

6. Supervision of Sleeping Children

Children who are sleeping will remain under the supervision of suitably trained staff.

Staff will:

• Check sleeping children regularly.
• Remain alert and attentive throughout sleep periods.
• Ensure children can be observed easily.
• Respond promptly to changes in children's condition or behaviour.
• Follow safeguarding procedures at all times.

7. Children's Health and Welfare

The school will:

• Consider individual medical needs and conditions.
• Work with families where additional support is required.
• Ensure staff are aware of relevant health information.
• Respond appropriately if a child becomes unwell during sleep or rest periods.

8. Communication with Parents and Carers

Strong communication between home and school is essential.

Parents and carers should:

• Inform the school of any changes to sleep routines.
• Share relevant medical information.
• Discuss concerns regarding their child's sleep patterns.
• Update the school if circumstances change.

9. Safeguarding

Safe sleep arrangements form part of the school's wider safeguarding responsibilities.

All staff will:

• Follow safeguarding and child protection procedures.
• Report concerns immediately.
• Follow safer working practice guidance.
• Ensure children's welfare remains the highest priority.

10. Monitoring and Review

This policy will be reviewed:

• Annually.
• Following any incidents relating to sleep provision.
• Following updates to legislation or statutory guidance.

• Where changes to EYFS provision require amendments.

The effectiveness of this policy will be monitored through regular observation, risk assessment reviews, safeguarding monitoring and discussions with staff and families

Middleforth Church of England Primary School

EYFS Intimate Care Policy	
	Beth Stritch
Date	September 2026
Review Date	September 2027

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Through the EYFS Intimate Care Policy the school will promote and teach the values we learn based on the example of the Christian faith:

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EYFS Intimate Care Policy
1. Introduction and Scope

At Middleforth Church of England Primary School and Nursery, we are committed to safeguarding and promoting the welfare, dignity and wellbeing of every child. We recognise that some children may require support with intimate care as part of their developmental needs, medical needs or personal care requirements.

This policy outlines how intimate care will be provided safely, respectfully and sensitively whilst maintaining children's privacy, dignity and rights. The policy applies to all staff working within the Early Years Foundation Stage.

Our Commitment to Children and Families

We will:

• Treat all children with dignity and respect.
• Work in partnership with parents and carers.
• Ensure intimate care is carried out safely and sensitively.
• Protect children from discomfort, embarrassment or distress.
• Follow safeguarding procedures at all times.
• Promote children's independence wherever possible.

2. Aims

The aims of this policy are to:

• Safeguard children receiving intimate care.
• Promote children's health, wellbeing and dignity.
• Provide clear guidance for staff.
• Ensure consistent practice across EYFS provision.
• Protect staff from misunderstandings or allegations.
• Meet the statutory requirements of the EYFS Framework.

3. Roles and Responsibilities

Headteacher and Senior Leaders

The Headteacher and Senior Leadership Team will ensure that:

• Appropriate intimate care procedures are in place.
• Staff receive suitable training and guidance.
• Parents are informed of school procedures.
• Records are maintained appropriately.
• Safeguarding requirements are followed at all times.

EYFS Staff

EYFS staff will:

• Carry out intimate care respectfully and sensitively.
• Promote children's independence where appropriate.
• Follow agreed care plans and procedures.
• Record intimate care where required.
• Report concerns immediately in line with safeguarding procedures.

4. Principles of Intimate Care

All intimate care will be carried out in a manner that:

• Respects children's dignity and privacy.
• Promotes positive self-esteem.
• Encourages independence.
• Takes account of individual needs.
• Maintains children's safety and wellbeing.
• Respects cultural and family values.

5. Partnership with Parents and Carers

The school recognises the importance of working closely with families.

Parents and carers will:

• Be informed of school procedures.
• Share relevant information regarding their child's needs.

• Participate in creating care plans where necessary.
• Notify the school of any changes affecting care arrangements.

Individual Care Plans

Where ongoing intimate care is required:

• An individual care plan may be agreed.
• Parents and carers will be consulted.
• Staff responsibilities will be clearly identified.
• The plan will be reviewed regularly.

6. Intimate Care Procedures

When providing intimate care, staff will:

• Explain what is happening in an age-appropriate manner.
• Encourage children to do as much for themselves as possible.
• Wear appropriate protective equipment where necessary.
• Maintain children's privacy.
• Follow hygiene and infection control procedures.
• Ensure children are clean, comfortable and reassured.

7. Health, Safety and Hygiene

The school will ensure:

• Suitable changing facilities are available.
• Personal protective equipment is available for staff.
• Cleaning materials are readily accessible.
• Waste is disposed of appropriately.
• Infection control procedures are followed consistently.

8. Safeguarding Considerations

Intimate care activities take place within the school's safeguarding framework.

Staff will:

• Remain vigilant to signs of abuse or neglect.
• Record and report concerns immediately.
• Follow the school's safeguarding and child protection procedures.
• Maintain professional boundaries at all times.

If a child makes a disclosure during intimate care, staff will follow established safeguarding procedures and report concerns to the Designated Safeguarding Lead without delay.

9. Record Keeping

Records will be maintained where appropriate to:

• Monitor ongoing care arrangements.

• Support communication with families.
• Record concerns or incidents.
• Ensure continuity of provision.

All records will be stored in accordance with data protection requirements and school procedures.

10. Monitoring and Review

This policy will be reviewed:

• Annually.
• Following changes to statutory guidance.
• Following safeguarding reviews or incidents.
• Where changes to provision require amendments.

The effectiveness of the policy will be monitored through safeguarding procedures, staff discussions, parental feedback and routine checks of EYFS practice

Middleforth Church of England Primary School

EYFS Screen Time Policy	
	Beth Stritch
Date	September 2026
Review Date	September 2027

Let Your Light Shine – Matthew 5:16

Through the EYFS Screen Use and Technology Policy the school will promote and teach the values we learn based on the example of the Christian faith:

• Forgiveness
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EYFS Screen Use and Technology Policy
1. Introduction and Scope

At Middleforth Church of England Primary School and Nursery, we recognise that technology is an important part of children's lives and can support learning, communication, creativity and exploration when used appropriately.

This policy outlines how technology and screen-based devices will be used safely, purposefully and in an age-appropriate manner within the Early Years Foundation Stage. It applies to all EYFS children, staff, volunteers and visitors.

Our Commitment to Children and Families

We will:

• Provide meaningful and purposeful opportunities to use technology.
• Ensure technology enhances learning rather than replaces high-quality interactions and play.
• Promote safe and responsible use of digital devices.
• Balance screen use with active, outdoor and hands-on learning experiences.
• Work in partnership with families to support healthy technology habits.

2. Aims

The aims of this policy are to:

• Promote developmentally appropriate use of technology.
• Support learning through carefully planned digital experiences.
• Ensure children's safety when using technology.
• Develop children's understanding of technology as a tool for learning and communication.
• Encourage healthy attitudes towards screen use.
• Meet the safeguarding and welfare requirements of the EYFS Framework.

3. Roles and Responsibilities
Headteacher and Senior Leaders

The Headteacher and Senior Leadership Team will ensure that:

• Technology is used appropriately across EYFS provision.
• Staff receive relevant training and guidance.
• Safeguarding procedures are followed when using digital devices.
• Equipment is maintained and monitored.
• School systems and filtering arrangements remain effective.

EYFS Staff

EYFS staff will:

• Use technology purposefully to support learning.
• Ensure children are supervised when using digital devices.
• Follow safeguarding and online safety procedures.
• Model positive and responsible technology use.
• Monitor children's engagement and wellbeing when using screens.

4. Appropriate Use of Technology

Technology may be used to support:

• Communication and language development.
• Early literacy and mathematics experiences.
• Creativity and problem solving.
• Exploration and research.
• Recording learning and assessment activities.
• Inclusive practice and SEND support where appropriate.

Technology will always complement, rather than replace, high-quality adult interaction, outdoor learning, practical experiences and sustained shared thinking.

5. Screen Time Expectations

The school recognises the importance of maintaining a balanced approach to screen use.

Therefore:

• Screen use will be purposeful and planned.
• Extended passive viewing will be avoided.
• Technology will be used in short, meaningful sessions.

• Children will have regular opportunities for active, physical and outdoor learning.
• Staff will consider children's age, needs and developmental stage when planning technology-based activities.

6. Online Safety

Children will be supported to develop early understanding of safe technology use.

Staff will:

• Supervise children at all times when accessing technology.
• Use only approved devices, applications and websites.
• Ensure filtering and monitoring systems are operating effectively.
• Respond appropriately to concerns relating to online safety.
• Teach simple age-appropriate online safety messages through discussion and everyday learning opportunities.

7. Photography, Video and Recording

Digital devices may be used to:

• Record children's learning and achievements.
• Support assessment and observation processes.
• Share learning with parents and carers through approved school systems.

All images and recordings will be collected, stored and shared in accordance with the school's safeguarding, data protection and acceptable use procedures.

8. Partnership with Parents and Carers

The school values positive communication with families regarding screen use and technology.

Parents and carers are encouraged to:

• Promote balanced use of technology at home.
• Support healthy screen habits.
• Engage with guidance provided by the school.
• Inform staff of any concerns regarding children's technology use.

9. Safeguarding

The use of technology forms part of the school's wider safeguarding responsibilities.

All staff will:

• Follow safeguarding and child protection procedures.
• Adhere to the school's Online Safety Policy and Staff Code of Conduct.
• Report concerns immediately to the Designated Safeguarding Lead.
• Ensure children's welfare remains the primary consideration during all technology-based activities.

10. Monitoring and Review

This policy will be reviewed:

- Annually.
- Following updates to EYFS or online safety guidance.
- Following safeguarding incidents involving technology.
- Where changes to school systems or provision require amendments.

The effectiveness of this policy will be monitored through safeguarding procedures, staff discussions, curriculum reviews and ongoing observation of children's use of technology.