

West Street Community Primary School

Accessibility Policy



Date policy last reviewed: 03/09/26

Signed by:

Jack Thompson

03/09/26

Headteacher

Date:

Jaclyn Bird

03/09/26

Chair of governors

Date:

EYFS Food Safety, Choking Prevention and Allergy Management Policy

Rationale

At **West Street Community Primary School**, the safety and wellbeing of our children are at the heart of everything we do. In line with the **EYFS 2025 Statutory Framework** and the **Early Years Nutrition Guidance**, this policy sets out how staff working within the Early Years Foundation Stage (EYFS) ensure that children eat safely, reducing the risks associated with choking, allergic reactions and other food-related hazards.

Scope

This policy applies to:

- All staff and volunteers working with children in the EYFS (ages 3-5).
- Lunchtime supervisors, teaching assistants and catering staff supporting children during mealtimes.
- Breakfast Club and After School Club staff.

Supervision

- A member of staff trained in Paediatric First Aid (PFA) will always be present whenever Nursery or Reception children are eating.
- Staff will ensure that children remain within sight and hearing at all times during meals and snack times.
- During lunch, staff will closely supervise children at their tables and be able to intervene promptly if required.
- During snack times, staff will supervise children closely and, where possible, sit alongside them to encourage safe eating habits while remaining vigilant for signs of choking or allergic reactions.

Dietary Needs and Allergies

- Upon admission, parents/carers must provide full details of any dietary requirements, allergies, intolerances or medical conditions.
- This information will be securely maintained by the school office and shared appropriately with relevant staff through the school's management systems and catering team.

- Every child with a diagnosed allergy will have an Individual Healthcare Plan developed in partnership with parents/carers and, where appropriate, healthcare professionals.
 - A designated member of staff will check food provision for children with allergies before it is served.
 - Children must not share food under any circumstances.
 - Relevant staff will receive allergy awareness and, where required, adrenaline auto-injector (EpiPen) training.
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Food Preparation and Choking Prevention

Guidance on food preparation and choking prevention is shared with parents and staff. Key expectations include:

- Grapes, cherry tomatoes and similar foods must be cut lengthways into quarters.
 - Fruits containing stones, such as plums, must be cut and the stones removed.
 - Hard fruits and vegetables, such as apples and carrots, should be grated, cooked or cut into thin strips.
 - Nuts, seeds, popcorn, hard sweets and other high-risk foods should not be brought into school.
 - Sausages and similar foods should be cut lengthways into strips rather than served as rounds.
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Eating Environment

Nursery and Reception children will eat in a calm, structured and well-supervised environment.

- Children receiving a school meal will eat in the school hall.
 - Children with packed lunches will eat in their designated classroom area.
 - Children will sit at age-appropriate tables and chairs.
 - Mealtimes will be free from running, playing and unnecessary distractions.
 - Staff will encourage children to eat at an unhurried pace, chewing food thoroughly and swallowing before speaking.
 - Mealtimes provide opportunities to promote our school values of community, respect and thankfulness.
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Incident Response

If a Child Chokes

- The nearest adult will implement appropriate first aid procedures immediately.
- Emergency services will be contacted where necessary.
- Parents/carers will be informed as soon as possible.

If an Allergic Reaction Occurs

- The child's Individual Healthcare Plan will be followed.
- Prescribed medication will be administered where appropriate and by trained staff.
- Emergency services will be contacted if required.
- Parents/carers will be informed immediately.

All incidents will:

- Be recorded on CPOMS.
 - Be reported to parents/carers on the same day.
 - Be reviewed regularly by school leaders to identify any improvements required in practice.
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Staff Training

- All EYFS staff, including teachers, teaching assistants, lunchtime supervisors, and Breakfast and After School Club staff, will receive appropriate First Aid training.
 - Staff will receive food safety and allergy awareness training relevant to their role.
 - Annual updates will be provided on choking prevention, food safety and allergy management.
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Partnership with Parents and Carers

Parents/carers will be informed of this policy when their child joins Nursery or Reception.

Families are expected to:

- Provide up-to-date information regarding allergies, dietary needs and health conditions.
 - Follow the school's safer eating guidance when preparing packed lunches.
 - Work in partnership with school staff regarding dietary transitions or changes in medical needs.
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Guidance for Parents and Carers

Safe and Healthy Lunchbox Options

Suitable options include:

- Fresh fruit (e.g. sliced banana, orange segments, de-stoned plums, grated apple, soft pear)
 - Vegetables (e.g. cucumber sticks, cooked carrot batons, cherry tomatoes cut into quarters)
 - Sandwiches, wraps and bread products cut into manageable pieces
 - Pasta, rice, couscous and salads
 - Dairy products such as yoghurt, cheese slices or grated cheese
 - Water (all children should bring a clearly named water bottle to school each day)
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Foods to Avoid Due to Choking Risk

The following items should not be included in packed lunches unless prepared safely:

- Whole grapes or whole cherry tomatoes
- Nuts and seeds
- Popcorn
- Sausages or hot dog-style foods unless cut lengthways into thin strips
- Raw carrot sticks or hard apple slices
- Hard sweets, boiled sweets, lollipops or chewing gum
- Large chunks of crusty bread or rolls

Nut-Free School

West Street Community Primary School operates as a **nut-aware school**. Parents/carers are asked not to send nuts or products containing nuts into school.

If your child has an allergy, please ensure the school has been informed and that all medical information is up to date.

Additional Notes

- Please provide food in containers that your child can open independently.
- Packed lunches should reflect the school's commitment to healthy lifestyles and safe eating practices.
- Treats, such as a small biscuit or cake, may be included occasionally but should not be a daily feature.
- Children must not swap or share food.

Monitoring and Review

This policy will be reviewed annually or earlier in response to changes in legislation, statutory guidance or school practice.

Approved by: Headteacher

School: West Street Community Primary School

Review Frequency: Annually

Next Review Date: September 2027