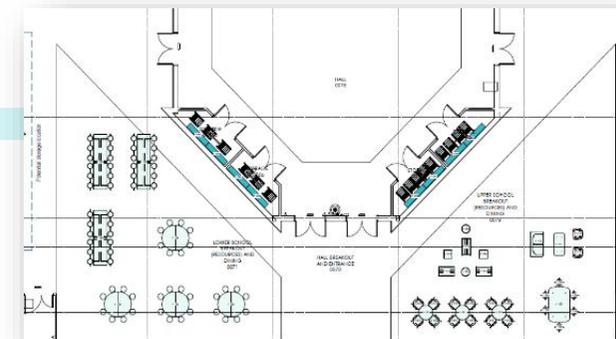


Eating and Lunchtime Arrangements

At Bader we have thought very carefully about how we would like Lunchtimes to work for our children and young people. We have considered what would be the best approaches to supporting our young people at this time and the benefits to eating a balanced healthy diet. All meals will be prepared by a catering company on site and Bader will look for value for money when deciding on a provider. We not simply pick the cheapest option. Lunchtimes will be a place to relax and communicate. New foods will be encouraged and salad available every lunchtime. In addition to this healthy snacks such as fruit and vegetables will be offered during snack times and should there be a need for it a breakfast club will provide a healthy start to the day. Water stations are placed around the school and pupils will have free access to these at any time during the day.



Family Style Dining - FSD

Benefits to children

Research tells us that implementing family style dining will foster children's:

Social/Emotional Development – Children will learn how to be responsible for themselves as well as others by following rules and routines such as passing food items. They will also develop independence and self-direction.

Physical Development – Fine motor skills are developed as they use utensils to serve and eat as well as pitchers to pour. Their eye-hand coordination benefits from these simple tasks as they learn to control the small muscles in their hands.

Language Development – Language and literacy skills are developed as they engage in conversations with staff and other children. Staff can use this time to talk with children about activities and important events going on in their lives, about the healthy foods being introduced, and what's going on in the classroom.

Cognitive Development – Children's problem-solving, reasoning, decision-making and understanding are developed by learning amounts, sizes, textures, numbers, counting, position of food items and tableware.

Practical Arrangements of FSD

'Family Style' will mean food is served in shared containers at table, Cutlery, plates, cups and water at table

Salad and bread bar, self-service Jacket potato and vegetarian station will be self service

Children take it in turns to lay table, serve and clear away

Groups eat together at tables, all children sit and leave together

Increased responsibility for children

As the service develops children will be given the following responsibilities:

Server, Table layer, Plate clearer Water pourer and Collect desert

Increased supervision

We will have dedicated dining room supervisors and they will Supervise in the dining room, offering care guidance and support.

Select the table who demonstrate school values and good table manners to sit at the reward space on a Friday

Check the children have everything they need by keeping water and cutlery topped up on each table.

Lunchtime Principles – At Bader we want to ensure lunchtimes are a place to sit and relax, in a family style dining experience with peers from the same classes but also in mixed groupings. The design of the lunch area on the left allows pupils to sit in a variety of table layouts and pupils will be encouraged to sit where they would like (where appropriate). Individual tables will also be available should pupils wish to eat on their own. On the right hand side, we will create a café style seating area. This will try to replicate coffee shops and cafes that our young people may visit. Here they can relax on a high or low table and have a snack or packed lunch with their friends. Reading areas will also provide young people with somewhere to relax with a book or magazine whilst they have a snack. We want to promote real life experiences at Bader and lunchtime will be no different.

Lunchtimes in Practice – There will be an hour for lunch and all food will be cooked onsite in the kitchen. There is an option for a servery type approach for our older students and also the family style dining for the younger ones. Older students will be encouraged to act as servers for the younger students. Initially all young people will have lunch together. As the school grows in size a split lunchtime will be observed. Primary students will have their lunch first and then go out to play and secondary students will do the opposite. The hall maybe used on occasions as a quieter space for some pupils who need this. Sound dampeners have been included in this area to reduce the echo effect and noise levels of the open space.