

Lunch Club News

Lunch Club is an extra session offered to Nursery School children who can choose to lengthen their morning or afternoon session. It runs from 11.30 to 12.45pm every day.

The session helps children to have their first introduction to eating away from home and offers a good social experience.

All children sit around a table to eat and they are encouraged to be polite and chat sociably to each other. Staff take children's food out of their box and put it on a plate.

Staff always sit with the children to help, encourage and talk to them. After they have eaten they have the opportunity to play, interact and socialise and the session ends with a story and songs.

We encourage healthy eating throughout the centre and in line with other Warwickshire Schools we would advise that children do not have crisps and chocolate in their lunchbox.

Small children usually only need 2/3 small sandwiches [with a nutritious, protein based filling] OR a slice of pizza OR small bowl of pasta salad , some chopped vegetables and fruit / yoghurt for pudding.

The children have limited time to eat so it is better not to pack too much food – if your child seems to need more or is hungry we will tell you.

We are very keen to avoid future eating problems and therefore will gently encourage children to eat but will never coerce them. The latest Health Visitor advice is also not to use puddings as a bribe for finishing the main course.

Please contact our Children's Centre manager, Sandra Hopwood if you would like further advice about encouraging a healthy diet in children.



A sample 'healthy lunch'