

## Hungry tummies : Lunch times at kindy.

Date – Week 3, Term 1

Educator - Suzanne

This snapshot of learning is written to share information with you about lunch times at kindy.

Around 12noon each day we gather on the mat as a group. The children reapply their sunscreen so they are ready for outside play in the afternoon then a group of children (usually around 16 children) head off to wash their hands for lunch.



Prior to lunch staff have been noting children who have expressed that they are hungry and we now know those children who need a little longer to eat so we will offer lunch to these children first. While the first group of children eat the other children have a story together and are reminded we are moving into our rest and relaxation time. During this play time inside we turn off a number of lights and this small change is an indicator that we play a bit differently. There are quiet activities to play and cushions to rest on if children are tired.



After washing their hands the children going to lunch collect their drink bottle and sit where their lunch box has been set on the lunch tables. We see this as a valuable teaching time and a staff member is teaching in this space for the whole of lunch. Staff encourage the children to eat their healthy foods first. Staff also assist children to open their foods but promote independence by encouraging them you try opening their own yoghurts, containers and wrappings. Staff also support the children socially and have wonderful conversations during this time.

When finished each child packs their lunchbox into their locker, puts their drink bottle away and goes inside for rest and relaxation play. The next child or group of children is then asked to wash their hands and come for lunch.

- The tables are set each day with a cleaned table cloth.
- Staff are vigilant in ensuring all children's lunchboxes are free from foods that pose a risk to others and that children with allergies are supervised closely.
- Children are encouraged to recycle their packaging where possible and place food scraps into our compost bin.
- Children are expected to remain seated when eating.
- Staff remind children that they can ask to have their water bottles re-filled.
- Staff can only encourage the children to eat the food they have been provided. If a child is not hungry we support them to pack up their food and take it home so you know how much they have eaten.
- Lunch time concludes around 1pm.

We hope this information is helpful in understanding how lunch times happen at kindy.