



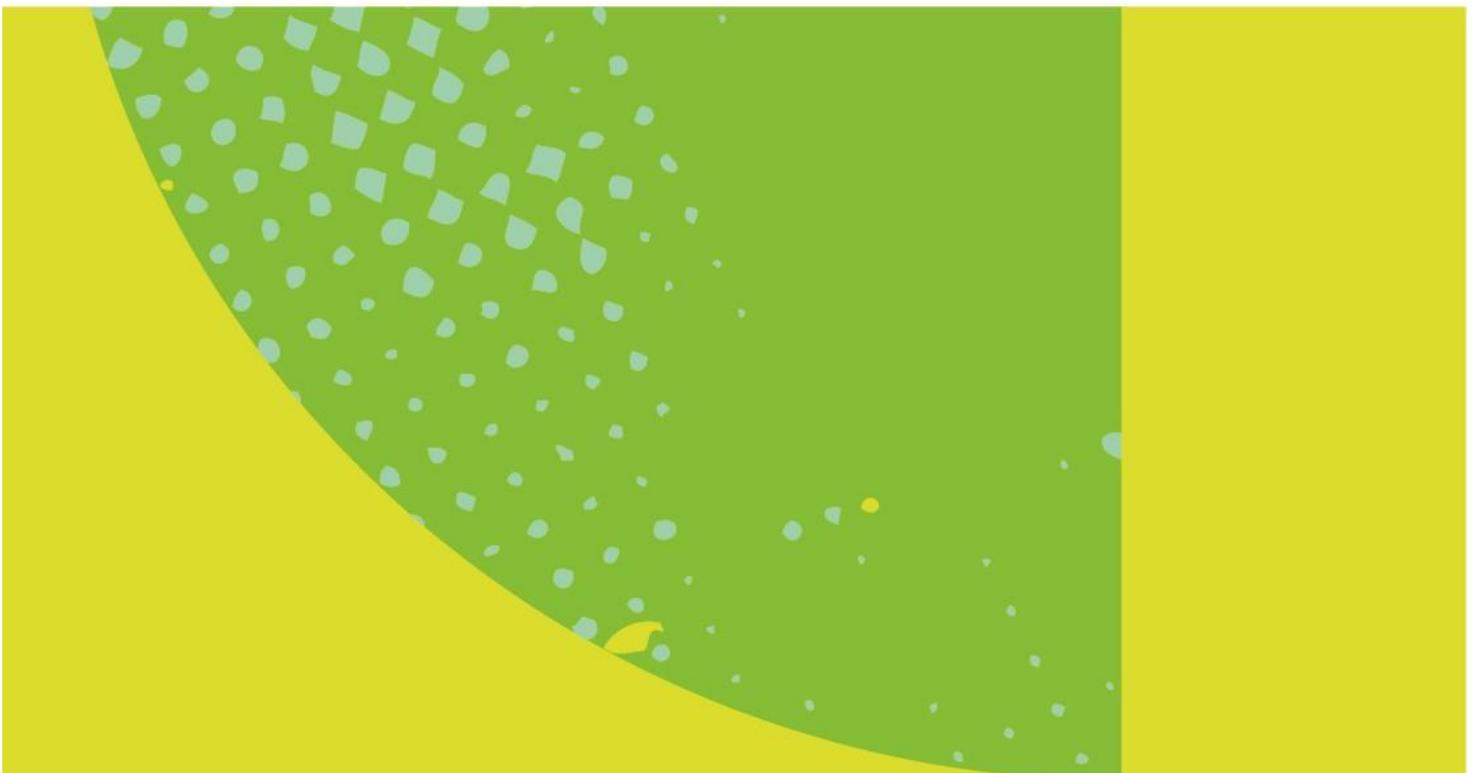
early years nutrition
partnership

Quality Mark Assessment

Setting: Number 9 The Nursery

Date: 18/05/21

Awarded Level: Advanced



Congratulations on achieving your Advanced accreditation with The Early Years Nutrition Partnership. Number 9 The Nursery have continued to demonstrate a high level of commitment to improving nutrition standards for the children in their care. The whole team have worked hard to create a consistent approach to healthy eating despite the challenges of the past year. Your willingness to learn and adapt practices is refreshing, and allows a great working relationship with the EYNP Registered Nutritionist. Novel ideas to work with parents such as creating podcasts with the RNP highlights the progressive and innovative nature of everyone at Number 9. Nutrition and healthy eating are at the heart of Number 9 and the team should be proud of achieving Advanced accreditation.

Final Assessment Report

Number 9 The Nursery provide a 4-week rotational menu which includes breakfast, morning snack, lunch & pudding, afternoon snack and afternoon tea & pudding. The main lunchtime meal is delivered by an outside caterer (Yum Yums) as there are no kitchen facilities on site. However a new kitchen facility is planned for Autumn 2021 which will bring all catering 'in house'. All other food is prepared on site. The nursery director, manager and 4 Early Years Practitioners have completed the face-2-face training modules 'Nutritional Fundamentals for The Early Years' and 'Building a Whole Setting Approach to Eating and Drinking Behaviours'. All staff who attended the training have been involved in the accreditation process and have passed on skills learnt to other members of staff in their rooms. The nursery has a very low staff turnover and all staff who attended the training remain at the nursery.

Food Based Standards

The menus are well balanced, provide a good variety of food and sufficiently meet the advanced level of criteria. The lunchtime meal is provided by an external caterer who has met the criteria for advanced accreditation and provides healthy and well-balanced options. Alternative meals are provided for any child who requires it, and the caterer has a good understanding of the nursery's requirements. Meals are of good nutritional value and provide a healthy balance across the whole nursery day. Regular feedback from the nursery management ensures that the external meals meet the advanced level e.g. addition of wholegrain pasta to menu. Breakfast, snacks and tea are prepared in house, and changes can be made quickly, such as introducing fresh fruit to the breakfast menu, which allows for immediate improvements whenever required. Feedback from the RNP is quickly taken on board and menus adapted to ensure criteria are met, and the children's nutritional needs are taken into account. The team at Number 9 The Nursery demonstrate an excellent approach to supporting children with special dietary requirements. Menus are on display in the setting and on the nursery website and parents are introduced to the menus upon registration with the setting. The management value feedback from staff, children and parents on the menu and all parents are welcomed to discuss their questions regarding the menu (or any other aspect of food provision) through monthly feedback surveys, and discussion via the nursery app. Support from the Registered Nutritionist has been fully utilised to provide reassurance and advice to parents whenever required.

Catering for special diets, allergies and individual preferences

Care is taken to gather information regarding dietary requirements thoroughly and systematically from parents and carers and such information is dealt with sensitively. Number 9 The Nursery have a robust policy around dietary requirements to ensure all children are



offered an appropriate, healthy balanced diet and foods are not restricted unnecessarily. Parents are encouraged to seek appropriate medical confirmation of suspected allergies in order to ensure that a child's diet is not restricted unnecessarily. Both the external catering company, and those preparing food in house, are aware of all dietary requirements within the nursery. Full details of any known allergies are on display in all food preparation areas, and in the rooms. Medical plans from the NHS are provided to the nursery to support any child with a diagnosed allergy or intolerance. In addition children with severe anaphylaxis to food wear medical ID bracelets.

Robust procedures are in place to for collecting, disseminating and updating a child's dietary requirement information. Regular updates with parents ensure any dietary restrictions are removed as soon as medically possible. Individual care plans and risk assessments are in place for allergic children and careful consideration is also given to plating and seating arrangements at mealtimes to reduce the risk of cross contamination of allergens for these children.

Food Environment

The eating environment is clean, warm and bright and distractions are limited as much as reasonably possible. All children wash their hands before sitting down for lunch, and staff wear disposable aprons and gloves. A coloured plate system is used to ensure dietary requirements and preferences are handled safely, and with consideration by the staff. Children with dietary needs are grouped together to ensure safety.

Preschool aged children are encouraged to be involved in the setup of the mealtime by distributing plates, cups and cutlery. In normal circumstances older children self-serve from large pots in the centre of the table and are encouraged by staff to take an appropriate portion. During restrictions, self-service is unable to take place however children are still able to help with set up/ clear up and to serve their own water. Seconds of main course is always available. All children are encouraged to feed themselves to encourage independence and practice handling and managing the utensils provided. Metal cutlery was used, and the staff encouraged the proper use of utensils e.g. staff explained to children how to 'twirl' the noodles onto a fork.

Children are seated in groups with a member of staff at each table (in normal times; not possible at every table currently due to one member of staff taking care of service) closely supervising and engaging with the children throughout. Staff ate with the children to encourage good eating habits through role modelling. Staff monitor portion sizes as well as providing hands on support to those younger or less confident children. Conversation flowed throughout the meal with staff encouraging good manners e.g. what have we got for lunch? Is cucumber healthy?, chickpeas and lentils are yummy!, put your hand up if you're vegetarian?', 'you've worked up an appetite at Baby Ballet today!', and discussions about the food that they were all eating. The timing of the mealtime was appropriate, and children were able to enjoy second helpings of the main meal if desired followed by their pudding. Children were able to eat at their own pace.

Working in Partnership with Parents

The nursery menus and 'Nutrition and Mealtimes' nutrition policy are communicated with parents as part of the child's induction process. Menus are also on display in the setting and on the company website. Parents are encouraged to offer feedback via monthly survey or the nursery app. Where special dietary needs exist, parents meet with nursery managers to

discuss the child's needs, and to put an action plan in place. Number 9 The Nursery have been proactive at seeking the support of their Registered Nutritionist to assist with any aspect of nutrition or food provision where necessary and when questions arise that are beyond the scope of the nursery staff.

Number 9 shares recipes with parents, and the outside caterer has been supportive in this. Before COVID 19, home learning packs linked to healthy eating were provided to the families however this is not currently possible. Regular parent's evenings give parents the opportunity to verbally feedback or comment on any aspect of the menus or nutrition policy. In addition there are positive prompts throughout the nursery to encourage healthy eating and lifestyles.

Staff record how well each child has eaten and drunk and provide written feedback for younger children, and verbal feedback for older children to parents at the time of collection daily.

Opportunities for physical activity and wellbeing are encouraged in the nursery. The large outside space is utilised several times a day, and external agencies come to the nursery to teach the children Baby Ballet and ProStars Football. The nursery also holds a 'Healthy Body, Healthy Me' week where staff focus on health and wellbeing with the children.

Education on Food and Health

Number 9 The Nursery regularly provide children with opportunities to learn about food and healthy eating through activities such as making fruit kebabs or using food in sensory activities. Younger children have fun playing with their favourite foods through art, role play and stories. The children are given opportunities to get involved in growing food such as beans and strawberries and have all been able to grow a plant to take home and look after.

The nursery is very diverse, and religious and cultural events and festivals are linked to activities and traditional foods are explored as part of this

Nutrition Training

6 members of staff have completed the face-2-face training modules 'Nutritional Fundamentals for The Early Years' and 'Building a Whole Setting Approach to Eating and Drinking Behaviours' and key messages from these modules has been disseminated to the rest of the staff. Ongoing training opportunities have been identified e.g. allergy training, plus Level 4 staff have all been involved with studying to become qualified as PANCo (NCFE CACHE Level 4 Award: Promoting Health and Wellbeing through Physical Activity and Nutrition Co-ordination (PANCo) in the Early Years). The team also take full advantage of events from Croydon council and support all members of staff to develop Food Hygiene qualifications.

Action points:

All criteria points are met at the Advanced level and no further action is required. By continuing to meet the criteria for Advanced level, Number 9 the Nursery are proving their commitment to high standards of nutritional wellbeing for the children in their care.