EARLSMEAD PRIMARY SCHOOL

Safer Sleeping and Eating EYFS Policy

SUCCESS *for* ALL

Written by	**Claire Hill**
LGB Approved	**October 2026**
BoT Ratified	**October 2026**
Date of Review	**October 2027**

MISSION STATEMENT

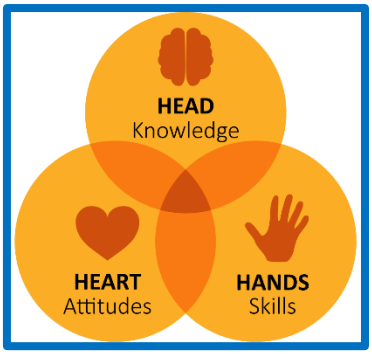
At Earlsmead Primary School, our mission is to empower every child through a holistic approach encompassing our school motto of Head, Heart, and Hands. We will cultivate curious minds (Head), nurture compassionate spirits (Heart), and develop the practical skills (Hands) needed to thrive in an ever-changing world

OUR VISION

Everyone achieving to their full potential.

OUR MOTTO

Head, Heart, Hands



OUR VALUES

Head:	**1.** Curiosity	**2.** Achievement
Heart:	**3.** Integrity	**4.** Care
Hands:	**5.** Creativity	**6.** Collaboration

Aims

The aims of this policy are to:

- Minimise risks of choking, allergic reactions or other harm when children are eating.
- Minimise risks to children during times they might fall asleep.
- To ensure all staff are aware of their roles and responsibilities during sleeping and eating times.
- To ensure procedures for managing incidents are clear.

Roles and Responsibilities

The school will ensure that appropriate arrangements are in place to promote the health, safety and welfare of children during eating and sleeping times.

All staff are responsible for following this policy and reporting any concerns, hazards, accidents or incidents immediately to the appropriate member of staff.

The EYFS Lead will oversee the implementation of this policy within the EYFS provision, monitor practice and ensure that staff are aware of their responsibilities.

Legislation

From 1st of September 2026, the Early Years Statutory Framework, includes safer eating and safer sleeping guidelines. EYFS statutory framework for group and school-based providers

More information about eating can be found in :
Early Years Foundation Stage nutrition guidance
Help for early years providers : Food safety

Eating

Before Children Start School

As part of our induction programme, parents are invited to school and information is shared. This includes information on food expectations and healthy packed lunches eg. No nuts, no fizzy drinks. We stress that this is important due to allergies in the school.

Before a child starts at Earlsmead nursery or reception, teachers meet with the parents and must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements.

Parents need to complete a health care form which highlights the triggers, signs and symptoms and action plan for emergencies. This information is shared with all staff who have contact with the child and also displayed in the classroom, staff room and welfare room.

If the child is having school meals, parent need to complete a form for the catering company.

This information is shared by the teacher with all staff within the year group and welfare. For pupils who will be requiring school lunches, the administration assistant must also be notified so they can contact school caterers to arrange special dietary menus.

All information relating to a child's allergies, intolerances, dietary requirements and medical needs must be kept up to date. Parents/carers will be consulted regularly and any changes will be communicated promptly to all staff who have contact with the child.

Eating at School

Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent; therefore, it is important for staff to be alert to when a child may be starting to choke. Where possible, staff should sit facing children whilst they eat so they can make sure children are eating in a way limit the risk of choking, prevent food sharing and be aware of any unexpected allergic reactions.

A member of staff with a valid paediatric first aid certificate must be present in the room whenever Nursery or Reception children are eating. Staff supervising children during meals and snacks must remain alert and positioned so that they can respond immediately to choking or an allergic reaction.

For children aged Year 1 or older, schools must rely on general first aid risk assessments rather than a strict EYFS paediatric mandate.

Please also refer to our Allergies and Whole School Food and Drink Policies.

Snack Time

- Children are offered a piece of fruit / vegetable in the classroom or a designated area of the playground.
- Children are to sit on the floor / chair while eating.
- Guidance recommends that pips or seeds are removed from fruit before serving.
- Guidance recommends that small round foods (like grapes, strawberries and cherry tomatoes) should be cut lengthways and into quarters.
- Guidance recommends to cut large fruits (like melon) and hard fruit or vegetables (like raw apple and carrot) into slices instead of small chunks.

Lunch Time

- Children can bring a packed lunch from home or eat a school dinner.
- Children eat lunch in the hall together, they are sat at tables and encouraged to stay seated throughout.
- Children are encouraged to eat their own lunches and not share with others.
- Children with additional needs may have an attached adult during this time if necessary.
- Children with a food allergy who eat school dinner will have a specially designed menu for them to choose from. They will have a packed lunch from home until this is in place.

Before / After School Provision

- Guidance for snack and lunch time must be followed.
- Children who have allergies or intolerances would need a special menu designed in consultation with parents.
- Parents may supply a snack for after school.

School Events

- Care should be taken when purchasing food and drink to sell at events.
- Children who celebrate their birthday sometimes bring food to share with their peers. If parents ask about this, they should be encouraged to bring non-food items where ever possible. If not, staff should check content of cakes and sweets for nuts and return to parents if they contain this. Children with known allergies could be asked to supply a selection of 'treat' foods that can be given to the child instead.
- Popcorn should not be given to children under the age of 5.
- Slushies should not be given to children as they may contain too much glycerol.
- Children with known allergies or intolerances may be encouraged to bring their own plate of 'party food'.

At every meal and snack time, a named member of staff will be responsible for checking that the food being provided meets the individual dietary requirements of each child and has been prepared appropriately to minimise the risk of choking.

Training

All school staff must be aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time.

All school staff have taken the following online training course Free Allergy Training For Schools | City & Guilds Assured

Further information can be found at
Food allergy - NHS
Anaphylaxis - NHS
Get compliant with Benedict's Law - Allergy School

Incidents

Choking Incidents

If a child experiences a choking incident that requires intervention, staff should record details of where and how the child choked and ensure parents and/or carers are made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.

Parents should be made aware immediately and the incident should be recorded as above.

Allergic Reactions and Anaphylaxis

If a child experiences a suspected allergic reaction or anaphylaxis, staff must follow the child's individual healthcare plan and emergency procedures immediately. Where an adrenaline auto-injector has been prescribed for the child, it must be readily available and administered in accordance with staff training. Emergency medical assistance must be sought without delay where required. Parents/carers must be informed as soon as reasonably practical and the incident must be recorded in accordance with the schools' procedures.

Sleeping

While it is unusual for children to fall asleep in Nursery and Reception, it does occasionally happen. As such we do not have a dedicated space for sleeping. If a child needs to sleep, a quiet space will be found.

- Children should be allowed to sleep if they are tired and monitored closely for signs of being unwell, temperature etc.
- A note of the date, time and length of their sleep should be made so pattens of concern can be identified.
- Children should be placed on their back in their own separate sleep space on a clear, flat, firm surface such as a suitable mattress on the floor.
- The space should be well ventilated and away from windows, doors and heaters. If the classroom is too hot, remove jumpers as necessary. If the room is cold, a cellular blanket can be given.
- If possible, the mat should be in a quieter space with minimum distractions.
- An adult should be present in the room at all times and should monitor the child regularly.
- Mats should be sanitised after use and should be checked for tears or damage, replacing them if necessary.

Monitoring and Review

This policy is reviewed and evaluated throughout the academic year. It is updated annually.