

# Lunchtimes at West Hove Infant School

Welcome to the January edition of the West Hove Infants School Newsletter.

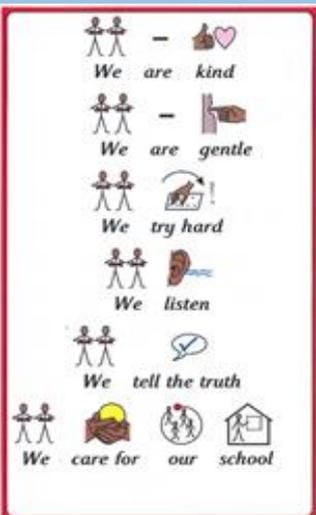
This month we are having a look at lunchtimes!

There is so much more going on than just eating – though that is obviously extremely important!

This Winter don't forget to wrap up warm with coats, hats and gloves. Please make sure they are all labelled with your child's name and class!

## Eating

We use our hall for Reception classes (1200-1250) & our Canteen for Year 1 & Year 2 classes (1200-1230). Food is either brought from home or chosen from the Caterlink menu at drop off (please use the menu and the new photo versions recently sent on Ping to help your child make the best choice for them). The food is cooked on the premises. Bread, carrots, cucumber & water are available daily. Children wear a coloured wrist band to show their lunch choice – if you have any of these at home, please return them, thanks!



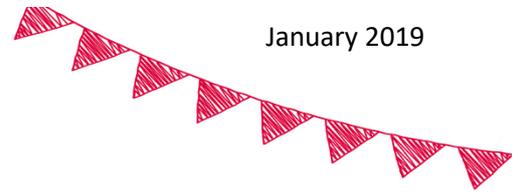
## Independence

The children line up at the serving stations and collect their food and carry them on trays to their tables. With Red or Green options, they should always choose a vegetable. Children have a choice of desserts. The children sit at tables with pupils from their own class. They are encouraged to eat what they can, we appreciate appetites and tastes vary, before asking to eat their dessert. Once finished the children ask to leave the table and line up to dispose of leftovers, their tray, plate, bowl, water glass and cutlery. They are then free to go outside to play.

## Hove Junior School Buddies

We work closely with Year 5 children to become volunteer lunchtime Buddies. The children assist in the canteen/hall & play games in the playground. It's a rewarding experience for all the children.





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### Playing - there is lots going on outside at lunchtimes!

**Snug** - equipment, pirate ship, climbing wall, huts, colourful ground paintings to inspire, running and free play. The snug is used on rotation by year group day to day.

**Back playground** –adventure trail (one class per day), open to all - grass area, main playground for free play, running and at least 3 adult led games with equipment (change weekly), 1 linked directly to termly PE curriculum, as well as colourful ground paintings to inspire. Sadly, our stage area is currently out of action due to disrepair, but we are actively working with FOWHIS to explore alternative solutions (suggestions welcome).

**Quiet Zone** – the Reception playground, open to all, drawing, reading, dressing up and another activity (rotated weekly) such as giant connect 4, noughts and crosses, small world play, construction (we are always on the lookout for donations of pre-loved toys for this area!).



### What happens if?

If it is raining heavily, we have “wet play” – the children eat lunch & then go their classrooms for games, drawing or reading.

If someone hurts themselves or feels unwell? – we have a medical room to attend to medical needs

A child feels that they do not have anyone to play with? – they can go to the buddy bench in the snug or friendship stop in the back playground where a Buddy will help them, or they can speak to any of our lunchtime staff.



### Lunchtime Staff

Our lunchtime staff are called Midday Supervisory Assistants (MDSA for short). They are present in the hall/canteen and playground during the lunch hour (1200-1300), join in games and ensure the safety of the children – contact the office if you are interested in joining our friendly team.

