

Fulwell Junior School

FOOD POLICY-January 2025

# Specific Aims

* To ensure that children are well nourished throughout the school day and that every pupil has access to safe, tasty and nutritious food and easily available water supply during the school day.
* To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils within the school.
* To promote the ethos of a “balanced diet”

### Rationale

* Our school has a role in society in providing a health promoting environment. This involves both delivering related education and the provision of healthy food and drink choices. We are increasingly aware of the need to respond to the national concerns over obesity- and the need to promote healthy choices with regard to both exercise and food/drink.
* We recognise that children who eat well and drink water regularly are more able to learn and concentrate class. This has a huge impact on their success at school.

## **Objectives**

* To improve the health of all stakeholders by helping to educate them, increasing their knowledge and awareness of food issues, including what constitutes healthy eating.
* To ensure food provision in school reflects the varied needs of staff and pupils i.e. the medical, ethical and cultural requirements of staff and pupils.
* To contribute to improved pupil behaviour and health, assisting them to reach their learning potential.
* To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment.
* The school should work with partner agencies to promote healthy eating and drinking.
* The school should involve wider stakeholders whenever possible to achieve the stated aims.

**Lunch Times**

* **School Meals.** We will work with the Schools meals provider to support healthy menus and healthy initiatives e.g. quizzes; food tasting sessions etc. We will provide a positive environment to encourage good choices.
* **Packed Lunches.** We encourage parents to include good/balanced food choices in packed lunches and encourage a “Nut Free” environment. (Reminders to be sent periodically)
* **Break Times** – Children are permitted to bring a healthy snack. (Nut Free)
* **Dining Environment**- We will provide a positive environment to encourage good choices. We will strive to maintain a friendly and attractive setting- welcoming to pupils.
* **Water** accessed freely throughout the school day. Children and parents to be encouraged to bring non sparkling water in a non-breakable bottle with sports top. (Not large capacity)

**FOOD IN SCHOOL**

Parents should ensure that no confectionary should be brought into school which may contain nuts including lunches or class gifts.

Confectionary On School Grounds- Staff can only give items which have been prepared by our kitchen or jelly type sweets, both of which are nut free. (Items from kitchen, are also dairy free)

External Trips- Should children go to another venue whereby “treats” or food is provided, the course leader (Normally a teacher) will ensure that no items are provided which may contravene a childs health plan.