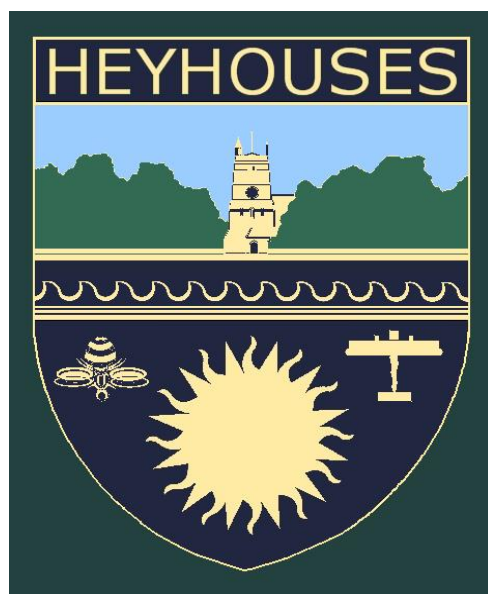


*Heyhouses C.E. Primary School*

# Food and Drink Policy

## 2021



Review date: November 2021  
Next Review: September 2022

## **Rationale**

'Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers'

*The School food Standards 2014*

At Heyhouses C.E. Endowed Primary School we believe that education about health issues is very important for the development of our pupils both now and for the future.

We acknowledge the important link between a healthy diet and the ability to learn effectively.

We seek to provide effective healthy eating education and ensure that all aspects of food and drink in school promote the health and wellbeing of the children, families, the staff and visitors.

We will encourage the children, families, staff and visitors to make informed choices about healthy eating.

This policy has been produced by the whole school and has been created through consultation with staff, pupils, governors and parents.

This policy is available on the School Website.

## **Aims**

- To further develop and maintain an ethos in the school in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage a balanced diet
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating and drinking habits that will last a lifetime

## **Objectives**

To work towards ensuring that this policy is both accepted and embraced by governors, school management, teachers and support staff, pupils, parents, food providers and the wider community.

## **Provision of Food and Drink across the Day**

### **Breakfast Club**

The Breakfast Club complies with the School Food Standards. Regular checks are made to ensure standards are met.

Cereal, milk, toast, waffles and yogurts are available to children. Fruit juice, milk and water are also available to children who attend the breakfast club. Fruit is always available. The importance

of having a good breakfast is reinforced and encouraged. As an occasional treat e.g. birthdays or end of term, pancakes or croissants may be offered.

## **Snacks**

Children are asked to bring a small mid-morning snack to school. Crisps, sweets and chocolate are not allowed.

We are involved in the school fruit and vegetable scheme, where a piece of fruit is provided free each day to all children in Foundation Stage and Key stage 1. Every child in Key Stage 1 is able to choose their fruit or vegetable at any time during the afternoon.

## **School Tuck Shop**

Our KS2 tuck shop is run by our kitchen staff. Children are able to purchase toast, teacakes or crumpets. Flavoured milk and water are also available. A variety of fruit is always available to purchase.

## **Lunch Time**

### **Packed Lunches**

Our aim is to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in school, which is regulated by the School Food Standards. Therefore, guidance and suggestion leaflets are issued to parents, on the content of packed lunches.

Confectionary, such as chocolate bars and sweets are not allowed in lunch boxes.

Healthy lunches will be rewarded by stickers from the lunchtime welfare staff in KS1.

The school provides a suitable storage area for lunch boxes. As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food fresh.

All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

## **School Meals**

School lunchtime meals are provided by Lancashire Commercial Services and have to meet the healthy School Food Standards as set out by the government.

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

From September 2014 all children in Reception, Year 1 and 2 are entitled to a free school meal each day.

A three weekly menu is prepared by the school meals service and sent out to parents. Children may choose their main courses from a choice of two different menus each day.

Children in the Reception and Year 1 classes are supported by their class teachers when choosing their meal to assist with understanding, choice and to ensure a balanced meal is chosen.

Welfare Staff talk to the older children about what is on offer and recommend dishes. They encourage children to take a balanced meal including vegetables, salad and fresh fruit.

## **Dining Room Environment**

The school recognises:

- The importance of lunchtime organisation on the behaviour of pupils
- The value of promoting social skills

**Reduction of queueing? Timetable?** Staggering lunch times? Reception, year groups on a rotation

**Trays – crockery? – plate as juniors**

The school cook, her assistant, welfare staff and other staff on duty at lunchtime all work together to create a good dining room ambience and the development of appropriate table manners.

There is no segregation of children bringing a packed lunch and those having a hot meal. We promote a pleasant environment where the children can eat and chat with their friends.

**Prefects to serve salad/fruit? – increase uptake of fresh fruit and salad**

## **After School Club**

The After School Club complies with the School Food Standards. Regular checks are made to ensure standards are met.

The after school club runs until 6.00pm and offers all pupils who attend a light healthy meal. The menu varies with the seasons and is served on a rotational basis. Examples are beans on toast, ham wraps, soup or pasta. Reduced sugar squash, water and milk are provided.

## **Drinks Policy**

Children are encouraged to drink water throughout the day, particularly after PE, active play and in hot weather. All children are provided with a water bottle and are reminded to bring these every day.

Replacement water bottles are available to buy from the school office, or children may bring in their own suitable and appropriate water bottles.

Children are only to bring water in their bottles to school. Juice is not allowed.

Foundation Stage and KS1 children have the opportunity to have milk each day. This is paid for by the parent/carer unless the child claims free school meals. A specific time is set aside for this and those that do not wish to have milk have a drink of water instead.

## **Treats and Rewards**

Whilst endeavouring to encourage healthy eating as the norm, we also accept that at times it may be appropriate to enjoy less healthy options as an occasional treat.

Examples include:

- Crisps, chocolate biscuits and sweets at the Christmas party or end of year disco
- Popcorn or ice lollies during a film

- Sweets and fizzy drinks for sale at a fundraising event for school

Food is not given as a reward at our school.

## **Curriculum, Teaching and Learning**

Key healthy eating messages will be taught within Science, DT and PSHE. They will also be delivered through assemblies and theme days/weeks.

Opportunities are taken whenever possible to encourage pupils to taste multi-cultural aspects of food through cross-curricular subjects including Geography, History and RE.

## **Children with Special Needs**

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements.

School also recognises that some children and staff require specialist diets, including nut allergies. The schemes of work are sensitive to this and the teachers will be aware of any pupils within their class who this may apply to.

Due to the risk of severe allergies, we are a NUT FREE school.

Consent to food tasting and allergy information is requested from parents on admission. Records of this are regularly updated.

Prior to residential trips, a form is sent home which includes information on dietary needs.

## **Parental Involvement**

All new parents are made aware of the school Food and Drink Policy. Feedback from parents is sought during consultation and review. Information about school catering is provided at parents' evenings and in school newsletters e.g. menus and theme days.

## **Food Hygiene**

Children are reminded on a regular basis about the importance of hand washing before eating. Parents who send a packed lunch into school for their child are encouraged to use an insulated bag and freezer block, especially in warm weather.

## **Monitoring and Assessing the Policy**

The Whole School Food and Drink Policy is monitored by the co-ordinator and Senior Management Team. It will be reviewed on a planned two year cycle, with views of the whole school community taken into consideration, including those of pupils. Packed lunches will be monitored on a regular basis.

Please note that parts of this policy may be affected by COVID 19.

Date written: November 2021

Next review date: September 2022