

# Food and Nutrition policy

## Introduction

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We are also a nut free school.

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## Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

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## Aims and objectives

- To ensure that we are giving consistent messages about food and health
  - To give our pupils the information they need to make healthy choices
  - To promote health awareness
  - To contribute to the healthy physical development of all members of our school community
  - To encourage all children to take part in the '5 a day' campaign
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## Settings for food policy

We do not use vending machines in our school. Nor do we run a tuck shop.

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## Snack

All our under-fives are entitled to free milk. After this they can choose to opt into the milk scheme which some parents do.

All Foundation Stage and KS1 classes include a morning breaktime snack of fruit or vegetables from the government 'fruit for schools' initiative.

\*KS2 children can buy into a school based fruit scheme. Fruit and veg are bought locally and prepared by a trained member of staff which they eat at playtime. - no other snack is allowed during break.

\*This initiative has been temporarily halted due to COVID restrictions. At present children are eating fruit or vegetables from their lunch boxes at morning break time.

## **School lunches and packed lunches**

All our school meals are provided by a contracted caterer who has a healthy, locally sourced food policy as part of their tender. They follow the School Food Standards which stipulates one or more portion of vegetables or salad as an accompaniment each day and one or more portions of fruit every day. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They pay regard to nutritional balance and healthy options. More information on the School Food Standards can be found at:

<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

At present due to COVID restrictions universal free school meals are the only hot meals provided in school. Key stage 2 pupils bring packed lunches, and those entitled to a free school meal receive a packed lunch from the contracted caterer. We send out letters at intervals regarding the contents of packed lunches and we do not allow sweets, chocolate bars (although we do allow chocolate covered biscuits at present) or fizzy drinks.

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## **Water for all**

All children are expected to bring in a water bottle each day from home. Children may drink their water at any time.

Chilled water is available in the staff room.

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## **Food across the curriculum**

Children have the opportunity to consider food and healthy lifestyles in many areas of the curriculum. They are encouraged to consider what they eat and the effect different foods have on their lives.

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## **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.

Parents and carers are reminded on the school website and in newsletters about our water and packed lunch policies. We ask parents not to send in fizzy drinks and reinforce the message that it should be water that is brought in each day in the water bottles.

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## **Role of the governors**

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

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## **Monitoring and review**

Subject leaders and class teachers are responsible for the curriculum development of the Policy

The Headteacher and PSHE Manager are responsible for supporting colleagues in the delivery of the Food Policy

The LEA is responsible for ensuring the quality of the food offered as part of the contract with the caterer.

This policy will be reviewed annually to take account of new developments