
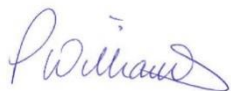


Healthy School Food and Drink Policy



Signed by Chair of RAP Committee during COVID-19	
Signed Acting Headteacher	
Date	September 2020
Review Date	July 2023

Aims:

- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school;
- To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices;
- To work in partnership with the Warrington Borough Council school meals service or external supplier to ensure that nutritional standards are implemented by providing a choice of meals daily that are appropriate to local need and national legislation;
- To work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.

Nutritional Aims:

- To encourage pupils to choose a variety of foods to ensure a balanced intake in line with the 'Eatwell Guide' nutrition guide and the nutrition standards;
- To encourage foods that are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products;
- To encourage starchy foods as a source of energy (such as wholegrain bread, pasta, rice and potatoes) rather than fatty foods;
- To encourage, water, no added sugar fruit juices and no added sugar, lower fat milk drinks.

Objectives:

- To involve all members of the school community in the policy development to ensure that all food and drink served complies with the nutritional standards and it is reviewed annually;
- Create a pleasant eating environment that encourages social interaction;
- Review the formal curriculum to ensure all subject areas encourage food choices to be made using the 'Eatwell Guide' model;
- To involve pupils through school councils, class discussion and assembly focus.
- To involve parents through information in newsletters, school prospectus, parents evening, governors meetings and websites;
- Ensure catering staff are trained to provide food that meets the nutritional standards and are able to assist with the promotion of a balanced diet;
- Ensure teaching staff are adequately trained to provide accurate information on nutrition and practical food education;

We believe that the hidden messages that pupils receive about food and health from the daily life of school are as important as those within the formal curriculum. The whole school food and drink policy will cover the consumption of food and drink at all times of day:

Snacks and drinks at break time:

- Only fresh fruit and vegetables, bread, toast, plain crackers, crumpets and breadsticks are allowed
- Water is encouraged and children can bring water bottles outside.

School Lunch:

- Food standards are monitored by SLT in conjunction with quality control from WBC School Meals Service.
- All children are encouraged to make a healthy balanced choice at lunchtime.
- The school cook attends new parents evening to promote healthy eating and school lunches.
- WBC Schools Meals Service provide our school dinners, planning healthy menus a term in advance.
- Menus are provided on the school website.
- If children are having issues with school or packed lunches the midday assistants inform class teachers.
- The school eco council encourage composting and recycling of food and containers.
- Children with additional needs are catered for sympathetically at lunchtime by catering staff and midday assistants.

Packed Lunches:

- Eco-councillors share information with parents on healthy options for packed lunches and reward children for bringing a balanced lunch in to school.
- Children having packed lunches sit with the children having school lunches so that friendships continue at lunchtime.
- Any uneaten food in a lunch box is sent home so parents are kept informed of what is eaten.

Dietary Needs and Allergies:

- Dietary needs and allergies are asked about on the school admission information.
- On entering EYFS a separate form is filled in and kept in each child's learning journey.
- Catering staff are informed of allergies and dietary needs.
- Menus can be discussed with the school meals management team.
- Staff training needs are identified collaboratively between individuals and SLT.

Water:

- All children are asked to bring a water bottle from home which can be filled as required in school.
- Water bottles are allowed in the class and can be taken outside on the playground/field.
- Pupils are encouraged to keep hydrated after physical exercise and during hot weather.

Curriculum, teaching and learning:

- By following the national curriculum children are exposed to a broad and balanced approach to healthy eating through different subject areas.
- A cooking after school club encourages children to cook and taste different foods. Classes can grow food in the school grounds.
- Where the opportunity arises teachers will plan opportunities to taste new food (for example during World week and Faith week) and will encourage healthy eating.
- Multicultural aspects of food are included in the curriculum and linked with theme days and weeks.

Rewards:

Our school ethos believes in the importance of rewarding and celebrating good behaviour and good work which will be done at the discretion of the teacher, e.g. praise, stars, stickers and merit certificates.

As childhood obesity is a major and increasing problem in the UK, our school will therefore not use confectionery as a reward. The practice of giving sweets as a reward is not consistent with the taught health message of reducing sugary foods in the diet. Sugary foods are also contributory to decayed teeth and future dental health problems.

Birthday treats:

To maintain a consistent message about healthy eating in school and to promote dental health, we encourage parents/carers of children in the early years setting and primary schools not to send in sweets and confectionery to celebrate birthdays, however any sweets that are sent in are given out at home-time under parental supervision.

Celebrations in school:

In support of our social and cultural ethos, we promote the celebrations of special occasions together and this may include the sharing of confectionery. Examples of these times may be:

- ❖ Easter
- ❖ Christmas
- ❖ Eid
- ❖ Ramadan
- ❖ Divali

Competitions:

Our school will encourage that confectionery food is not given as prizes for competitions that are organised in school.

Monitoring and Evaluation:

The whole school food and drink policy is monitored by the SLT and they annually review the views of the wider school community.

The uptake of healthier options at lunchtime will be monitored and reviewed. Work will also include the monitoring of packed lunches on a regular basis.

Formal curriculum will be monitored in line with the school's monitoring procedures to ensure the correct knowledge, understanding and skills are being developed and attitudes and values explored. Evaluation feed back from pupils will help to shape the future healthy eating programme within school.

Uptake of extra-curricular activities are monitored and regular reports are available to the school community.

The school will apply for accreditation on the Tasty Tuck Award Scheme to achieve recognition for the school's encouragement of healthier snack options.