



Food in School

We aim to promote and encourage healthy eating and choices in school.

Drinks

Water is available throughout the school day for children to drink. They are asked to bring a full water bottle into school and then to fill it up as necessary from one of our water machines.

A free carton of milk is available daily for all children under 5 years old, and can be purchased for a nominal cost for children over the age of 5. It is free to all children entitled to pupil premium and free school meals.

Children are not allowed to bring sugary or fizzy drinks or squash into school to drink throughout the day. Squash is however permitted as a lunchtime drink.

Breaktime / Mid-Morning Snacks

We belong to the School Fruit and Vegetable Scheme. As a result, all children in Early Years and KS1 receive washed fruit or vegetables daily.

- ❖ Early Years classes share fruit, vegetables or a piece of toast during planned snack time sessions.
- ❖ Children in KS1 eat their fruit and vegetables during their morning break.
- ❖ KS2 children can bring either fruit or vegetables from home and eat them during their morning break.

Children are not allowed to bring in unhealthy snacks such as crisps, biscuits, chocolate, energy bars etc. Any children doing so will not be allowed to eat them and be asked to take the item back home.

There are a number of children in school who do not have breakfast at home and come into school hungry. Wherever possible, we provide these children with fruit and / or toast in our wellbeing hub.

Lunchtimes and lunchboxes

Our school caterer produces a 3-week menu that provides balanced and nutritious meals for our children having school dinners. Children, via their school council, help to design and evaluate the menu on a regular basis.

Should parents decide to send in a packed lunch from home, we encourage parents to include foods which will provide a balanced meal and encourage them to consider healthier options such as a piece of fruit rather than a bar of chocolate or bag of crisps, wholemeal bread rather than white bread etc. Food not eaten in the packed lunch will be taken home by the child to ensure parents know what their child has eaten or has not eaten.

- ❖ If children are seen to be bringing in a number of unhealthy items then they will be asked not to eat them and to take them home. If necessary, school will work with individual parents to help them in providing more balanced packed lunches.

Guidance for parents on providing healthy choices for packed lunches can be found at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Storage of food

The school will ensure that packed lunches etc. are stored in a clean environment and away from heaters and direct sunlight.

Birthdays

On a child's birthday (or on the nearest school day to that child's birthday if it falls during a weekend or holiday period) they are invited to come into school wearing non-uniform so that they feel special and their birthday can be recognised.

- *Children are not able to bring food to share (sweets, cakes, biscuits etc) into school on their birthday. Many such items contain ingredients that not all children can have. These include nuts, gelatine, dairy and this can cause upset as well as putting some children at risk.*

Food at Special Events

The school is not required to meet government school food standards at one off events, such as:

- At parties or celebrations to mark school, religious or cultural occasions
- At fundraising events
- As rewards for good behaviour (e.g. golden ticket rewards, no warnings rewards)

The school sees such events as celebration times, when it is appropriate to enjoy treats together in moderation. However, all food items brought into school must be bought (i.e. not homemade) and have all ingredients clearly labelled on them.

- *For one-off events, some homemade food will be accepted (e.g. the bake-off event for Children in Need) but items will only be accepted if lists of all ingredients are clearly labelled.)*

Curriculum

Our school curriculum, through Science, PSHE and DT, enriches children's experience of food and healthy, balanced diets. Curriculum content focuses on:

- The importance of food groups and what constitutes a balanced diet and the role they play in promoting growth.
- The development of strong healthy bodies.
- The sustainability of our food supply and the effect on our planet.
- An understanding of cultural diversity.
- The development of respect and understanding towards the beliefs and attitudes of others.

During some lessons, children might make and / or taste food (e.g. during DT.) When this is the case, staff leading the activities have completed their 'food hygiene' qualification and ensure the safe storage, preparation and handling of the food. Allergies and dietary needs are always considered during planning and parents are informed in advance that the activities are taking place.

Please note:

Food is never used as a way of rewarding good behaviour in school.

Due to a number of nut allergies we are a nut free school. No nuts or products containing nuts are allowed in school under any circumstances.



For example:

- no peanut butter sandwiches
- no foods that contain nuts (e.g. cereal and muesli bars)

Where children have specific dietary or medical requirements, adjustments to this policy can be agreed between home and school