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**This policy was drafted by the School Nutrition Action Group and representatives of teaching staff, midday supervisors, parents, Governors and Children.**

**Date of Policy:** May 2023

**Policy to be reviewed:** May 2027

### **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 their behaviours, and encourage them to take responsibility for the choices they make. The school supports the '5-A-DAY' ethos to encourage children to eat five 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 have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school.

### **Aim**

To ensure that all aspects of food and nutrition in school promotes health and well being of all members of the school community.

### **Objectives**

- Encourage healthier eating and the importance of balance.
- Ensure good provision of drinking water.
- Promote awareness of basic food hygiene.
- To give pupils opportunities to learn about healthy foods.

### **Snacks**

We do not use vending machines in our school. Currently we do not run a tuck shop but if we decide to do so in the future, the food policy will be applied to all items sold.

During break, milk is available (free to under 5's and at a small fee from the age of 5 – from Cool Milk) for all pupils who wish to partake. Pupils are also allowed to bring in their own **fresh fruit and vegetables or dried fruit**. No other snack is allowed.

### **School Dinners and Packed Lunches**

All our school meals are provided by a contracted caterer who has a healthy-food policy as part of their tender. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They can provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Salad items

are always available and children are encouraged to make healthy choices. Pupils who have packed lunches are encouraged to bring in healthy foods. Sweets, snacks and bars that are chocolate-coated or contain chocolate and fizzy drinks are not allowed.

### **Water**

Water is freely available throughout the day. Drinking fountains are located outside for access at playtime. In Panda and Dolphin class water is available to the children in water bottles. In the three older classes the children bring bottles but they also have access to cups of water.

### **Awareness of food hygiene**

Pupils are made aware of good hygiene by ensuring they wash their hands before lunch or preparing food. They are also taught how diseases can spread through poor practise.

Parents are reminded in news letters to take special care regarding food hygiene of packed lunch boxes and to include a cooling block if possible.

### **Learning about Healthy food**

Pupils are taught about different types of food in the context of a balanced and healthy diet in many curriculum areas, particularly in Science, Technology and Knowledge and Understanding of the World.

The same message is reinforced during our food theme weeks.

### **Involvement of Parents and Pupils**

Pupil's views about food choices during a school day and general lunchtime arrangements are made known through the School Council. Their suggestions will be considered by the Senior Leadership Team and, if feasible, will be acted upon.

The school council were asked to find out the views of the children on end of term treats and birthday sweets. It was decided that they would continue to bring in cakes and sweets for birthdays only and these would be given out at the end of the school day to take home with them.

End of term treats will no longer take the form of cakes and sweets.

The PTFA are proactive in supporting the school's food policy. Food is given to the children at the school disco as part of the celebration. Care is taken on the choice, with consideration given to the additives, colourings and fats in an item. During a number of PTFA events bottles of water are available to purchase.

Food sold to aid funds after school is discussed with the whole PTFA and their support of our Healthy Schools status influences their decision.

### **Children in Need, Comic Relief Charity Fund Raising.**

As part of fund raising, cakes are made and sold. The children are allowed one cake during the school day. The rest of the cakes are sold after school to the parents.

### **Monitoring and Evaluation**

The LA is responsible for ensuring the quality of the food offered as part of the contract with the Caterer.

Staff monitor packed lunches and routinely inform the Headteacher of any concerns.

Class teachers will ensure pupils have adequate access to drinking water and all staff will stress the importance of good food hygiene.

Class teachers will provide opportunities in the curriculum for pupils to learn about healthy, balanced diets and the Senior Leadership team will support colleagues in delivering the curriculum.

### **Review**

The effectiveness of this policy will be evaluated by the Healthy School Co-ordinator and will be reviewed every 4 years no later than May 2027.