

AIM

To ensure that all aspects of food and nutrition in school promote health and well being of pupils, staff and visitors.

GUIDELINES

Teaching and learning

Children are taught about nutrition and healthy eating through the direct curriculum in PSHE, Design and Technology, and Science. Children are given opportunities to design and make recipes using healthy ingredients and are taught about nutritional values of foods.

Children learn about cultural and celebration foods through the RE and history curriculum.

Children learn about food production and global issues related to food production through geography.

Acorns children take part in a visit to Pizza Express and learn the value of ingredients that are used in pizza making.

Lunch times

- Lunchboxes are stored in cloakrooms in the coolest environment possible.
‘Cooler’ lunchboxes are recommended
- Children may bring hot foods in flasks
- Children are encouraged to bring healthy lunches which include plenty of fresh fruit and vegetables, on a daily basis
- Children should not swap food items and will be discouraged from doing so by the staff
- Lunchtime supervisors are instructed to teach positive table manners and behaviour at lunchtimes
- When on residential visits children are encouraged to eat healthily and appropriately for energised participation in all activities.
- Children who qualify for free school meals will be provided with a healthy lunch from our current school Meals provider
- Hot school meals are provided by Food with Thought. These are free of charge to all children in KS1. Children in KS2 may also purchase hot meals at the current cost as determined by the provider.
- Parents should provide a drink for their child, daily, in a re-usable container.

Playtimes

- Children are allowed only fruit and vegetables for snacks at playtime
- The school participates in the SFVS and operates a fruit and water time at playtime each morning in the Acorns and Saplings classes.

Milk

The school participates in the Cool Milk scheme for the provision of milk for children. Parents sign up and pay directly to Cool Milk and the school distributes the milk daily at lunchtimes.

Water

Children are encouraged to drink plenty of water throughout the day and have free access to the water fountain. Children are encouraged to take drinks to the field when undertaking PE and sports events. Children are also encouraged to take plenty of drinks when participating in school trips.

Events

Prizes provided for competitions and games, sports or other school led events will not consist of sweets.

Children are not allowed, under any circumstances, to take sweets on school trips or residential visits

Parents who wish to share cakes or sweets in celebration of their child's birthday may do so at the end of the school day. Parents should be prepared to distribute these themselves or, alternatively provide cake ready cut and packaged to eliminate supervision problems. No parent should feel under pressure to participate: providing birthday treats is *not* a school expectation.

Cake stalls held by FOWS are run on the understanding that parents accept responsibility for using best hygiene practices when baking and selling products.

National Initiatives

The school takes part in SFVS.

Help and support

- The school produces a healthy lunchbox pack for parents containing recipes, lunchbox ideas and top tips. This is available on the school website along with seasonal food ideas
- The school works in partnership with parents to promote healthy eating. This happens through written communication and the parent forum

Health and Safety

- Children will be taught to wash hands before eating and handling food
- When cooking children are taught basic food hygiene procedures
- All staff follow basic food hygiene procedures. Most members of staff are qualified in Basic Food Hygiene
- Utensils and equipment from the kitchen area must not be used for other curricular activities and must always be returned to their rightful places

- Health and safety procedures will be adhered to when operating the cooker and using knives and other implements
- The kitchen should not be used for purposes other than food preparation except in exceptional circumstances

Roles and Responsibilities

- It is recognised that the school cannot dictate to parents what their children should eat. We do, however, encourage healthy choices.
- The school council may be involved in conducting surveys and exploring healthy eating issues
- Parents will take responsibility for the contents of children's lunchboxes and the temperature of the food in flasks. Flasks should be unbreakable.
- Parents will take responsibility for informing the school if their child suffers from a food allergy
- Children will take responsibility for eating their lunch and making every effort to demonstrate positive behaviours and manners at table
- Lunchtime supervisors are responsible for helping children to learn positive behaviours and table manners
- Teachers take responsibility for teaching health, safety and nutrition through the curriculum

Allergies

We are aware that from time to time we may have pupils with food allergies. To reduce risk we may ask for particular foods not to be brought onto the premises; peanuts, for instance.

When children are to be involved in food tasting and cooking, a letter will be sent home to inform parents. No child will be forced to taste foods against his or her will and parents have the right to ask that their children do not take part in such activities.

Staff members may choose to de-stress and boost energy levels with biscuits at playtime. This is a personal choice and staff members may expect to explain their choice to the children from time to time.

This policy should be read in conjunction with the Health and Safety policies, Behaviour, PSHE, Science and Design and Technology policies.

Agreed: October 2018

Person Responsible: V Lucas

To be Reviewed: October 2019

