



# Trinity and St. Michael's

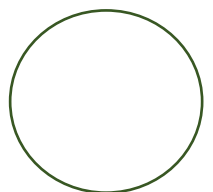
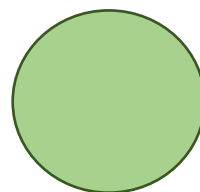
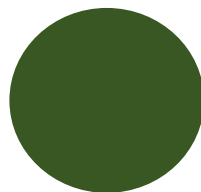
## Food and Drink Policy

"Don't withhold good from someone who deserves it, when it is in your power to do so."  
Proverbs 3 Verse 27

Do everything in



1 Corinthians 16:13-14





## Rationale

We believe that education about health issues is very important for the development of our pupils both now and for the future. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues. This is fully embraced in our school aims and ethos which express that we are a learning community and all learn together. As a result we would aspire to improve the health of the school community by teaching ways to establish and maintain life long healthy eating habits. We recognise that it is important for the whole school to use consistent messages about healthy eating. The benefits of healthy eating is included in the school's Health Education and Science curriculum.

## Aims

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without anxiety
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs
- Work in partnership to achieve a pleasant and sociable experience which enhances the social development of each pupil

We aim to promote **healthy and balanced eating** by:

- Encouraging pupils to chose a variety of foods to ensure a balanced intake in line with the national nutrition guide – 'The Balance of Good Health' and the nutritional standards
- Encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low-fat dairy products
- Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods
- Encouraging fruit juices, lower fat milk and sugar-free drinks and water
- Discouraging sugary drinks and less healthy snacks between meals



## Objectives

To work towards ensuring that this policy is both accepted and embraced by

- Governors
- School management
- Teachers and support staff
- Pupils
- Parents
- Food providers
- The wider school community

To integrate these aims into all aspects of school life, in particular

- Food provision within school
- The curriculum
- Pastoral and social activities

## Provision of food and drink across the day

### Mid-morning snack

Evidence strongly suggests that unhealthy snacks are not conducive to learning or to encouraging appropriate behaviour. Quality nutrition has a very positive impact and we ask for parents' support in this respect to help us to maximise the learning of all our children. Permitted snacks in school are fresh or dried fruit, plain cereal bars/flapjack (not chocolate coated), plain digestive biscuits or toast. Toast can be purchased in school and is paid for termly, in advance. Chocolate, sweets or crisps are not permitted.

We benefit from the School Fruit and Vegetable Scheme. This provides every child in Key Stage One with the option of an extra piece of fruit each day.



## Drink Policy

Children are encouraged to drink water at school particularly after PE, active play and in hot weather.

The children are required to bring in plastic bottles from home, containing only water, which can be refilled at cool water points and fountains and drink from them throughout the day. Containers should be taken home on a daily basis to ensure adequate washing. Juice is not permitted as an alternative to water as it is sticky when spilled/splashed in the classroom and attracts wasps outside. The importance of drinking water is reinforced on a regular basis.

Should, following an initial reminder, snacks or drinks contrary to school policy continue to be provided, then the items will be returned home.

Children bringing a packed lunch may bring fruit juices or milk for dinner times as this is consumed in the dining room.

Subsidised school milk is promoted as a vital contribution to calcium intakes. All Key Stage One children are encouraged to have milk. A specific time is set aside for this and those that do not wish to have milk can have a drink of water instead.

We believe that the messages pupils receive about food and health from the daily life of school are very important. By working together, we promote healthier eating habits.

School lunchtime menus are agreed between the school and catering staff. Local preferences are considered within the framework of national standards. Theme days are linked to curriculum areas or calendar events. All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. A daily salad bar is also available for the children to select from. Due to the large difference in calorie requirements between Key Stage One and Key Stage Two pupils, portion sizes are adjusted accordingly. The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.

## Dining room environment

The school recognises the importance of lunchtime organisation on the behaviour of pupils and in promoting social skills. Teachers, caterers and lunchtime welfare staff work together to create a positive dining room experience and the development of appropriate table manners. This is supported by our whole school behaviour policy. Meals are provided by Mellors Catering Services and are cooked and prepared in our own school kitchen. Children eating school meals sit with those eating packed lunches.



## Breakfast and after school clubs

Healthy eating messages are also encouraged through 'The Playstop' before and after school club. A healthy breakfast is provided for those children attending before school care, and a healthy snack for those in after school care.

## Exceptional Circumstances

Our food and drink policy aims to develop and nurture healthy eating habits for life and applies to the provision of food on a daily basis. However, we do have events in school throughout the year where we feel unhealthy choices are permissible *as an exception*. For example, birthday celebrations, school fairs and discos.

School will, of course, demonstrate flexibility should written authority from an appropriate health professional indicate the need for alternative arrangements for a particular child.

## Curriculum teaching and learning

Key healthy eating messages are taught within Science, DT and Health Education. They will also be delivered through assemblies and theme days/weeks.

The National Nutrition Guide "The Balance of Good Health" is used across the curriculum.

Pupils are given the opportunity to apply this to school meals/packed lunches.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural foods through cross curricular subjects including geography, history and RE and are linked with school meal theme days.

## Children with Special Needs

Inclusion is seen as fundamental to both planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEN requirements. School also recognises that some children require specialist diets, including nut allergies, diabetes and Coeliacs. The schemes of work are sensitive to this and the teachers, welfare and catering staff are aware of any children who this might apply to. Information from parents is requested on admission regarding any allergies or concerns about diet and involvement in food tasting activities. Prior to residential trips, a form is sent home which includes information on dietary needs.

**We ask that parents remain mindful of the needs of children with serious allergies when preparing packed lunches and snacks. Foods with obvious nut content, eg peanut butter and nutty cereal bars should be avoided. We currently have several children in school with serious nut allergies and although it is not feasible to eradicate all traces of nuts from our school day, we can minimise the threat by the avoidance of certain foods which are known to contain nuts.**



## Parental Involvement

The school food and drinks policy is explained to all parents in our induction meetings including information about healthy packed lunches and snacks. Information about school catering is also provided at parents' meetings and in the school newsletter eg menus, theme days, free school meals.

Staff and governors are invited into school to eat lunch with the children. Parents are invited to join children for regular 'family meals' and our local OAP group joins us each term.

## Food Hygiene

Children are reminded on a regular basis about the importance of hand washing before eating. This is part of regular classroom routines, especially in Key Stage One.

Whenever children are allowed to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new disposable cloth
- If necessary, cover work surfaces with disposable / plastic tablecloths before starting the task
- Ensure utensils have been thoroughly cleaned beforehand
- Always wash hands using soap before any preparation / sampling tasks
- Ensure sleeves are "rolled up" and aprons are worn for food preparation
- Keep group/s manageable and use support assistants where necessary
- When sampling always let individuals have their own spoon / cup etc.
- Allow plenty of space to work, with all "classroom items" away from food and utensils
- Encourage thorough washing up after the tasks and return utensils to where they are stored
- Dispose of finished / unwanted food after the task
- Remove disposable items and wash down work surfaces thoroughly

Careful consideration is given to the correct storage of food within school. Parents are encouraged to send packed lunches in cool bag style packed lunch boxes. Any remaining food will be sent home in the lunchbox so that parents can monitor their child's eating.

## Monitoring this policy

The whole school food and drink policy is monitored by the senior management team. It is reviewed on a three-yearly cycle.