

## FRENCHAY C OF E PRIMARY SCHOOL

# *Believe, Belong, Become*

*Taken from Hebrews 10:24-25*

*'And let us consider how we may spur one another on toward love and good deeds'*

### **Whole School Food Policy**

At Frenchay C of E Primary School we believe that knowledge and understanding of nutrition is essential for good health and effective learning and teaching. We recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards in school. This policy should be read in conjunction with the Allergy Policy and Children with Medical Needs Policy.

#### **1. Aims and Objectives**

##### **1.1 Aims**

We aim to ensure that all aspects of food and drink in school promote the health and well being of the whole school community.

##### **1.2 Objectives**

- To develop healthy eating and drinking habits that will last beyond pupil's time at our school
- To give pupil's and parents/carers the information they need to make healthy choices
- To ensure that we are giving consistent messages about food and health
- To ensure that food provision in the school reflect the ethical and medical requirements of all children and staff, e.g. religious, ethnic, vegetarian, medical and allergy needs
- To encourage fluid intake with an easily accessible water supply provided throughout the day
- To make the provision and consumption of food enjoyable and pleasant experience that enhances social development
- To contribute to the healthy physical development of all members of our school community

#### **2., Drinks, Snacks and Lunches**

##### **2.1 Drinks**

We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems. We encourage all members of the school community to drink water at regular intervals throughout the school day, particularly during or after physical activity (breaks and PE). Water is freely available to all members of the school community via water coolers outside the classrooms. Every child is encouraged to bring a water bottle to school to keep in the classroom however this should be taken home daily to be washed.

**Only water may be drunk during the school day**, except at lunchtime when children who bring a packed lunch from home may drink fruit juice or milk drinks. No carbonated drinks are permitted.

Until a pupil's fifth birthday, children in the Foundation Stage are provided with a free carton of milk to drink at an appropriate time during the school day. After this point milk may be purchased through the dairy, details of which can be obtained from the school's office.

## 2.2 Break Time Snacks

Reception and Key Stage One pupils receive one piece of free fruit or vegetable every day from the National Fruit and Vegetable Scheme.

Pupils in Key Stage Two are actively encouraged to eat fruit and vegetables during their break time.

## 2.3 School Lunches

Catering for school lunches is provided off-site by Dolce catering services. Advanced menu information is provided by the caterers and an online system of selecting and paying for dinners in advance is utilised. The menu is sent home to parents as well as being displayed in each classroom and linked on the website. Daily children are offered carbohydrate, protein and vegetables on their plate. Every effort is made to ensure that pupils make appropriate choices. The online system shows meal selection to pupils when collecting their dinner, along with any allergy information required by the kitchen staff.

## 2.4 Packed Lunches

Alternatively children may bring a packed lunch to school. As a school we support the recommendations made by the British Nutrition Foundation which are outlined below.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain roll/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy), a low sugar carton of squash, water or milk.

As a school we appreciate that children also like to have a 'treat' in their lunchbox and are happy for the children to have **one** of the following items:

- A cake type item e.g. fairy cake, small apple pie, finger slice of cake
- A biscuit covered in chocolate e.g. penguin, 2 finger kit-kat, rocky, wagon wheel
- A packet of low fat and low salt crisps

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including fruit winders),
- Any form of chocolate that could be purchased from a confectionary stand
- Any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet nut bars, cereal bars etc.
- Foods containing salted nuts, or any other nuts (due to allergies)

Parents who have difficulty following these guidelines are requested to contact the school.

No nuts must be brought to school, as stated in our Allergy Policy.

Lunchbox food is never shared with friends for reasons of hygiene and allergies.

### **3. The Dining Environment**

All children eat their midday meal in the school hall with the exception of Key Stage Two packed lunch children who may eat outside when the weather is suitable or in a classroom. We ask the children to respect the dining experience of others by keeping an appropriately low noise level. We also want the dining area to be an attractive place to eat where children are encouraged to interact with each other and enjoy their food. The school will aim to reward pupils for good meal time etiquette, healthy choices and good behaviour. As part of our dining etiquette we expect children to eat their savoury items first.

Children with food allergies and intolerances will generally be accommodated by prior arrangement with the school cook. A record of the children with food allergies/intolerance (including photographs of relevant children) is provided for the kitchen staff and is posted in the kitchen for easy referral. This information is also shared with staff, posted in the staffroom, recorded on SIMs and is kept on file with other medical information. See Managing Medical Needs Policy and Allergies Policy.

The school accommodates the dietary requirements of children from different faiths and cultures.

Dining hall food is never shared with friends for reasons of hygiene and allergies.

### **4. Food Across the Curriculum**

Food by its very nature lends itself to many learning opportunities. The school curriculum can be used to enrich pupil's experiences of food and healthy eating. It is covered in the formal curriculum through PSHE and Citizenship, Food Technology, Religious Education and Science. Aspects of food and healthy eating are also covered in other curriculum areas and through the celebration of various festivals.

Curriculum content across the will cover:

- Food groups leading to good health and growth
- The development of healthy bodies and teeth
- Food from different cultures and beliefs
- Where food comes from
- Applying healthy eating messages through practical work including preparation and cooking
- Taking responsibility for their own health and how to develop a healthy lifestyle

### **5. Celebrations and Extra Curricular Activities**

Children are taught to view sweets and chocolate as foods to be eaten in moderation on special occasions. When it is a child's birthday they may bring in wrapped chocolates or cake to share with the class which will be distributed by the class teacher. Throughout the year the school may decide there are some special occasions e.g. Christmas Parties, Jubilee Celebrations, where the children may be provided with or asked to bring in 'Party Food' to select from. This will include consideration of any children who have allergies.

### **6. Breakfast Club**

We recognise that breakfast is the most important meal of the day therefore children who attend breakfast club are given the opportunity to select from a range of healthy foods. These may include: fruit juices, yoghurts, cereals (no sugar coated or chocolate ones) and toast (using 50:50 bread) and hot chocolate (made with milk). The milk used is semi skimmed or low fat.

## **7. Monitoring and Review**

This policy will be reviewed every two years.

**Policy adopted by the Governing Body: October 2021**

**Signed:** **Head teacher**

**Signed:** **Chair of Governors Lee Wakeman**

**Date: October 2021**

**Review Date: October 2023**