



# FOOD & WATER POLICY

*This policy meets the requirements of national and local guidelines for healthier eating in schools.*

**Date approved:** October 2016

**Date of Next Review:** October 2018



## Article 24

Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.

## Introduction

This policy covers fruit and fresh water provision; milk in the Foundation Stage, break time, lunchtimes – hot lunches and packed lunches, food for staff, birthdays and Christmas treats, as well as the teaching of aspects of food in Science, PSHE and Citizenship, Design and Technology, and PE. It also includes free school meal entitlement.

## Aims & Objectives

The aim of this policy is to ensure that food and nutrition in school promotes the health and well-being of pupils, staff and visitors to our school and:

- develops pupils' confidence
- promotes knowledge of food and nutrition
- promotes a positive attitude towards healthy food choices
- enhances decision making about diet

## Water provision

Drinking water is available for all staff, pupils and visitors to the school in the staffroom and each classroom.

Water bottles have been provided for each child. Replacements are available for sale at the school office at a cost of £1.00. Children may provide their own water bottle, but these must have a sports cap to prevent spillage. Water bottles must be named. They should be kept in the classrooms, and pupils should fill them up with fresh water at the beginning of each day, and empty them before going home. Pupils should be able to refill the bottles on request and at a suitable break in the lesson or classroom activity. Bottles must be sent home each Friday for a thorough washing. Bottles left in school at the end of each term will be thrown away.

Water is available at lunchtime. If pupils have not bought a drink (or would like additional) with their lunch, they must be given a beaker / cup of water. Staff should ensure that pupils have access to water after physical activity. Extra water should be available during hot weather.

### **Fruit provision**

All Foundation Unit and Key Stage 1 pupils have access daily to a free piece of fruit or vegetable. This should be eaten during the morning at some point. Staff should be aware that some children may not have eaten breakfast when considering when to give out fruit. Pupils should be encouraged to eat the fruit, or at least try it if it is new. If the peel is eaten, the fruit should be washed. If there is fruit left over, then pupils should be offered it at the end of the day on a rota basis to ensure fairness.

### **Milk provision**

Children in the Foundation Unit under the age of 5 are provided with free full fat milk. From their fifth birthday onwards this ceases.

### **Healthy Snacks**

Children in other year groups are encouraged to bring in a healthy snack for break time, this should be a piece of fruit, cereal bar or yoghurt tube; chocolate, crisps and fizzy drinks are not acceptable.

### **School dinners**

School lunches are prepared according to current national requirements and guidelines. These requirements are:

- More fruit and vegetables (no less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit)
- More oily fish (oily fish such as mackerel or salmon should be served at least once every three weeks)
- Bread (should be available at lunch every day)
- Drinking water (free, fresh drinking water should be available at all times)
- Healthier drinks (the only drinks served should be water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, smoothies, low calorie hot chocolate, coffee and tea. NB Artificial sweeteners can be used only in yoghurt and milk drinks, or combinations containing yoghurt or milk.

Menus are displayed around the school and are available on-line on the school's website.

### **Packed lunches**

Packed lunches are stored on trolleys inside or outside classrooms. These trolleys should be positioned so they are not in sunlight. The following foods should not be included in lunchboxes:

- Nuts (because of allergies)
- Chocolate bars and sweets
- Fizzy drinks

Parents will be advised of this during induction meetings. They are encouraged to pack a balanced and nutritional lunch (i.e. contain a mix of carbohydrates, protein and vitamins / minerals) for their children each day.

Awareness of healthy lunchboxes should be raised with the children, as appropriate, during Science, PSHE and Citizenship, and Design and Technology (food technology) lessons.

**If a child does bring one of the above foods or other unhealthy food, it should be remembered that it is the parent who packs their lunch, not the child. It is reasonable for staff to ask a child NOT to eat nuts as this could endanger others; it is also reasonable for staff to substitute water for the fizzy drink. However, staff should usually allow a child to eat what is in their lunchbox, even if it is unhealthy, but to pass on their concerns to their teacher or the Family Support Advisor (FSA), who will speak to parents if it is a regular occurrence.**

If a pupil does not appear to have enough in their lunchbox, lunchtime staff should make the class teacher and either the Headteacher or Family Support Advisor (FSA) aware, who will speak to parents.

### **Birthday treats**

Pupils often like to bring in small treats to share with their friends on their birthday. They should be encouraged to bring in small cakes rather than sweets, as they stay in the mouth for shorter periods, thus leaving sugar on the teeth for less time. Parents and teachers must be aware of allergies when providing and / or giving out these treats.

### **Christmas parties**

Christmas parties are usually held during the last weeks of the autumn term. Parents may be asked to donate party food. When drawing up suggestions of food lists, staff should be aware of asking for a balance of sandwiches, cheese, fruit and vegetarian options alongside biscuits and cakes. Fruit squash should be requested for drinks.

### **Dining room environment**

Research shows that pupils' surroundings have an impact on their sense of well – being. Our hall has particular challenges and to mitigate these we do the following:

- Queuing is kept to a minimum and supervised.
- Children are encouraged to find their own space once they have collected their meal and should sit in mixed ages. The older children can act as role models for the younger children.
- Noise levels are kept to a reasonable limit. Children are encouraged to talk to those children around them on the same table.
- Children are taught and reminded to use table manners. Often they will need to be shown how to hold and use cutlery. Reminders and encouragement should be given so that this use becomes habitual.
- Slow eaters should sit together and be constantly encouraged to make sure they continue to eat.

When children begin to finish, they should be sent out to play with lunchtime support staff waiting to receive them. Children should not be kept waiting in the hall.

Children bringing packed lunches may choose to eat their lunch in the gazebo or to use the picnic benches on the playground. If they prefer to, or the weather is bad, they may eat in the dining room (or other designated indoor space).

Because of serving constraints, children having hot school dinners must be given priority and consequently those with packed lunches may have to wait until the second half of lunchtime until there is space available in the hall.