



FOOD & DRINK POLICY

Amendments made since last review

Autumn 2020 – FS2 snack system added under Snacks section / online payment added / COVID-19 temporary changes added.

Spring 2023 – Covid 19 measures removed / clearer detail about healthy snack provision / partnership paragraph added

Policy agreed / reviewed 21st March 2023

Next review due Autumn term 2026

Signed on behalf of the Governing Body

Signed by headteacher

Rationale

At Longton Lane Primary School we seek to be a healthy school. We believe that proper nutrition and fluid intake are essential to all members of the school community, we can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns. Good nutrition is essential for good health and effective teaching and learning, we therefore want to play our role in establishing and maintaining life long healthy eating and drinking habits.

Definition of Healthy Eating / Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the well-being of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Aims

The school prides itself on providing a happy, secure, stimulating environment for all children to be able to learn and access the curriculum. If a child is not healthy and their body is not receiving the right nutrients and fluids they will find the school day a struggle. It is therefore our aim and vision to:

- To ensure that we are giving consistent messages about food and health by teaching from a curriculum that informs the children about their growing bodies, its needs and what it means to be healthy.
- To give our pupils the information they need to make healthy choices both at school and home.
- To promote health awareness and contribute to the healthy physical development of all members of our school community.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.
- To have a pleasant and sociable dining experience, which enhances the social development of all children.

BROAD GUIDELINES

Please also refer to the school Allergy Policy

Snacks

In FS2 snacks are accessed throughout the day with children using a token system to 'pay' for healthy snacks. Milk and water are available to the children, allergies and intolerances are catered for.

All KS1 children are given a break time snack of washed fruit and vegetables, this is provided through the Free Fruit and Vegetable scheme. Children may opt to bring their own piece of fruit or vegetable as a snack. Milk or water is offered at snack time.

All KS2 children have the option to purchase toast at breaktime, this is paid in advance each half term. As an alternative children can bring a piece of fruit or vegetable for their snack.

Lunchtime

Dining Room Environment

Pupils will be encouraged to take their time to eat their dinner and to eat as much of it as is possible. If a child is unable to finish his/her meal and is on packed lunch uneaten food will be returned home, where possible so parents are aware of changing likes / dislikes. If a child is not eating a school meal parents will be informed via the planner / teacher.

To make our dining room a nicer place to be, we have employed the following strategies:

Music is played to create a positive atmosphere

Midday staff are encouraged to sit with the children

Children are encouraged to sit with their friends to understand the social element of mealtime

Midday staff are equipped with healthy eating, good manners and good behaviour vouchers which they use to reward children. Vouchers are collected over each half term, discussed in Celebration Assembly each week and then a half termly draw takes place.

Hot meals

Children have the option to pay for school lunch on a weekly basis (this is now completed online). Every three weeks children choose their meals for the following weeks from 2 menus / jacket potatoes / sandwiches and wraps. Staff monitor to ensure children are eating enough and if this is not the case parents and carers will be informed so that changes can be made to menu choices. Meals are prepared in the school kitchen. For KS2 the food is served at the catering hatch and then the children sit at tables in the hall. FS2 and KS1 have their meals brought over to their classrooms

Each year new parents meet with staff and the school meals service to promote new menus and talk about school dinners. Regular updates on menus are sent to parents via the website and to pupils via classes.

Packed Lunch

Many children bring a packed lunch to school The children are encouraged to bring a healthy, balanced lunch each day and have regular assemblies, workshops and messages home advising and educating both the children and parents about what makes a healthy lunch.

We do not allow fizzy drinks, sweets or chocolate bars in packed lunch boxes. Children may bring one biscuit item (this could be a chocolate biscuit but no larger than a 2 finger Kit Kat) or one packet of crisps as part of their healthier lunch box. Children are discouraged from bringing more than one pastry item per day such as sausage rolls.

Water For All

Water is freely available throughout the day to all members of the school community. Children and staff bring in their own water bottle to use in their classrooms, if this runs out during the day they are free to refill this. Staff remain conscious of the need for all people to consume water during the day as well as taking brain breaks. For some who are unable to drink water it is acceptable that a small amount of no added sugar juice is added to their water bottle, this should be well diluted and so almost colourless.

Treats

The message that the school communicates to the children is that it is acceptable for them to have the odd treat as part of their well-balanced diet. This includes occasions when a child may bring sweets or cake into class to share with their friends for birthdays etc, these must be handed out at the end of the day.

Occasionally a teacher may run a curriculum event that may involve eating different sorts of foods. Such events are welcomed as a method of extending children's experiences of food within social settings.

Teachers do not reward children with chocolate, sweets or fatty / sugary foods for good behaviour or work. Non-food prizes are provided for them to use as an alternative.

Teaching and Learning

The school follows specific PSHE, DT and Science schemes of work that cover all areas of healthy eating, food preparation and hygiene, sensitive issues around food such as obesity and healthy living.

Hygiene

Before the children have a snack or lunch they must wash their hands as part of their daily routine. If the children are cooking in class, they are required to roll their sleeves up, wash their hands and wear an apron. Staff will ensure that the surface they are working on is clean and sufficiently prepared for working with food.

Partnership with parents, carers and the local community

The partnership between home and school is critical in shaping how children and young people behave, particularly where health is concerned, each must reinforce the other. This will not always be easy, but Longton Lane Primary is well placed to lead by example. School are offered many initiatives to develop healthy lifestyles through the Local Council and sports teams and we endeavour to participate in as many as possible.

Parents and carers are regularly updated on our food, drink and snack policies through messages on Spider