



# Stottesdon C. of E. Primary School and Nursery

*The Shropshire Gateway Educational Trust*



## Supporting Healthy Choices: Food and Drink Policy

### INTRODUCTION AND AIMS

At Stottesdon CofE Primary School and Nursery we recognise the important part a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy covers the areas of: breaktime; drinks (incl milk); lunchtime; curriculum; wrap around clubs; holiday clubs; events and celebrations.

The policy applies to all staff, pupils, parents, governors and partner agencies working within the school.

### NATIONAL GUIDANCE

This guidance takes into account the DFE guidance: ['School Food In England 2019'](#) which reflects the School Food Standards 2015. This guidance has a range of links to toolkits which schools can use to support provision. It also reflects the Eatwell Plate Model of Healthy Eating.

### Food and Drink Provision Throughout the day

#### Drinks

Water is available for all pupils throughout the day, free of charge. Children are encouraged to use their own water bottles and these can be refilled from classroom sinks. Water bottles should be taken home daily to be washed out. Milk is available for children at lunchtime in addition to before and after school clubs

#### Breakfast

If pupils attend our wrap around club in the morning, a breakfast is available. We offer:

- A fruit bowl and fruit pots
- A selection of carefully considered cereals (for lower sugar, low salt, and high fibre)
- 50/50 bread for toast with different toppings e.g. dairy free spread, reduced sugar jam
- Low fat yoghurts
- Once a week children may be offered a treat of croissants or pain au chocolat
- Semi-skimmed milk for drinking or to go with cereal or in smoothies.
- Water
- Squash

#### Breaktime

The Governments school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day. The school opens this offer up to all children daily.

#### **School lunches and the dining experience**

Food prepared by the Shire Services (with whom we have a catering contract) meets the national school food standards. We will of course cater for vegetarians and for any medical dietary needs or allergies.

We know that some children can be fussy, but we are committed to working with parents to help children enjoy a wider range of foods. The menu offers three choices to support this.

We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council can make suggestions and ensure that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal. Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

Children sit together at the same time. We believe eating is more than just 'refueling' but should be an informal, social situation where children chat and enjoy food together. We also support the development and valuing of manners and eating habits (e.g. please and thank you; using a knife and fork correctly; eating with our mouth closed; not talking with our mouth full; eating over the plate; taking our time (steadily not greedily); elbows off the table; clearing their things up at the end of a meal).

#### **Packed lunches**

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are preparing a balanced child's lunchbox

(<http://stottesdon-school.co.uk/media/7029/school-lunches.pdf>):

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice (no fizzy drinks).

Where necessary, we will keep liaising with parents over the contents of lunch boxes.

Packed lunches should not include chocolate, sweets, salted snacks or crisps.

Parents are also signposted to websites such as the following:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

#### **Birthdays and other special celebrations**

Celebrating children's birthdays with cake/treats is not encouraged in school time: this should be an out of school activity. We will of course wish children happy birthday verbally or with song!

#### **Cooking and food education in the curriculum**

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. Please see our curriculum maps and DT policy for details of these opportunities. Our science and PSHE curriculum also supports children in understanding how to be healthy.

#### **Extra curricular activities**

- We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, sports clubs and cooking clubs.

## **Wrap Around Club**

If children attend our after school wrap around club (open until 5.30pm) they are offered a snack. The menu revolves around the following options:

- Fruit (always available)
- Beans on toast
- Crackers and cheese with salad
- Pitta bread and crudites with hummous
- Toast
- A once a week treat: carefully chosen 'dunkers'; pancakes; crossaint/pain au chocolate
- Drinks of: water, semi-skimmed milk (sometimes used for milkshakes with natural, healthy ingredients) and squash.

## **Holiday Club**

During holiday club children bring their own packed lunch which should follow the guidance above. Breakfast and after school snack is available to people who book into early or late sessions. Drinks of: water, semi-skimmed milk (sometimes used for milkshakes with natural, healthy ingredients) and squash are always available.

## **Events and Celebrations**

Occasionally our school will have events and celebrations (e.g. fete, Y6 leavers, cake sales for charities). We will aim to ensure healthy choices where we can but this will also be balanced with the irregularity of these events.

## **Special dietary requirements**

- Religious and ethnic groups**
- Vegetarians and vegans**
- Food allergy and intolerance**

Our school and nursery are aware of all food allergies/intolerances and other dietary requirements of the children and aims to work with parents to ensure we meet need.

## **Food Safety**

Stottesdon CofE Primary School and Nursery has adequate facilities, suitable equipment, all food handlers appropriately trained (basic food hygiene and preparation certificate) and all possible hazards identified. For further information please see our Safer Food Better Business Plan

## **SHARING THE POLICY**

This policy is available to all staff via a shared drive and to parents through the school website.