



## **Whole School Food and Drink Policy**

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Approved By:	Full Governing Body
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## **Rationale**

Diet is central to health and children and young people's diet can be an important influence on their health now and in the future. Grimsdyke School believe it is important that we promote health with all members of our school community and demonstrate a positive approach with regard to foods, balanced diet and healthy eating patterns. This policy is a key part of our work to support Every Child Matters and the outcome of 'be healthy' for our children and young people.

## **Aim**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the pupils, staff and visitors to the school.

## **Objectives**

- To provide a formal curriculum that ensures all information relating to food and nutrition is consistent and up to date, provides opportunities for pupils to develop and practise their skills in making healthy lifestyle choices and considers attitudes towards food
- To promote healthy eating and drinking messages in all aspects of school life
- To work with the school caterer to ensure that school meals meet the government nutritional standards and provide balanced and healthy choices
- To make the consumption of food and drink an enjoyable and safe experience
- To provide access to drinking water for all the school community
- To ensure the food provision and food messages reflect the ethical and medical requirements of staff and pupils e.g. Religious, ethnic, vegetarian, medical and allergenic needs
- To support pupils with particular needs in relation to food and nutrition issues through the pastoral and welfare support systems.

## **Whole school approach to food and nutrition**

Aspects of food, nutrition and healthy lifestyles are integrated into our curriculum provision, often delivered through a cross-curricular approach. These include:

- Literacy provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus, e.g. writing to a company to persuade them to include healthier options foods in children's food menus etc.
- Maths lessons offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health, and how the body responds to exercise.
- RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Children experience different foods associated with religious festivals.

- Computing can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.
- Food Technology as part of design technology provides the opportunity to learn about where food comes from and apply healthy-eating messages through practical work with food, including design, preparation and cooking.
- PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils can discuss issues of interest to young people, e.g. advertising and sustainable development.
- Music can explore songs which link to the theme of food.
- Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.
- History provides insight into changes in diet and food over time.
- Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.
- School visits provide pupils with activities to enhance their physical development, e.g. to activity centres and learning to manage their own food choices when on residential visits.
- Garden beds for each year group are used across the school to encourage children to grow a range of fruits and vegetables which they then use to cook with.

As a school who values children's rights, issues around food and nutrition are addressed in the assembly programme across the school year (linked with UNCRC Article 27).

Pupils contribute to the development of policies and procedures around food and nutrition as well promoting health choices in the student body through their Healthy School Ambassadors who represent each class.

The school also provides enrichment learning opportunities through participation in the annual 'Healthy Eating Week' that includes a focus on food.

### **Extra-curricular activities**

This section could describe the opportunities offered to pupils (and parents) through a number of activities e.g.

- Cooking and tasting as part of curriculum activities
- Tasting opportunities run in liaison with our catering provider
- Gardening club.

### **Provision of food and drink during the school day**

Breakfast:

We run a school breakfast club as part of our wrap around care offer.

- The Breakfast Club operates on a daily basis in school from 7.45 am – 8.30am for up to 80 children who book places.
- We support this provision for some pupils who we know will need it for example some of our pupil premium students.
- The breakfast is provided in the Studio and is supervised by school breakfast club staff who are all school employees.
- The food offered is healthy and consistent with a balanced diet. It includes toast, bread (from a range of options including brown and granary), low fat spread, fruit jam, marmite, cereals, slices of fresh fruit, yoghurt.
- Pupils are offered drinks including water, milk, orange juice and apple juice.
- Parents are asked to contribute £5 per child to contribute towards the cost.

Mid-morning snack:

- The pupils in Reception, Year 1 and 2 all receive a washed piece of fruit through the School Fruit and Vegetable Scheme (SFVS).
- Pupil in Reception all receive a milk drink daily. This is free up till the age of 5. After this the school will pay for students in Reception to continue to have milk for the remainder of Reception.
- Students in the rest of the school can have a milk drink daily which parents purchase via the Cool Milk scheme.
- Pupils in KS2 are encouraged to bring a snack for mid-morning. This should be a piece of fresh/dried fruit or vegetables e.g. Cut up carrots/cucumbers, dried mango, raisins
- The school does not have a tuck shop.

Lunch time:

- The school works closely with the school caterers to offer balanced and healthy choices that meet the needs of all our pupils including religious, ethnic, vegetarian and medical needs. Where possible this includes the use of fresh fruit and vegetables each day as a choice for the pupils
- Menus are published highlighting the healthier food and drinks
- Information for parents promoting healthy packed lunchboxes is available at induction parents' evenings and from the school office. Healthy packed lunches are promoted through our newsletters and parents' noticeboard which offer advice about content. We do not allow fizzy drinks, sweets or chocolate (although we do allow chocolate covered biscuits) in lunch boxes.
- Our positive lunchtime policy includes specific advice about packed lunches as well as the arrangements for eating in school
- Lunchboxes are stored in classrooms
- The school promotes messages on a balanced and healthy approach to eating with regard to school lunches and has systems in place to monitor pupil choices.

- School made packed lunches are available to order for children attending school trips (valid for academic year 2023 – 2024)

#### Drinks:

The school actively promotes water consumption:

- The school has water fountains that pupils can access easily in the junior and infant play areas
- Pupils are encouraged to bring in their own bottles of water (labelled) for use in the classroom. Parents and pupils are responsible for ensuring bottle cleanliness
- Pupils are encouraged to drink water particularly after physical activity and in hot weather
- Drinking water is accessible to all classes. A water cooler is available in the staff room and reception classrooms. There is drinking water available in year 1, 2, 3 and 4 classrooms. Year 5 and 6 classrooms contain drinking water containers which are refilled each day from the medical room.
- The school does not allow fizzy drinks.
- Healthy drink choices are encouraged as part of a packed lunch.

#### After –school Club:

We run an after school club as part of our wrap around care offer.

- The After School Club (ASC) operates on a daily basis in school from 3.30pm – 6.00pm for up to 80 children who book places.
- We support this provision for some pupils who we know will need it for example some of our pupil premium students.
- A snack is provided in the Umbrella Room and is supervised by school ASC staff who are all school employees.
- The food offered is healthy and consistent with a balanced diet. It includes items such as toast, sandwiches, crackers and cheese, bagels, pasta as well as slices of fresh fruit.
- Pupils are offered water to drink at ASC.
- Pupils are asked to contribute £10 to the costs of the provision.

#### Celebrations:

- At school celebrations e.g. Christmas party for pupils - the school promotes a range of refreshments that includes healthy options e.g. Fruit juice drink
- The school adopts a balanced approach to celebrations e.g. We try and encourage an alternative to pupils bringing sweets and cakes for individual birthday celebrations for example by donating a library book in the child's name instead

#### Consumption of food and drink at school:

- School lunches are eaten in the Studio and packed lunches in the classroom as a rule where there is supervision
- Posters are displayed encouraging healthy eating and wellbeing messages
- The school encourages pupils to eat together and practice social skills
- Lunchtime supervisors oversee the queuing system and encourage the pupils to make balanced and healthy choices
- Coloured bands are used to help manage menu choice and ensure those with dietary requirements get the right options
- Pupils are encouraged to take responsibility for clearing away and making sure there is no litter
- In warm weather pupils are sometimes allowed to have a picnic lunch outside.

### **Professional development for staff**

- Members of staff co-ordinating subject areas attend CPD opportunities to update their knowledge and skills and disseminate this to staff
- Information about pupils with food allergies and food related conditions is shared with all staff members and training opportunities provided
- Adults who assist with food preparation activities in the school have the opportunity to gain a food hygiene certificate
- Training is provided on a regular basis for lunchtime supervisors.
- All staff receive annual epi-pen training

### **Partnership with parents and carers**

The school strongly values the partnership with its parents and carers in the promotion and support of the health and well-being of the pupils. Parents and carers are regularly updated on school policy in relation to food through newsletters, parents' notice board and parents' evenings. We remind parents that no fizzy drinks are allowed in school and provide information based on 'the balance of good health'. We welcome parents and carers to share their ideas and suggestions in relation to food in the school. During out of school visits and other events, the school encourages parents/carers to consider the Food Policy in the range of refreshments they provide.

### **Role of the Governors**

Governors monitor and check the school food policy is upheld.

### **Monitoring and Evaluation**

Monitoring and Evaluation information might include:

- The formal curriculum is monitored through subject monitoring systems involving review of planning, lesson observations and pupils' work. Lessons and units work are regularly evaluated with pupils and staff

- Numbers attending the breakfast club and after school club are reviewed termly and we conduct regular interviews of pupils, parents and staff views including their ideas on the food provided
- The caterers record menu choices and have regular meetings with school leadership to monitor and evaluate the school meal provision
- Lunchtime supervisors (and members of the SLT) monitor the content of packed lunches. Any concerns are passed to the SLT who will contact parents if appropriate
- Healthy school ambassadors help to monitor the number of pupils bringing fruit as a snack at playtime and they help to plan ways to promote fruit snacks and other healthy eating messages throughout the school.

### **Links with other policies**

This policy should be read in conjunction with:

- PSHE Policy
- Curriculum policies for Design Technology, Science and Physical Education
- Inclusion Statement and related policies
- Health and Safety
- First Aid and Medical Needs Policy
- Allergy Policy

This policy will be reviewed every two years to take account of new developments.