

## Whole-School Food and Drink Policy

| Date      | Review Date | Coordinator   | Nominated Governor |
|-----------|-------------|---------------|--------------------|
| June 2018 | June 2021   | Mrs. S. Jones | Mrs. L. Evans      |

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

We wish to work closely with the School Council and to hear their views and opinions as we acknowledge and support Article 12 of the United Nations Convention on the Rights of the Child that children should be encouraged to form and to express their views.

### Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school personnel and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To work with other schools to share good practice in order to improve this policy.

### Procedure

#### Role of the Governing Body

The Governing Body has:

- appointed a member of staff to be responsible for Healthy Eating;
- delegated powers and responsibilities to the Headteacher to ensure all school personnel and stakeholders are aware of and comply with this policy;
- responsibility for ensuring funding is in place to support this policy;
- responsibility for ensuring policies are made available to parents;
- nominated a link governor to visit the school regularly, to liaise with the coordinator and to report back to the Governing Body;
- responsibility for the effective implementation, monitoring and evaluation of this policy

#### Role of the Headteacher

The Headteacher will:

- ensure all school personnel, pupils and parents are aware of and comply with this policy;
- work closely with the coordinator;
- monitor the effectiveness of this policy;

- annually report to the Governing Body on the success and development of this policy

### **Role of the Coordinator**

The coordinator will:

- lead the development of this policy throughout the school;
- work closely with the Headteacher and the nominated governor;
- provide guidance and support to all staff;
- provide training for all staff on induction and when the need arises;
- keep up to date with new developments and resources;
- review and monitor;
- annually report to the Governing Body on the success and development of this policy

### **Role of the Nominated Governor**

The Nominated Governor will:

- work closely with the Headteacher and the coordinator;
- ensure this policy and other linked policies are up to date;
- ensure that everyone connected with the school is aware of this policy;
- report to the Governing Body every term;
- annually report to the Governing Body on the success and development of this policy

### **Role of School Personnel**

School personnel will:

- comply with all aspects of this policy
- undertake appropriate training;

### **Role of Pupils**

Pupils will be aware of and comply with this policy

### **Role of the School Council**

The School Council will be involved in:

- determining this policy with the Governing Body;
- discussing improvements to this policy during the school year;
- reviewing the effectiveness of this policy with the Governing Body

### **Role of Parents/Carers**

Parents/carers will be aware of and comply with this policy.

## **Role of Parents**

Parents will:

- be made aware of this policy;
- comply with this policy;
- inform school of their child's dietary needs
- inform school of any foods that their child might be allergic to
- inform school of any dietary rules connected with their religion

## **Food across the Curriculum**

Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group.

## **School Systems**

- Pupil's dietary requirements are recorded on the child's registration card.
- The appropriate personnel are informed.
- Systems are in place to ensure that children receive the correct dietary requirements.
- Photographs of any pupil with an allergic reaction to certain foods are placed on the staff notice boards to ensure every member of staff is aware.

## **Menu Planning**

Menus are planned avoiding large quantities of:

- Fat
- Sugar
- Salt
- Artificial additives
- Preservatives
- Colourings

## **Breakfast Club**

- All pupils are welcome to attend Breakfast Club from 8.00 to 8.45a.m.
- The menu consists of a variety of healthy choices

## **Break-time Snacks**

- Children are encouraged to bring their own fruit and vegetables as a break-time snack.

## **Break-time Tuck Shop**

- For a small amount of money children may buy fruit and vegetables and other healthy food at the Break-time Tuck Shop.

## **Packed Lunches**

- Parents are given advice that packed lunches should be healthy and balanced and should contain only water and no chocolate bars.
- Children are discouraged in sharing their food.

## **School Lunches**

- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.
- This is an important time of the day when we can:
  - Nurture and build friendships
  - Teach table manners
  - Promote a balanced diet

## **Water in School**

- Water is available at all times in school for children and staff.
- Parents are encouraged to provide water with their child's packed lunch

## **Working with Parents**

- We work closely with parents to establish the correct dietary requirements for their children.
- Weekly menus are sent home a week prior so that parents can discuss the menu with their child.
- Parents may observe school lunches at any time in order to view the quality food that we provide.
- Food in school is always a discussion point at most PTA meetings.

## **Monitoring**

Monitoring is undertaken by the Local Authority, the Headteacher, Staff, Governors, School Council and the PTA.

## **Raising Awareness of this Policy**

We will raise awareness of this policy via:

- the School Handbook/Prospectus
- the school website
- the Staff Handbook
- meetings with parents such as introductory, transition, parent-teacher consultations and periodic curriculum workshops
- school events
- meetings with school personnel
- communications with home such as weekly newsletters and of end of half term newsletters

- reports such annual report to parents and Headteacher reports to the Governing Body
- information displays in the main school entrance

### Monitoring the Effectiveness of the Policy

Annually (or when the need arises) the effectiveness of this policy will be reviewed by the coordinator, the Headteacher and the nominated governor and the necessary recommendations for improvement will be made to the Governors.

|                                 |            |              |            |
|---------------------------------|------------|--------------|------------|
| <b>Headteacher:</b>             | NG Clode   | <b>Date:</b> | March 2017 |
| <b>Chair of Governing Body:</b> | O. Rayment | <b>Date:</b> | March 2017 |