

## **Partney C of E Aided Primary School Food Policy**

Reviewed September 2014(Finance)

Full Governors November 2014

### **Process:**

The example policy was discussed and amended by the Head, governors, teachers, parents, catering staff and lunchtime organisers, school nurse and pupils. The final draft was approved by the full governing body.

### **Aims:**

Proper nutrition is essential for good health and effective learning.

We aim to:

- provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety.
- provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil.
- Involve pupils and parents in all decision making.

### **We aim to promote healthy and balanced eating by:**

- encouraging pupils to choose a variety of foods to ensure a balanced intake in line with National Food Plan (2013).
- encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, fish, vegetables, meat, beans, bread and dairy products.
- encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- encouraging milk and water.
- discouraging sugary drinks and less healthy snacks between meals.
- Providing fresh fruit for all children at break time.

### **School Catering:**

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

- School lunchtime menus are agreed between the school and catering staff and adhere to EU Food Information for Consumers Regulations (Dec 2014) regarding allergens. Local preferences are considered within the framework of the nutritional standards.
- Theme days are linked to curriculum areas or calendar events.
- All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.
- Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.
- Subsidised milk is available at morning breaktimes.

- Parents are requested to provide details of any known food related allergies on admission or when identified.

### **Packed Lunches:**

A guidance to parents

#### ***Example***

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

### **Mid-morning Snack:**

In consultation with parents it has been agreed that the only snack children can bring to school is healthy, generally a piece of fruit, vegetable or cheese. This helps to reduce litter and ensures children still have an appetite for their lunch.

### **Drinks Policy**

- Children are encouraged to drink water regularly at school particularly after PE, active play and in hot weather.
- Water will be provided via school water bottles.
- Children are offered to register for the Cool Milk Scheme for under 5s at break time.

### **School Ethos, Environment and Organisation:**

The school recognises:

- the importance of lunchtime organisation on the behaviour of pupils. (This will inform OFSTED inspections).
- the value of promoting social skills.

Teachers, caterers and lunchtime organisers work together to create a good dining room ambience and the development of appropriate table manners.

Teachers are encouraged to eat with the children

Non-teaching staff are supported by the school behaviour policy.

Liaison with secondary schools provides an opportunity for the smooth transition to a cash cafeteria system.

### **Universal Infant/Free School Meals:**

**The school provides free school meals to all the infants in the school.**

The school recognises the particular value of school meals to children from low-income families. The system for free school meals is actively promoted to parents by the school and a non-discriminatory process is emphasised.