

Healthy Food and Drink Policy

Welsh House Farm Community School and Resource Base



“Inspired to grow and flourish”

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Approved by SLT/MM & Shared with Governors

Last reviewed on:

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Every 2 Years**

Healthy Eating and Drinks Policy

Aims and Objectives

At Welsh House Farm Community School and Resource Base we aim to present consistent healthy eating and drinking messages through:

- The taught curriculum
- The provision and promotion of healthy food and drink during the school day
- The school environment

We believe that a healthy diet is one of the best ways of maintaining children's health, both now and in the future. Recent research has shown that the diets of young people are not meeting healthy eating recommendations for optimum growth and development. Immediate benefits from healthy eating include:

- Improved concentration
- The prevention of asthma, anaemia, dental decay, diabetes and obesity. Longer-term health benefits include the prevention of coronary heart disease, some cancers and osteoporosis (brittle bones).

1. Drinks

Water is available in classrooms for all children throughout the day either in their own water bottles or from cups provided by school. Free milk is available to all children under 5 and those on Free School Meals. At lunchtimes children are provided with as much water and milk as they require.

2. Snacks

KS2 may bring either a healthy snack such as bread sticks or fruit for their mid-morning snack (ANYTHING CONTAINING NUTS SHOULD NOT BE BROUGHT ONTO SCHOOL GROUNDS – WE ARE A 'NUT FREE' SCHOOL).

Children in Reception and KS1 are provided with free fruit every day through the National School Fruit Scheme.

Children are not allowed crisps or sweets and chocolate at break time. Children are not allowed fizzy/sugary drinks or squash.

3. School Meals

We work very closely with CITYSERVE catering service to ensure that healthy choices are available to all students at meal times and that national nutritional standards are met. Fruit, vegetables and salad are offered every day and steps are taken to reduce the fat, salt and sugar content of food provided. Children are encouraged to try unfamiliar foods. The food provided reflects the ethnic background of the pupils and the dietary rules of religious groups and vegetarians are met appropriately.

4. Packed Lunches

We encourage parents/carers to provide a healthy packed lunch and a safe storage place is made available at school. Children and parents are regularly reminded of what foods can be part of a healthy packed lunch – See Appendix 1 for more information.

We have several children in the school with nut allergies, some of which are severe. ***The school is a 'Nut Free' Zone.*** This applies to children, parents, carers and staff.

This means that any/all nut products are banned from the building ie peanut butter sandwiches, Nutella or other chocolate spread sandwiches, cereal or chocolate bars containing nuts, etc. Packed lunches will be checked by the staff and items will be confiscated if found in a child's lunch bag.

5. Birthdays and Rewards in School

Sweets are not given as rewards. Children are made to feel special on their birthday by having Happy Birthday sung to them in class. Small chocolate bars, healthy snacks or cake (all nut-free and not homemade) may be brought into school by parents if they wish on a child's birthday as a treat to be given out at the end of the school day. They may not be eaten in school.

Lollies and chewing gum are not allowed in any part of the school (This includes birthday treats).

6. Involving Parents and Pupils

We actively encourage the participation of children and parents in determining the provision of healthy food in school, for example by:

- Teaching children about the importance of healthy eating through a range of topics, activities and initiatives in Early Years, KS1 and KS2.
- Providing nutrition information to parents such as school meal menus.
- Providing parents with details of healthy eating initiatives.

Appendix 1 Packed Lunches

Pupils are able to eat a lunch provided by the school and cooked on school premises. However, parents of pupils wishing to have packed lunches are expected to provide their children with packed lunches, which conform to the school Packed Lunch Requirements.

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours.

Aims

- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food.
- To make a positive contribution to children's health and to contribute to the school's Healthy Schools status.
- To promote consistency between packed lunches and food provided by school, as regulated by national standards. Provision for Packed Lunches
- School will provide appropriate dining room facilities where pupils can eat their packed lunches.
- School will ensure that packed lunch pupils and school dinner pupils are able to eat together in the dining hall.
- School will work with parents to ensure that packed lunches abide by the national standards set by the government.
- Fridge space for packed lunches is not available so during particularly hot weather it is advisable to bring packed lunches in insulated bags with freezer blocks to keep the food fresh.
- School will ensure that **fresh drinking water is readily available at all times.**

Packed Lunches should include:

- At least one portion of fruit and one portion of vegetables.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans).
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes.
- Dairy food such as milk, cheese, yoghurt, fromage frais.
- Only water, fruit juice, milk.

Packed Lunches ***should not include:***

- Any nuts or nut products due to severe allergies from some children in school. Children cannot bring in nuts, peanut butter sandwiches, Nutella sandwiches or cereal/chocolate bars containing nuts.
- Chocolate spread (containing nuts) – this is not allowed in school at all.
- Fizzy/Sugary drinks.

Packed Lunches can include the following in moderation.

■ Snacks such as crisps- instead try to include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice. ***Crisps can be included once/twice a week.***

■ Confectionery such as chocolate bars, chocolate-coated biscuits and sweets - cakes and biscuits are allowed but should be encouraged only as part of a balanced meal and must not contain nuts. ***Parents may wish to include a treat once a week, for example on a Friday, when school dinner children are offered pizza.***

■ Processed meat products such as sausage rolls, individual pies, corned beef and sausages should be included only ***once a week.***

■ Chocolate spread (not containing nuts) – should only be included ***once a week***

Special Diets and Allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. Pupils are not permitted to swap food items.

Monitoring –Packed lunches will be regularly monitored by the Headteacher and Lunchtime Organisers. Parents and pupils who do not adhere to the packed lunch policy will receive a note in the lunch bag and /or phone call reminding them of the policy. If a child regularly brings a packed lunch which does not conform to the policy, then the school will contact the parents for further discussion.

Discussions with parents regarding this issue should be dealt with sensitivity and NOT in front of pupils.