

| **Dry Drayton CE (C) Primary School**

Food in School and Healthy Eating Policy

At Dry Drayton CE Primary School, we recognise the link between a healthy diet and pupils' ability to concentrate, learn and achieve high standards in school. We are committed to encouraging and developing positive attitudes towards a healthy diet and lifestyle.

1. Aims

- To improve the health of all members of our school community through increased awareness of what constitutes a healthy diet and issues concerning food hygiene, storage and preparation.
- To ensure that all pupils are given consistent and up to date messages regarding food, to enable them to make healthy choices.
- To raise awareness of the variety of healthy foods available, by sharing recipes and tips within the school community, disseminating information regarding healthy food choices and introducing and incorporating culturally diverse recipes and foods as a means of increasing choices for healthy eating.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and to assess their impact on both health and the environment.
- To ensure as far as possible, that pupils are well nourished at school by providing healthy, well-balanced meals via the County Catering Service, which are developed in accordance with the latest government guidelines.
- To ensure that every pupil has access to a safe easily available water supply during the school day.
- To ensure that food provision in the school takes account of the dietary and medical needs of all staff and pupils eg vegetarian, religious and allergenic needs.

- To provide attractive and appropriate dining room arrangements.
- Wherever possible, the school will arrange for packed lunch and school dinner pupils to sit and eat together.

2. Objectives

- To incorporate the aims of healthy eating into all aspects of school life, in particular food provision within the school, relevant parts of the formal curriculum and social activities.
- To consult with parents and pupils on a regular basis, at least annually to ensure that the views of the school community are accurately reflected in our food policy.
- To praise and encourage children to eat healthily by rewarding them with stickers and medals for: healthy packed lunches, trying new foods, eating all of their school or packed lunch, showing good table manners or good social skills at the dining table.
- To ensure that all staff with responsibility for food have basic food hygiene training.
- To organise a Health Week to teach and learn about all aspects of health, including healthy eating and drinking, this week to fall in the term that the junior classes study the human body.

3. Snacks

All Foundation and Key Stage 1 children receive a free piece of fruit or vegetable every day as part of the Government initiative. Key stage 2 children are encouraged to bring fresh or dried fruit or vegetables if they wish to have a snack at playtime.

4. Water provision

- The children in KS1 bring in their own water bottles every day and take them home at the end of every school day, so that their parents can ensure they are washed and re-filled with fresh water. The children are encouraged to drink water at regular intervals throughout the day.

- All pupils are able to use the Aquaid mineral water cooler located in the cloakroom to drink fresh, cooled water during breaktimes and lunchtime, and, are allowed to get a drink at other times, provided they have the permission of their class teacher. Any child complaining of a headache or feeling unwell is always advised to drink some water before any further action is taken.
- At lunchtime, jugs of water are provided for all pupils to drink in addition to other drinks provided for those pupils having a school lunch.
- Staff have access to a water cooler in the staff room.

5. Lunchtime Food Provision

The school provides school meals, free school meals and facilities to eat packed lunches.

All children have their lunch hour between 12:15 and 1:15pm. The midday supervisors have a rota to ensure that all classes have a chance to go into the dining hall first.

5.1 School lunches

The children use proper plates, bowls and knives and forks to eat their school lunches. They sit at hexagonal tables, seating between 6 and 8 people to promote good social interaction between the children. There are no fixed seating arrangements, the children can choose where they sit in conjunction with the midday supervisors. This results in mixed age group seating, which encourages the younger children to emulate the older ones and enables the older children to help the infants. All children clear away their own plates.

Drinks of water, juice or milk are served with each meal.

The school uses the Cambridgeshire Catering Service (CCS) who provide meals that meet the national guidelines for nutritional standards. A menu is on display in the lobby for parents and carers. Whilst serving, the cook discusses the children's food choices and encourages them to have a balanced meal and try new foods.

Freshly prepared salad is always available in addition to the vegetable choices and fresh fruit is always offered as an alternative to the hot or cold pudding.

From time to time, CCS organise themed meals, which are fun for the children and encourage more of them to try school meals. They are also useful in introducing children to food from different countries and cultures.

The cook is aware of each child's dietary requirements and makes suitable alternatives available to those who cannot eat the main meal provided each day.

The midday supervisors ensure that all children have eaten a balanced meal and encourage them to try new foods as far as possible. Children are rewarded with stickers and medals.

5.2 Packed lunches

All children are encouraged to eat their sandwiches, wraps, pasta and other savoury foods first, then to move onto yoghurts and fruits, leaving sweet items such as cakes, biscuits and chocolate until last. Fizzy drinks are not permitted, nor drinks in glass bottles. Sweets and confectionary are also not allowed. Water is available for pupils who need a drink. Children put all their litter from their lunchbox back into the box in order for parents to monitor which foods have been eaten, save for very messy items such as yoghurt pots and drinks cartons which are thrown away.

Healthy packed lunches will be rewarded with stickers and medals to encourage children to eat well and to enable them to identify those foods which are healthy.

As a school, we recognise that the main responsibility for children's diet lies with their parents and we do not wish to ban a variety of foods or to draw up a long list of rules regarding packed lunches. As an exception to this, we do feel that sweets and fizzy drinks are counterproductive to children's wellbeing at school and therefore prohibit them from lunchboxes. We will continue to encourage and educate the school community to pack healthy lunches through leaflets, tips and exchange of ideas from parents.

6. The dining hall

At Dry Drayton, we try to make the dining environment as calm, pleasant and enjoyable as possible. Midday supervisors are available to encourage children to eat and offer assistance where possible. Children are encouraged to develop good eating habits and to be given sufficient time in which to eat their lunches.

7. Nominated staff

The headteacher is the appointed member of staff who oversees all aspects of food in school and liaises with other staff members as necessary. The headteacher monitors the policy on a day to day basis and reports to governors as required. Alison Richman is the PSHE Coordinator, who will take responsibility for informing parents and staff about the Healthy Eating Policy and ensuring the policy is implemented effectively. The coordinator will monitor teaching and learning about healthy eating.

8. The role of parents

The school is aware that the primary role in children's healthy eating education lies with the parents. We wish to build a positive relationship with parents, which we will do by: informing them of our policy and practice, encouraging parents to become involved in reviewing our policy and practice and providing parents with up to date information regarding healthy eating guidelines. Of course, we will always listen and take seriously, any concerns and suggestions raised by parents.

9. Monitoring this policy

The headteacher and PSHE coordinator are responsible for monitoring the implementation of this policy and its review. The policy will be monitored through the following:

- Consultations with pupils, such as questionnaires and interviews.
- The contents of lunchboxes are regularly monitored by the midday supervisors.
- Seeking the views of parents and governors
- Discussions with staff, particularly midday supervisors and catering staff.
- Observations of the dining hall at lunchtime.
- Monitoring of PSHE lesson plans
- Ongoing discussion with the CCS about the food on offer to pupils and staff

This policy will be reviewed by the PSHE coordinator after one year of implementation and every two years thereafter.