



# Inmans Primary School

## Food and Drink Policy

Date	Written by	Approved by	Review date	Approved by Governors
June 2020	J Johnson	SLT	June 2021	Pending

### Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events.

Related/see also: Nut-free policy

### Why is a policy needed?

At Inmans Primary School we recognise the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

### National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

### Food Allergies

Dietary needs, including any allergies, are obtained from parents before children attend the school. These are recorded on children's registration records and displayed in the kitchen, the bistro and in the pupil medical needs/allergen file in the main school office. To protect children with food allergies, there are rules about children sharing and swapping food. To protect children and staff in school with a nut allergy, we ask that parents follow our Nut-Free policy.

### Application

This policy covers the areas of:

- Break time snacks - including those brought from home
- Milk
- Water/No added sugar juice
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

### **Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

### **Milk**

Our school provides a mandatory milk scheme for Foundation Stage two pupils, in accordance with Government guidelines. Parents can specify if an alternative type of milk is required e.g. soya.

### **Water/Sugar-free Juice**

Clean drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All pupils have access to water at lunchtime in the bistro. Pupils are encouraged to bring a named water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned. No drinks, other than water or sugar-free juice, will be brought into school by pupils unless recommended by a doctor for medical needs.

### **School Lunches including Packed Lunches**

At Inmans Primary School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment".

We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 (Years 1 and 2) and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch, the following websites provide support for parents to make informed choices to create it healthily.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Healthy-packed-lunches-for-early-years-FACT-SHEET.pdf>

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residentials will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

### **Breakfast Club and Late Club**

Food provision at our breakfast and Late club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

### **Events and Celebrations**

At Christmas and at the end of the school year classes may have a class party in which food is brought in by parents. We ask that parents follow the school's nut free policy and do not bring in any foods containing nuts. We will provide a balance between treat foods and healthy fruit and vegetables at these times.

We will often hold whole school breakfasts to raise money for charity or to celebrate/mark an event – healthy options will be available at these events.

### **Monitoring**

We consult annually with caterers, pupils, parents/carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.