

**Broad Oak
Primary
School**



FOOD AND DRINK POLICY

June 2016

Attitude

Behaviour

Courage

Determination

Enthusiasm

Friendship

Resilience

BROAD OAK PRIMARY SCHOOL FOOD AND DRINK POLICY 2016

Introduction

As a school, we are aware of the current situation regarding high obesity levels and the concerns about the effect of junk food and drink on the health and behaviour of children and young people.

We also understand the need to improve the diets of children to help with educational attainment and the role that schools can play in this.

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

Legal/National Requirements

Schools are required by law to meet the School Food Regulations (2007).

The standards set out in these are as follows:

- The food-based standards for school food other than lunch were introduced for all schools in Sept 2007.
- The nutrient based standards and final food based standards for schools came in force for Primary Schools in September 2008.

An allergen information booklet is available for information and children with specific food allergies can be catered for. The Governing body has a responsibility to provide the following meal services within school:

- Free school meals for all reception to Year 2 children.
- Free School meals – to all other children who are entitled to a free School meal.
- Paid school meals - to any other pupils within the school whose parents have requested that a meal is provided.
- Facilities to eat packed lunches – to enable pupils who have brought food from home to eat it.

Rationale

Broad Oak Primary School is a healthy school working in partnership with Manchester Healthy School's team. It is important that we consider all elements of our work to ensure that we promote health awareness to all members of our diverse school community. The school is a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

Aims

We aim to encourage our children and young people to develop healthy eating and drinking behaviours. We will promote clear and consistent messages about food, drink and nutrition through classroom setting, provision of food and drink and in all aspects of school life, in conjunction with parents/carers.

Objectives

- Through food and nutrition education, enable children and young people to make informed choices by increasing knowledge changing attitudes and enhancing skills.
- Promote health awareness.
- To contribute to the healthy physical development of all children.

Settings for Food Policy

Break time snacks

Pupils in KS2 are allowed to bring a snack for break time but the snacks must be consistent with our healthy snack criteria.

Early years / KS1

All children are provided with a free piece of fruit through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health.

KS 2

KS 2 children can bring in fresh fruit, dried fruits and seeds or cut up vegetables for their break time snack.

Breakfast club

Breakfast Club operates on a daily basis in school for all children from age 5.

The food offered is healthy and is consistent with a healthy diet. We provide toast, low fat spread, low salt/low sugar fortified cereals and fresh fruit Children choose from water, orange juice and milk to drink.

Milk

Nursery children are entitled to free milk and all other children have the opportunity to purchase milk.

School lunches and packed lunches

All our school meals are provided by a contract with 'Manchester Fayre'. Where possible, this includes the use of fresh fruit and vegetables each day as a choice for the children. They provide three hot options, Cooks Choice, Jacket Potatoes and Pasta, all of which pay regard to nutritional balance and healthy options. There is a daily salad bar, which offers a wide choice of cold salad items including coleslaw, various fruits and vegetables and bread.

The School Cook has been invited to attend School Council meetings in order to discuss preferences with our pupils and to explain details about nutritional standards. This is reported back to the rest of the school. Many children bring a packed lunch to school. These should adhere to the School's Packed Lunch Policy.

Water for All

Water is freely available throughout the school day to all members of the school community. FS and KS1 children are also reminded to drink water at their snack time. KS2 children may drink their water at any time in the classroom. There are several water coolers situated around the school.

Food across the Curriculum

The school will enrich children's experience of food, physical exercise and healthy balanced diets through its Science, Personal, Social and Health Education, Physical Education and Design and Technology curriculum.

A range of skills and understanding will be developed through different teaching approaches and resources.

In FS, KS1 and KS2, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from. Cooking and Nutrition (as part of DT) provides the opportunity to learn about and apply healthy eating messages through practical work with food, including preparation and cooking.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity. School visits provide pupils with activities to enhance their physical

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development e.g. Outdoor Pursuits centre. Each year we have a Sports week where all children take part in sports activities including competitive activities.

In addition to normal curriculum time, each year we take part in National Healthy Eating week. This includes many fun activities, which are designed to promote knowledge of healthy eating such as making fruit salads, bread, healthy drinks such as smoothies etc.

Rewards and Treats

It is a whole school policy not to provide sweets or biscuits within the school day as rewards, thereby avoiding causing confusion and mixed messages to pupils.

Birthdays are a special occasion. However, school politely ask parents not to send cakes and sweets into school for your child to share with their class. Instead, school advocates that children can come to school in their own clothes on their birthday. If their birthday falls during a weekend, they can wear their own clothes the day before or after the weekend or if it is during the school holidays, they can wear their own clothes on the last day of term.

Class 100% attendance will be rewarded with 15 minutes extra play on the adventure trail.

Exemptions to the Food and Drink Policy

The School Food Regulations do not apply to food provided:

- a) At end of term parties or celebrations to mark religious or cultural occasions.
- b) At fund-raising events – Christmas Fair, Summer Fair, school discos and cake sales
- c) For use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.

Partnership with Parents and Carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents and carers are updated on our Food and Drink Policy and Packed Lunch Policy through school newsletters and the web site. We ask parents not to send in fizzy drinks and we remind them that only water may be drunk during the school day, except at lunch when children may drink milk, yoghurt or milk drinks, fruit juice or smoothies with their packed lunch.

During events such as parties, the school will encourage parents and carers to consider the Food Policy in the range of refreshments brought to school to share. However, it is important to stress to children that it is ok to eat less healthy foods and snacks occasionally as a treat and as part of a well-balanced diet.

Role of the Governors

Governors monitor and check that the school Food and Drink Policy is upheld and will also offer guidance where a member of the body has particular expertise in this area.

Monitoring and review

- Manchester Fayre are responsible for ensuring that the food served is in accordance with this policy.
- The strand leader is responsible for the curriculum development of the Food and Drink Policies.
- SLT are responsible for supporting colleagues in the delivery of the Food and Drink Policies.

This policy will be reviewed annually to take account of new developments.

Policy written: June 2016

Agreed by Governors: _____

Agreed by Staff: _____

Policy review date: June 2017