POLICY FOR FOOD, DRINK AND NUTRITION

Together We Believe, Aspire and Achieve

Equality Statement

As a school we welcome our duties under the Equality Act 2010. The general duties are to:

- eliminate discrimination, harassment and victimisation
- advance equality of opportunity
- foster good relations.

We review all policies and procedures we operate to ensure there are no negative equality impacts based on age, disability, gender, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief and sexual orientation as outlined in the Equality Act 2010. If you feel, on reading this policy that there may be a negative equality impact, please tell us about this. Please also let us know if you need to access this policy in a different format. You can do this by contacting the school office.

Rationale

The school is committed to providing an environment that promotes healthy eating and enables pupils to make informed choices about their nutritional intake. A healthy diet in childhood sets the foundations for growth and development; it creates short-term benefits, such as increased concentration and wellbeing, and longer-term positives for the individual by helping to prevent diabetes, obesity, dental decay and such-like. Of course, the longer term impact of healthy eating also greatly benefits society as a whole.

Food in School

School meals:

These are provided and set to national and local authority nutritional standards. At St Peter's, meals are provided by Citywide Catering Services, with a cost applicable to parents/carers of children in the Nursery class and those from Year 3 upwards. However, families at a certain level of income may apply for free school meals; this will be handled sensitively so that the children concerned are not stigmatised.

Pupils in Reception, Year 1 and Year 2 receive school meals free of charge, as per government policy.

A choice of hot and cold meals, and meat or vegetarian, is offered most days to all pupils, although at least once per week there is a meat-free day for environmental reasons.

All dietary requirements are catered for.

Water is provided alongside school meals daily, with milk and fruit juice accompanying this on occasion.

Packed lunches:
For parents/guardians choosing to send their child(ren) to school with a packed lunch, certain guidelines exist:

- There must be a carbohydrate in the lunch, such as sandwich, pasta or rice salad, to provide energy to sustain a child though the second half of the school day.
- A piece of fruit and a yoghurt should be contained.
- Drinks may be brought in with a packed lunch; water is recommended, though whatever drink is provided it must not be carbonated. Alternatively, the school will provide water to pupils eating a packed lunch.
- A packet of crisps or chocolate biscuit *may* be included, but the school does not recommend that these are given regularly, rather as an occasional treat.
- Chocolate bars are not permitted, except on a Friday; if brought in, they will be given back to the parent/guardian at the end of the school day.
- Sweets are not permitted at any time in the school day, but families may choose to send these in for their child's classmates on a birthday. *NB: not lollipops on sticks.*
- Flasks of warm (not hot) food (soup, beans, curry, pasta, rice, etc) may be brought into school, but parents/carers must ask staff about this in advance.

Break-time Snacks

Infant children (those in Nursery, Reception, Year 1 and Year2) are provided with a piece of fresh fruit or vegetable each day, via government policy.

Key Stage 2 pupils (Y3 to Y6) may bring in a piece of fruit or cereal bar for morning break, or one for each of the two morning breaks.

Under no circumstances are crisps, biscuits, chocolate bars and sweets permitted for mid-morning snacks, as these are not conducive to healthy eating.

**Please note: any KS2 child who has forgotten their morning snack will not go hungry; they will be given a piece of school fruit/vegetable on request.*

Drinks in School

Research shows clearly that maintaining hydration during a working day not only promotes good physical health, but also enhances brain activity. During school hours children may drink plain water freely. Specialist fountains, which filter and chill the water, are located at both the infant and junior ends of the building; pupils may drink from these directly, though we recommend that they fill up water bottles to take to the classroom. The school pays for these filtering/chilling devices, so that all water is free of charge for all children.

Water bottles can be purchased from school or brought in from home; whichever, for hygiene reasons, these should be regularly taken home and washed, ideally daily. Water bottles with a sports cap can be kept on a pupil's desk, whilst any with a screw-cap must be left by the classroom sink or designated water-bottle area. *(Depending on the nature of classroom activity, teachers may reserve the right to ask pupils to keep water bottles away from their desks at times.)*

Fresh, refrigerated school milk is provided each day at morning break: for infant children who request it, this is provided free of charge, whilst it is heavily subsidised for junior pupils. Parents/carers must apply for school milk each term, with regular letters and electronic reminder messages sent out.

Exceptions

In the matter of nutritional intake – whether relating to food or drink – schools must be aware that certain children may have complex dietary or medical needs; if so, the above policy may be modified upon provision of a letter from a medical professional.

Curriculum

As an overview, the school's day to day teaching and ethos, via assembly, collective worship and adult-led example, encourages healthy eating as the norm.

Food and nutrition is taught at age-appropriate levels throughout each key stage. Healthy eating is taught in age-appropriate detail via topic-based activities in the Early Years', then through carefully structured lessons in Science, Design Technology, PE and PSHCE from Year 1 to Year 6.

The school nurse team works with certain classes to promote this further.

Summary

This policy is provided in order to ensure the best conditions for the health and wellbeing of the pupils at St Peter's CE Primary School. A summary of this policy will be provided in the annual St Peter's CE Primary School Prospectus.

Approved by the Governing Board of St Peter's CE Primary, Oct 2020.

Reviewed: Autumn 2022

Chair: . . . . . .

Headteacher: . . . . . .