

# KINGSMOOR PRIMARY SCHOOL

## FOOD AND DRINK POLICY

### Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by a whole school approach to food provision and food education as laid out in this policy.

### Aims

The main aims of our school food and drink policy are:

- To provide a range of healthy food choices throughout the school day which are in line with the School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.
- To enable pupils to make healthy and informed choices by increasing knowledge, changing attitudes and enhancing skills.
- To educate pupils to understand the importance of a balanced diet, appropriate portion sizes, where food comes from and the relationship between food, physical activity and health benefits.

### Food Throughout the School Day

#### 1. Breakfast Club

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of the day.

The school runs a daily Breakfast Club for pupils from 8.00am to 8.50am (breakfast is served until 8.30am).

#### 2. Morning Break

Pupils are allowed a snack at break time. Free fruit/vegetables are provided for Key Stage 1 pupils as part of a national Government scheme, and other pupils are encouraged to bring in their own from home.

Free milk is provided for pupils under 5, and for Pupil Premium and can be purchased by all other pupils. (Please ask in the Office for more details about milk provision).

All pupils are encouraged to bring into school, a named bottle filled with water, for use throughout the day.

### 3. Lunch Time

Pupils are encouraged to wash their hands before eating. They eat lunch with their classmates to help develop the social side of their mealtimes. They are supervised by our lunchtime supervisors who will offer assistance with opening lids, wrappers etc, and who will also gently encourage pupils to eat as much of their lunch as possible.

Physical and time constraints can limit the time available for serving and eating school meals and packed lunches. The school aims to provide a calm and ordered environment, conducive to enjoyable eating and good manners. We also recognise that not everyone eats at the same speed, so extra time is given, when necessary, for those who need it.

Water is provided for all pupils at lunchtime.

We do not allow pupils to swap or share food, and food waste is monitored.

#### 3a: School Meals

Hot lunches are provided by BAM Catering, and are expected to comply with the requirements laid out in the School Food Standards. Lunches are free of charge for Key Stage 1 pupils under the Government Universal Infant School Meals scheme, and for pupils who are eligible for Free School Meals. Pupils in Key Stage 2 may purchase meals.

Information on eligibility, menus and how to order can be found on the school website under Information – School Meals.

#### 3b: Packed Lunches

The following guidance developed from the Children's Food Trust aims to support pupils to have a balanced lunch.

A packed lunch should aim to include:

- A starch-based food (eg bread, pasta, rice etc)
- 1 portion of fruit
- 1 portion of vegetables or salad
- A dairy food (eg cheese, yoghurt etc)
- A protein food (meat, fish, eggs, beans etc)

A packed lunch should **not** include:

- A lot of sweets or chocolate
- A lot of salty snacks
- **Nuts or foods containing nuts** (this is to safeguard pupils and staff with severe allergies).

- Fizzy or canned drinks

Food from packed lunches which has not been eaten is sent home, so that parents/carers can see what has been consumed.

We have not banned all sweets, crisps, cakes etc from our school, as we feel it is important that pupils have the opportunity to make informed choices.

#### **4. Birthdays**

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cakes or sweets to be handed out in school for this purpose. This is to safeguard pupils and staff with allergies, and to ensure that parents/carers do not feel pressured into joining in.

#### **5. Special Occasions and School Events**

Kingsmoor School recognises that food plays an important role in the celebration of different cultures and festivals. As part of our curriculum, pupils will have the opportunity to experience foods significant to different countries and beliefs. There will also be other times where food is shared and consumed at school, for example, cookery lessons, special events and whole class or school celebrations. These occasions will be controlled by a member of school staff or appropriate responsible adult.

#### **6. Curricular and Extra Curricular Activities**

Healthy eating, food and nutrition are taught at an appropriate level throughout each key stage in a variety of subjects for example, science, RHE, PE, RE DT and during occasions such as Mystery Mondays and Friday Activities.

#### **7. Allergies and Special Dietary Requirements**

The school will make every effort to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

For those having school lunches, we work with our caterers, BAM, to ensure that appropriate meals are provided.

School staff are aware of those children and staff members with specific allergies and intolerances and this is communicated verbally to BAM staff and volunteers. In addition, a list of pupils with allergies and intolerances is available in the servery and also the staff room. Special diets are highlighted on the order sheets placed with BAM to ensure that a pupil requiring a special diet receives a suitable meal. A sheet containing the daily meal orders is sent with the food delivery. BAM will hold, on site, an up to date list of Food Allergens contained within their meals, for reference, in the event of a query being raised.

#### **8. Expectations of Staff and Visitors**

The school expects staff to contribute to, and support, this food and drink policy across the school day. Staff and visitors are expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

## **9. Parents, Carers and Family Members**

Our relationships with all members of our school community are important and we aim to support them with information and advice so that they are best prepared to make healthy choices for their families. Links to appropriate sources of information regarding food, nutrition and healthy eating are given at the end of this policy.

## **10. Communication of the Policy**

This policy is available to the whole school community and can be found on the school website. It will be included in the starter information packs for all new pupils.

## **11. Governors Responsibilities**

The Governing Body's strategic role is to consider, agree, monitor and review the policy and its implementation. It will ensure that it receives regular reports on compliance with the school food standards as well as uptake of school lunches and financial aspects of the school food provision.

## **12. Monitoring and Review**

Evaluation and monitoring of this policy will be the responsibility of the Education Committee who will report, on an annual basis to the Full Governing Body.

Somerset County Council undertakes monitoring of the BAM meal provision contract, on behalf of the school. This report will be shared with the Education Committee and will form part of the evaluation and monitoring process.

The policy will be reviewed every 2 years.

### **Information links**

[www.schoolfoodmatters.org](http://www.schoolfoodmatters.org)

[www.schoolfoodplan.com](http://www.schoolfoodplan.com)

[www.gov.uk/government/publications/standards-for-school-food-in-england](http://www.gov.uk/government/publications/standards-for-school-food-in-england)