



Hatherley
INFANT SCHOOL

Food and Drinks Policy

Agreed: September 2017
Reviewed: September 2019
Next Review: September 2021

We want to ensure your needs are met. If you would like this document in any other format, please contact us:
admin@hatherley-inf.gloucs.sch.uk

Introduction

The school staff and Governors recognise the important connection between a healthy diet and a child's ability to learn effectively and achieve in school. They also recognise the role a school can play, as part of the larger community, to promote family health.

We recognise that sharing food is a fundamental experience for all people, a good way to nurture and celebrate our cultural diversity, an excellent bridge for building friendships and the understanding of others.

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

Our educational mission is to improve health by teaching children, and their families, ways to establish and maintain life-long healthy and environmentally sustainable eating habits. We will strive to accomplish this mission through food education and skills such as cooking and growing food, through example at school mealtimes and through planned lesson content in the classroom.

Aims

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, school staff and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.
- To ensure compliance with all relevant legislation connected to this policy.

Responsibilities

Governing Body

The Governing Body has:

- delegated powers and responsibilities to the Headteacher to ensure all school staff and stakeholders are aware of and comply with this policy;
- responsibility for ensuring funding is in place to support this policy;
- the responsibility of involving the School Council in the development, approval, implementation and review of this policy;

Headteacher

The Headteacher will:

- ensure all school staff, pupils and parents are aware of and comply with this policy;
- work closely with governors and PSHE subject leader;
- make effective use of relevant research and information to improve this policy;

- provide guidance, support and training to all staff;
- monitor the effectiveness of this policy

Role of the PSHE Subject Leader

The subject leader will:

- lead the development of this policy throughout the school;
- work closely with the Headteacher and PSHE governor;
- make effective use of relevant research and information to improve this policy;
- provide guidance and support to all staff;
- keep up to date with new developments and resources;
- review and monitor;
- report to the Governing Body on the success and development of this policy.

Role of Pupils

Pupils will:

- be aware of and comply with this policy;
- be adventurous and try new tastes and flavours on offer at school
- encourage their parents to pack a healthy lunchbox!

Role of the School Council

The School Council will be involved in:

- taste testing new menu ideas
- discussing improvements to this policy during the school year.

Role of Parents

Parents will:

- be made aware of this policy;
- comply with this policy;
- inform school of their child's dietary needs;
- inform school of any foods that their child might be allergic to;
- inform school of any dietary rules connected with their religion;

Food across the Curriculum

Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group.

School Systems

- Pupil's dietary requirements are recorded on the child's data and copies given to each class teacher and kitchen staff.
- The appropriate staff are informed.
- Systems are in place to ensure that children receive the correct dietary requirements.

Menu Planning

School meals provision is through Caterlink and are prepared and cooked on the premises. Each meal is carefully balanced for the optimum nutritional value.

Menus are planned avoiding large quantities of:

- Fat
- Sugar
- Salt
- Artificial additives
- Preservatives
- Colourings

Fruit in Schools Scheme

- Children are encouraged to eat the fruit provided and to drink milk or water.
- We take part in the National Fruit in Schools Scheme where every child in school has a piece of fruit as a snack each day.

Packed Lunches

- Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars
- Children are encouraged not to bring crisps every day
- Children are discouraged in sharing their food.

School Lunches

- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.
- Fruit, vegetables and salad bar are all available
- Pupils are included in menu ideas
- This is an important time of the day when we can:
 - Nurture and build friendships
 - Teach table manners
 - Promote a balanced diet

Water in School

- School operates an open tap system. Water is available at all times in school for children and staff.
- Parents are encouraged to provide water with their child's packed lunch

Working with Parents

- We work closely with parents to establish the correct dietary requirements for their children. "Sugar Shockers" workshops and a school packed lunch guidance paper is available for all parents in addition to the "8 eat well tips" paper.
- Weekly menus are sent home at the beginning of each new term so that parents can discuss the menu with their child.
- Parents may observe school lunches at any time in order to view the quality food that we provide.

Monitoring is undertaken by the Local Authority, the Head teacher, Staff, Governors and School Council

Raising Awareness of this Policy

We will raise awareness of this policy via:

- the School Handbook/Prospectus
- the school website
- the Staff Handbook
- meetings with parents such as introductory, transition, parent-teacher consultations and periodic curriculum workshops
- school events
- meetings with school personnel
- communications with home such as weekly newsletters and of end of half term newsletters
- reports such annual report to parents and Headteacher reports to the Governing Body
- information displays in the main school entrance

Equality Impact Assessment

Under the Equality Act 2010 we have a duty not to discriminate against people on the basis of their age, disability, gender, gender identity, pregnancy or maternity, race, religion or belief and sexual orientation.

This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school.

Monitoring the Effectiveness of the Policy

The practical application of this policy will be reviewed regularly or when the need arises by the coordinator, the Headteacher and the nominated governor.