

Howe Park School

Food and Drink Policy



May 2019

Ratified by governors ___June 2019___

Reason for this Policy

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.
- At Howe Park School we recognise the important part that a healthy diet plays in a child's well being 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 diet. Forming a sound basis for children to make healthy food and drink choices as they grow and develop.

Objectives of this Policy

- To ensure that all pupils have access to safe, tasty and nutritious food and easily available supply of water during the school day.
- To ensure that provision and consumption of food is an enjoyable and safe experience.
- To increase pupils' knowledge of what constitutes a healthy diet and how to make good choices in order to keep themselves healthy.
- To support parents ambitions to ensure their children have healthy diets by providing good practice in school.
- To ensure that this policy is inclusive for children and families who have medical or cultural requirements.
- This policy reflects the School Food Standards that were revised in January 2015.

School Ethos

The importance of a balanced diet is the basis of the provision of food at all times of the school day including trips and special events. This is communicated informally to children but also through the curriculum.

Break time Snacks

A variety of fruit and vegetables are provided for break time snacks and it is not necessary for parents to send in snacks. On occasion, particularly just after a holiday, the fruit might be dried fruit. If parents feel that it is necessary for them to provide a snack for breaktime it must be based on fruit and vegetables. Biscuits, sweets, cake and crisps will not be allowed at break time.

We will work with parents of Children with medical conditions such as diabetes and particular allergies to ensure that their needs are met.

Water

Water is freely available to children throughout the school day. Children are encouraged to bring in a named bottle with a non spill top that contains water. Each class has a water station where these bottles are available to the children. Each class teacher may manage these water stations in ways that ensure the children have access throughout the day but that do not disrupt learning, this may include denying access for short periods during whole class learning times. The water bottles are made available outside during break times. Bottles should not be carried around the playground, children must come to the stations for a drink. It is an important part of the policy that these bottles must only contain water to ensure that children develop healthy practises in relation to hydration. This also helps to ensure good hygiene practises so that children do not share bottles and does not encourage ants at the stations. Any child who does not have a water bottle will be provided with a cup of water. Water is provided with hot meals and packed lunches. However, other drinks such as juices may be provided by parents for children to drink with their lunch. It is expected that children will make their own decisions about needing to drink. However, staff will encourage children to drink if it is necessary eg for individual children who may be reluctant; on very hot days; after strenuous exercise. These practices will also be followed during school trips and special school events.

It is acknowledged by Howe Park School that children often prefer to drink sweetened or flavoured drinks and will drink more freely if these are offered. However, this is inconsistent with the school policy and we will work with parents and children to ensure that children drink sufficient water during the school day. Exceptions to this will only be made on medical advice.

Milk

The school is part of the Cool Milk Scheme and children under the age of 5 years old are offered Milk free of charge on a daily basis. All children may have milk if parents choose to be part of the scheme and make the required contribution. Pupil Premium children receive free milk.

Breakfast Club/ After School Club

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

School Lunches

Howe Park School provides Universal Free School Meals for children in Foundation and Key Stage One. We encourage parents to take up these meals by providing special meals that include non food based rewards (eg pencil) and are linked to our curriculum theme or to special events. Howe Park School does not have a kitchen and our lunches are sourced through local suppliers. We ensure that the food provided is compliant with all national guidelines. We aim to provide a social experience for children while they are eating lunch. Adults are supportive and help children with cutting food and using cutlery. We also aim to teach good table manners and encourage children to be independent by clearing away their own cutlery and plates.

If families prefer to provide a packed lunch then we accommodate this and encourage the food to be healthy. The children with packed lunches sit with the children having school lunches. Staff monitor what the children eat and the children should not leave the table without an adult ensuring they have eaten enough. If it is not possible to encourage a child to eat enough of their meal then this will be discussed with parents.

Curriculum

Healthy food and diet are part of the curriculum in all year groups. Part of this curriculum will involve preparing food and considering the origins and production of food.

Events and Celebrations

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in we would ask that healthy foods such as fruit or non food items such as stickers or pencils.

From time to time we might have celebrations in school. This might involve small amounts of treat foods although it will be balanced with healthy foods too.