



# **Olveston CEVC Primary School Whole School Food & Drink Policy**

## **Introduction**

As a Health Promoting school, we believe that that proper nutrition and fluid intake are essential to all members of the school community if they are to fulfil their potential in life.

Proper nutrition is essential for good health and effective teaching and learning.

We believe that all messages about food and drink throughout the school should be consistent.

As a school we want to play our role in establishing and maintaining life-long healthy and environmentally sustainable eating and drinking habits.

## **Aims**

- To develop and maintain an ethos in the school in which a healthy choice is the easy choice
- To provide cross-curricular education that enables pupils to make an informed choice
- To involve the whole school community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children. Children will be encouraged to:
  - develop good eating skills and table manners
  - enter and leave the dining hall in an orderly way, showing respect for those who are eating
  - say please and thank you to the S.M.S.A.s and cooks
  - ask permission from a S.M.S.A. to 'leave the table'
- To encourage foods that are rich in vitamins, iron, calcium
- To encourage a balanced diet
- To offer water to drink

- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the children
- To develop healthy eating and drinking habits that will last a lifetime

### **Catering**

- Meals are provided by South Gloucestershire catering staff.
- Individual dietary needs are catered for within the framework of nutritional standards
- Theme days are used to mark calendar events or a particular curriculum area
- All children are encouraged to take some fruit or vegetables as part of their meal
- Children are encouraged to drink their drink with their meal
- Portion sizes are according to guidelines laid down by the caterers
- We do not accept sponsorship from companies who undermine our schools healthy eating policy
- We attempt to integrate healthy eating and drinking habits in all aspects of school life

### **Breakfast**

Recognising parental responsibility and school and parental partnership children are encouraged to have breakfast before leaving home. This will be done through discussion and PSHCE.

### **Drinks**

Like plants people wilt. We recognise that low fluid intake can lead to reduced academic performance through poor concentration and lethargy, reduced physical performance and health problems including headaches and urine infections.

All children and staff have free access to water throughout the day. Drinks will be taken from the water fountains or from their own named water bottles.

### **Sweets**

Parents and children are asked not to bring or send sweets to school.

### **Lunches**

We recognise the recommendations of the COMA Report (1994) and the document "Saving Lives: Our Healthier Nation" from the Department of Health (1998).

These set out broad principles:

1. Enjoy your food
2. Eat a variety of different foods
3. Eat the right amount to be a healthy weight
4. Eat plenty of foods rich in starch and fibre
5. Don't eat too much fat
6. Don't eat sugary foods too often
7. Look after the vitamins and minerals in your food

The Government has produced Nutritional Standards for school meals, Olveston School welcome the Standards and ensure that our menus comply.

### ***Summary of the Government's Nutritional Standards for School Lunches:***

The Regulations are based on the first four food groups set out in the "Balance of Good Health":

- Fruit and vegetables
- Starchy Foods
- Meat, fish, pulses and other non-dairy sources of protein
- Milk and dairy foods
- Foods containing fat and foods containing sugars

The Regulations do not refer to the fifth food group above.

### **In Primary Schools -**

One option must be available from each of the first four food groups and:-

- fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week
- food from the starch group which is cooked in fat or oil must not be on offer on more than three days a week
- red meat must be served at least twice a week and fish at least once a week

Cheese dishes may be included in the meat/fish protein group.

### **Packed Lunches**

The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.

The school will work with parents to ensure that packed lunches abide by the standards listed below. A guidance leaflet is issued to parents in line with the School Food Trust recommendations ([www.schoolfoodtrust.org](http://www.schoolfoodtrust.org))

School packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day
- oily fish, such as salmon, at least once every other week
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day

Packed lunches should not include:

- snacks such as crisps. Instead include seed, vegetables and fruit. Savoury crackers or breadsticks served with fruit and vegetables or dairy food are also a good food choice
- confectionery such as chocolate bars, chocolate covered-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal
- meat products such as sausage rolls, individual pies, corned meat should only be included occasionally.
- We encourage children not to bring nuts in their lunchboxes, to protect those who suffer with nut allergies.

## **Teaching and Learning**

The Balance of Good Health framework is used across the curriculum and making healthy choices are referred to across the curriculum where food and drink related issues are involved.

Staff will sit with children during meal times to provide a good role model, encourage good manners and lead conversation.

Food and cooking activities are used in a variety of ways to teach children and widen their experience of food.

Children are given the opportunity to touch, taste, smell and feel a variety of foods.

## **Parental Involvement**

A summary of the Healthy Eating Policy is included in the School Prospectus and Parents' Handbook.

Parents or carers will be advised if their child is not eating well.

### **School Council**

The School Council at Olveston C.E.V.C. Primary School involves children democratically in the life of their school. The School Council listens to the views of the children. It encourages the children to take responsibility for many aspects of school life and make decisions regarding the provision of healthy eating within the school.

### **Equal Opportunities**

The healthy eating and drinking systems and strategies in our school will be accessible to all children and staff regardless of race, gender and SEN.

The school aims to cater for children's dietary needs whenever practicable and appropriate, in conjunction with the parents, health professionals and Client.

All special diet requests are assessed and administered by the school cook, but only those prescribed by a medical doctor can be undertaken by the cook for safety and ethical reasons.

### **Resources**

The school has joined the South Gloucestershire Healthy Schools Programme and is working towards accreditation.

Ratified by: \_\_\_\_\_ (Signed)

Date: \_\_\_\_\_

Review Date: \_\_\_\_\_