



HOLY TRINITY CE PRIMARY SCHOOL

*Strength for today,
Bright hope for tomorrow*

Food & Drink Policy

Last review:

This Review: February 2023

Next Review: February 2025

Frequency of Review: Bi-Annually

This policy is part of the School's Statutory Safeguarding Policy. Any issues and concerns with online safety must follow the school's safeguarding and child protection processes.

Policy Agreed: February 2023
Review Date: February 2024

What are the aims of this policy?

- To make explicit the values and guidelines that underpin every aspect of food and drink culture in Holy Trinity Primary School.
- To ensure that our children receive consistent and coherent messages about food and drink and its role in their long-term health.

What are the values that inform this policy?

- We want the children to understand that good, nutritious food is essential to their ability to learn as well as to their long-term health.
- We want the children to apply their knowledge about food and make healthy choices both in and out of school.
- We want children to be aware of the sugar content of common sugary drinks and the consequences of consuming these regularly; choosing to drink water over these whilst in school or while on school trips.
- We want the children to enjoy cooking and learn certain core skills by the time they leave the school.
- We believe that food has a role in developing young people's social skills.

Water in the school

- Children have access to free and fresh water throughout the school day.
- Children are encouraged to bring their own water bottles into their classrooms to drink throughout the day.
- Jugs of fresh water are available at lunchtime for all children.
- Water consumption is encouraged and is the only drink permitted in school outside breakfast clubs, morning break and lunchtime.

Food throughout the school day:

Break Time

- Children in Key Stage One benefit from the National School Fruit Scheme – this entitles them to one free piece of fruit or vegetable a day.
- Children in Key Stage Two are allowed to bring fresh fruit or vegetables to eat in the playground.

Lunch Time

Hot lunch in the dinner hall

- We aim to provide our children with good quality, healthy food and we actively promote healthy choices.
- We recognise the importance of eating a hot lunch and hope that more children who take packed lunch will choose to switch to a hot lunch.
- The weekly menu is on display for the children and parents in the dinner hall and corridor respectively.
- The menu for hot lunches is sent home to parents each term.
- The head of School liaises with CaterLink to feedback on children's preferences and try to make adjustments where necessary. This advice is generally taken on board by Caterlink.
- CaterLink, our caterers, work to their own nutrition policy that meets the guidelines laid out by the government. CaterLink cook good quality, healthy food. They do not

use GM modified food, seeds, nuts or nut products or additional salt, they actively discourage the use of convenience food and ensure that at least 90% of their dishes are freshly prepared.

- There is always a salad bar available at lunchtime, and an option of fruit or yoghurt for dessert.

Packed lunches and other snacks brought from home

- We will provide appropriate facilities to store packed lunches.
- We will provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals are able to sit and eat together.
- Sweets, chocolate, crisps, fizzy drinks and energy drinks are not permitted in packed lunches or for any other snacks brought from home (e.g. for an after-school club). If they are inadvertently brought into school by a child then parents can collect them at the end of the day.
- No foods containing nuts or seeds should be brought into the school. This is in order to protect children with allergies to nuts and seeds. Any foods containing nuts or seeds will be removed and can be collected from the office by an adult at the end of the day.
- School Meal Assistants and staff to monitor the content of packed lunches to make sure children are not bringing unhealthy snacks or sugary drinks into school or on school trips.
- Packed lunch audits are carried out each year to check that children are being given a healthy and balanced lunch.
- CaterLink provide packed lunches for children on Free School Meals for school trips in accordance with their own healthy eating policy and nutritional guidelines.

Breakfast Club and After School Club

- Drinks permitted during breakfast and after-school clubs are water, 100% fruit juice and milk.

Food in the Curriculum

- Formal food education is delivered via the Design & Technology curriculum. Links are made to learning across the curriculum.
- We hold 3 Health & Wellbeing Days each year to compliment our Design & Technology, PE and PHSE curricular. During these days pupils learn more about food and nutrition.
- Each class has at least one planned opportunity to prepare and/or cook food each year. The projects have been carefully selected so that pupils acquire cooking skills progressively.

Foodtech Club

- We currently run a foodtech club afterschool.

Gardening Gang

- Is run by Head of School in conjunction with partner teacher at South Hampstead High School Juniors.
- Aims to grow herbs and vegetables which can be prepared/cooked by pupils.