



School Lunch & Drinks Policy

PERSON RESPONSIBLE FOR POLICY:	MISS A TUNNEY
APPROVED:	MARCH 2017
SIGNED:	ROLE: CHAIR OF GOVERNORS
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This policy has been devised to take into account and comply with the mandatory national School Food Standards (January 2015). These standards:

- Outline what can and cannot be provided during the school day
- Ensure a wide variety of foods are served across the school week for a good balance of nutrients.

The work the school does in relation to school food will contribute to the Ofsted framework. In particular:

- are pupils supported to make healthy and informed lifestyle choices?
- does the school provide a positive lunchtime dining environment?

Context

Research proves that good food is vital to children's health, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood. This will influence health:

- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

Plus if we can influence how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

Rationale

At Norton Infant School we recognise the importance of a healthy diet and the significant connection between a healthy diet and a pupil's ability to learn effectively in school. It is important we consider all elements of our work to ensure that awareness of healthy eating is promoted to all members of the school and wider community.

Healthy lifestyles can be promoted through effective leadership, school ethos and a broad and balanced curriculum.

Aims

- To ensure that all food and drink served is **in line with the Government's mandatory standards**, is varied, is served in appropriate portion sizes, looks good and tastes good.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.
- To ensure that all members of the school community are able to make informed food choices and are aware of the importance of healthy food, where our food comes from and the need to support sustainable food and farming practices.
- To make every reasonable effort to ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian and

medical needs and that all relevant staff members (including non-teaching staff e.g. midday assistants) are aware of these.

- To ensure that the EU Food Information for Consumers Regulation No.1169/2011 requirement for food providers to make information available about allergenic ingredients used in any food and drink served is being met.
- To involve the school community in all aspects of food in schools.
- To make healthier choices quicker, easier and better value for money.
- To ensure that all food and drinks consumed as snacks are healthy for teeth.
- To ensure all staff and volunteers involved in food preparation, other than school lunches, e.g. fund raising events and cooking in the classroom, demonstrate good food safety practices.
- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are reflected throughout the school day.
- To raise awareness and promote the eligibility criteria in relation to free school meals for parents and carers, as well as increasing the uptake of school meals.

Food provision in our school

Food Safety

The Headteacher has a responsibility to ensure that all food produced, prepared or served on the premises is safe. (The activity of food preparation, handling and serving of food in the classroom is distinct from the provision of school lunch by caterers).

Break Time

Background

Children in EYFS and Key Stage One benefit from the National School Fruit and Vegetable Scheme which entitles them to one free piece of fruit or vegetable a day.

As many children & young people consume large quantities of snacks every day, providing an environment to making healthier choices easier choices could have a huge impact on health. Working with parents will help to reinforce healthy eating messages, support the whole school approach to food and ensure food meets the standards.

Lunchtime Provision

Promoting a positive lunchtime experience

Background

Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience.

Aims:

- To provide a dining environment that is a desirable place to eat
- To ensure there is enough space to sit and eat a meal feeling refreshed and relaxed ready for learning in the afternoon.

School meals

Background

From September 2014 all pupils in reception, year 1 and year 2 in state maintained schools became eligible for free school meals. At Norton Infant School we encourage all children to take up this entitlement and advise parents to work with us in making this an enjoyable experience for all our children.

We do not encourage children to bring packed lunches to school and as a school we have the freedom to set our own policy in relation to packed lunches, as set out by the DfE. If you have any worries or concerns about lunchtime provision, please come to see us.

Aims

We will provide our pupils with the opportunity to eat a healthy, balanced meal and will ensure a range of meals which take into account health needs and religious and ethnic preferences. We will ensure the service is consistent with our teaching of healthy eating including the 'at least 5 a day' message and is compliant with the School Food Standards.

The children have 2 choices for lunch as well as a 'help yourself' salad bar.

Packed lunches

If there is a specific reason why your child does not take up the free entitlement, we may, in consultation with parents, allow a packed lunch to be brought in to school. It is an expectation that if this does happen that parents adhere to the Packed Lunch policy, a copy of which can be provided by the school office.

Background

The new standards for school food do not cover a packed lunch, however, studies have shown that packed lunches often contain high levels of salt, fat and sugar.

As advised by the DfE, schools are free to enforce their own food policies, which means that we may remove or swap banned items of food (for example, sweets, chocolate items or crisps) if they are in a packed lunch. Please be advised that Norton Infant School will follow that approach.

We do not allow children to change from school lunches to packed lunches whenever they choose, we ask that for organisational purposes, they stay on one choice of lunch provision for at least half a term.

Drinks

Background

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

We only allow water to be brought to school in water bottles, not fruit juice or dilute cordial, even if sugar free. We have ice cold water fountains in school, where children can regularly refill their bottles with refreshing cold water throughout the day.

Aim

- To encourage pupils to drink water frequently.
- To ensure that drinks that are unsafe for teeth are not consumed between meals.