

Healthy Eating and Drinking Policy

St Margaret's CEVA Primary School



Approved by: FGB

Date: Spring 2023

Last reviewed on: Spring 2023

**Next review due
by:** Spring 2026

At St Margaret's CEVAP School we believe 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 within 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 further develop and maintain an ethos within 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 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.
- To encourage foods that are rich in vitamins, iron, calcium.
- To encourage a balanced diet.
- To offer milk and water to drink; free milk is provided to under 5s, Pupil Premium children and is available to all KS1 children for a charge if requested by parents.
- To encourage fluid intake with an easily accessible water supply throughout the day.
- To encourage children to drink water with their midday meal.
- To integrate healthy eating and drinking habits in all aspects of school life.
- To encourage children in key stage 2 to eat a portion of fruit or vegetable at morning break; Key stage 1 pupils are provided with a morning snack of fruit or vegetable.
- To take into account and accommodate dietary requirements.
- To ensure high standards of hygiene amongst the children.
- To ensure as many staff as possible have a food handling / hygiene certificate.
- To develop healthy eating habits that will last a lifetime.

Catering

At St Margaret's CEVAP School we believe that all messages about nutrition need to be consistent. Meals are provided by Suffolk EATS. Individual dietary needs are catered for within the framework of nutritional standards. Portion sizes are according to guidelines laid down by the caterers. The option of a jacket potato is offered daily and pupils can choose between cheese and beans. Children are encouraged to drink water with their midday meal. Themed lunches are offered periodically throughout the year, celebrating various events i.e. St George's Day.

Breakfast

In recognition of parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. This will be done through discussion at snack time and PSHE. The breakfast club available to parents, provided by an external provider, provides a service to offer breakfast. The school recognises parent do not have time on occasion to feed their children, or in some situations are under financial restrictions, therefore we provide daily breakfast for all pupils if required. This is free of charge to pupils.

Morning break

All KS2 children are encouraged to bring fruit or vegetables as part of their morning snack. A piece of fruit, or a portion of a vegetable, is provided free of charge to all EYFS and Key Stage 1 children. Milk, or water is on offer at snack time.

- Milk is provided free of charge for children under five and Pupil Premium children and is available to all KS1 children for a charge if requested by parents.
- Water fountains are available in the playground.

Lunch Time

The weekly lunch menu will be on display for parents. This menu is a set menu with a salad bar to encourage healthy eating.

- Parents or carers will be advised if their child is not eating well.
- Children will be encouraged to develop good eating skills and table manners at lunch time and will be given sufficient time to eat.

This will be achieved by:

- Sitting freely with their friends.
- Eating packed lunches and school dinners sitting together.
- Older children helping younger children to cut up their food.
- Being encouraged to try a variety of foods at lunchtimes to develop a balanced diet.
- Entering and leaving the dining hall in an orderly way, to show respect for those who are eating.
- Saying please and thank you to the cooks and midday supervisors.

Parents or carers of children who are on special diets for medical or religious reasons, or children with allergies, will be asked to provide as much information as possible about suitable foods.

Drinks

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. Children are encouraged to bring a named water bottle into class. However water is available for every child.

Sweets or Cake

Parents and children are asked not to bring or send sweets or cake into school for break time or packed lunch, or as part of birthday celebrations. We want to promote a healthy life style in school.

Teaching and Learning

Staff who sit with children during snack and meal times are expected 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. They are given the opportunity to touch, taste, smell and feel a variety of foods as part of the curriculum.

Mental Health

St Margaret's strongly believes that what we eat and drink affects how we feel, think and behave. Just like the heart, stomach and liver, the brain is an organ that requires different amounts of complex carbohydrates, essential fatty acids, amino acids, vitamins, minerals and water to remain healthy. We promote all elements of positive mental health strategies to both adults and pupils, ensuring that we are 'Hungry for Success'.

<https://www.mentalhealth.org.uk/sites/default/files/food-for-thought-mental-health-nutrition-briefing-march-2017.pdf>

Gardening Club

Children who attend gardening club will meet regularly and learn about the importance of growing fruit and vegetables. Compost bins will be introduced as part of our environmental work.

Parental involvement

A copy of the Healthy Eating and Drinking Policy can be found on the school website. www.stmargaretsipswich.org This will encourage parents to support the welfare of their children in accordance with school and government guidelines.

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. They will take into account and accommodate particular dietary needs or requirements related to religious, ethical or medical reasons.

Health and Safety

Food will be stored according to instructions on packaging and common sense. Advice will be sought from the catering staff and Environmental Health if necessary.

Nut Free

The school is completely nut free.

Monitoring the Healthy Eating and Drinking Policy

The teachers and catering staff will monitor provision for healthy eating and drinking through the school.

The Healthy Eating Co-ordinator (Mrs Sharon Cashen) will be responsible for monitoring the dining hall once a term using the school's check list.

The School Council may also report matters regarding school meals and healthy snacks.

This policy was written in consultation with parents, children, staff and governor

