



## Food Policy

### **RATIONALE**

Sharing food is a fundamental experience for all people and is an excellent way of celebrating cultural diversity and for building friendships.

We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school.

We aim to contribute to the health of the whole school community by teaching ways of establishing and maintaining life-long healthy and environmentally sustainable eating habits.

We will help our pupils acquire the skills and knowledge to make healthy food choices and set a good example by offering healthy food to all pupils.

### **AIMS**

- To increase pupils' knowledge of food production, manufacturing and distribution, and its impact on both health and the environment.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of all members of staff and pupils.
- To make the consumption of food an enjoyable and social experience.

### **GUIDELINES**

#### **Mid-Morning Snacks**

- Hannah More takes part in the government funded fruit and vegetable scheme and each child is offered a portion of fruit or vegetable on a daily basis. Grove pupils may bring fresh fruit or vegetables for morning break. **Other snacks are not permitted.**
- Four year old children are offered one third of a pint of milk, again provided by a government scheme. This scheme ceases on a child's fifth birthday.
- Medical advice is that children should learn to satisfy their thirst with water and we encourage all pupils to do this throughout the day.
- All children are encouraged to drink water and parents are asked to provide a named bottle with a "sports" top to be kept in the classroom. Other drinks are not permitted and parents of a child who must drink something other than water for medical reasons should discuss the matter with the head teacher.
- Parents are responsible for ensuring that bottles are washed regularly. Spare cups are available for children who do not bring a bottle and these are washed regularly.
- Sweets and chocolate bars (confectionery) are not allowed in school although packed lunches may contain chocolate biscuits.

#### **School Meals**

- All pupils in Hannah More are entitled to a free school meal.

- In Grove school meals are charged at the price recommended by North Somerset. Free School Meals are provided for those with an entitlement.
- School meals are cooked in Grove School Kitchen and monitored by the North Somerset Council Contractor.
- Meals are prepared to reflect the national recommendations for food standards and nutrition.
- The school kitchen supervisor will be informed of the needs of pupils who require special diets or suffer from food allergies in order to meet their needs wherever possible.
- The Local Authority monitor the health and safety and hygiene of the school kitchen.

### **Packed Lunches**

- We ask that parents/ carers reflect our school commitment to the promotion of healthy eating.
- Packed lunches remain the responsibility and personal choice of the parent/ carer but we ask that our policy is observed and balanced nutritious packed lunches provided.
- Packed lunches should include fruit and/ or vegetables.
- Confectionary (e.g. chocolate bars and sweets) is not permitted; a small cake or biscuit may be provided.
- Packed lunches are stored in as cool an area as possible.

### **Special Occasions**

- The provision of occasional treats are not seen as contrary to our school policy. These may include a treat provided at Christmas or the end of term or as part of FOGS and HMSA events.
- We discourage the distribution of confectionary brought in by pupils for special occasions.
- Pupils may have the opportunity to taste foods as part of a cultural activity or food technology task.

### **Food Allergies**

- Parents are asked to inform the school of any food allergies.
- When a pupil has a significant food allergy a health care plan will reflect these dietary requirements.
- Health guidelines acknowledge it is impossible to provide an absolute guarantee of an allergen free school (e.g. nut free) but parents are asked to be aware that such allergies do exist in school.
- Pupils are encouraged to wash their hands.
- Pupils are reminded not to swap or share foods.

### **CONCLUSION**

Pupils will have access to nutritious food during the school day. Our pupils will acquire the skills and knowledge to make healthy food choices. School will set a good example by offering healthy food to all pupils.

**Date adopted by Governing Body: 11th February 2015**  
**Date to be reviewed by the Governing Body: February 2018**