



Whole School Food and Drink Policy

Signed by:

Headteacher:

Dacey

Date: January 2023

Chair of Governors:

Date: January 2023

Review January 2025

Aims

Shirley Manor Primary Academy aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent.

Staff recognise and are committed to the fact that healthier children learn more effectively and aim to promote good eating behaviour and protect those who are nutritionally vulnerable. We aim to implement the School Food Standards and recognises that a healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables
2. Plenty of unrefined starchy foods
3. Some meat, fish, eggs, beans and other non-dairy sources of protein
4. Some milk and dairy foods.

Provision of Food

Shirley Manor Primary Academy ensures that the School Food Standards are being met including the following:

- Starchy food cooked in fat or oil is not to be provided on more than two days each week.
- To promote variety, three or more different starchy foods are provided weekly, including at least one wholegrain variety.
- At least three different vegetables and three different fruits are provided each week. One or more portions of vegetables or salad as an accompaniment everyday. Also one or more portions of fruit.
- One portion of meat, fish, eggs, beans or other non-dairy sources of protein should be available everyday. Oily fish is included in the menu once or more every three weeks.
- A portion of dairy food is included every day
- Water is the only drink available to children during lunchtime. Occasionally juice will be offered as an option with picnic grab bags (portion size max. 150ml fruit juice).

The Eating Environment

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- Long tables enable more children to be seated with their class and more time for them to eat lunch.
- An attractive salad bar has been made available to children with a variety of choices.
- Colourful posters of healthy foods make the dining halls inviting for pupils.
- In the EYFS classrooms, clear snack areas are provided with 3 healthy snacks, fresh water and milk.

School Meals (lunches)

- Food is provided by FM Catering and Cleaning Services.
- These healthy options are promoted at the admissions phase.
- Food is presented at child height and the cooks and other staff will talk through the options verbally.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day. Sandwiches with a choice of fillings are on offer daily.
- Healthy dessert options are offered, ranging from fruit, yoghurts and cheese and crackers. There is also a hot alternative that does not contain any confectionary.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.

- Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1.
- Children who eat little or too much food are monitored and encouraged. Their teachers and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.
- Children are provided with tap water to drink.

School meals (breakfast)

- Children arrive in school at 8.30am and social interaction is encouraged whilst eating breakfast.
- The food on offer ranges from, sugar free cereals and milk to bagels.

Packed Lunches

- Children are encouraged to show their packed lunches to a member of staff before and after they have eaten especially in Foundation Stage and Key Stage 1.
- Pork pies, sausage rolls, pepperoni sticks are high in salt and saturated fat. These items should not be included in a pupils packed lunchbox. If found a parent will be called.
- Desserts, cakes, biscuits and crisps: these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health. If a pupil has more than one of these items in their lunchbox they will be removed by staff and returned to the child at the end of the day.
- Parents are consulted by a class teacher or our family liaison officer if lunch boxes do not contain a balanced diet. Healthier options are discussed and 'healthy packed lunch box' leaflets are offered.
- All parents and carers will receive a letter detailing healthy choices that are permitted in a packed lunch.
- Healthy packed lunches are provided by the school for educational visits, if children require them.

Extended School Standards for school food other than lunch

Many of the Food Based Standards apply to food served throughout the school day including midmorning break and after school clubs. Restrictions apply with regards to foods which are high in fat, sugar and salt and as these restrictions apply throughout the school day. A process must be in place to ensure breakfast, morning break and after school club food provision does not contravene the standards throughout the school day. For example, if the weekly menu has a chicken pie and an apple pie featuring in the same week, no other pastry item can be served during this week.

Snacks

- Milk will be offered to pupils.
- A range of fresh fruit or vegetables are offered to children in EYFS and KS1.
- The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils will need an individual, clean plastic bottle from which to drink. Clean plastic cups will be provided for those pupils who do not have a bottle.
- At Shirley Manor Primary Academy we are aware that some children do not like to drink pure water. Pupils can bring a water bottle with fresh fruit in it to flavour the water.

- Squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar' are not permitted in school. These can contribute to tooth decay and have little nutritional value. If pupils bring these into school they will be removed and can be collected at the end of the school day.

Curriculum

The formal curriculum develops pupils' knowledge of healthy eating through Design and Technology and cross-curricular links. The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops during Science Week.

In Key Stage 1 and 2, children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables.

Parents

Information about school meals is shared with parents via menus displayed and on Shirley Manor Primary Academy website.

The school provides school meal tasting sessions during some parents evenings.

Other Issues

Sweets or chocolates for special occasions, such as birthdays, are permitted. The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and Dojos home to parents.

Party food that includes sweets, pop, biscuits and crisps etc are served to pupils at occasional events. It is agreed that pupils need to learn about treats and moderation of such foods and that a sensible approach means that they will keep a sense of proportion and learn the importance of a healthy diet.

This policy was reviewed by the Governing body and Headteacher every 2 years.