



St Peter's Church of England (VC) Primary School

Policy:	Food and Drink
Approval Date:	March 2020
Review Frequency:	3 Years
Review Date:	March 2023
Signed:	

As a Rights Respecting School we recognise Article 24 'Every child has the right to the best possible health' from the UN Convention of the Rights of the Child.

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers.

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 8.00am – 8.50am.

The breakfast menu includes: cereals, yoghurt, toast, spreads, fruit juice, water and milk.

2. School Lunches

School meals are provided by the Contract Dining Company and served between 12-1pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a vegetarian option. The school meals menu can be found on our school website.



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3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime.

4. Snacks

Healthy snacks can be an important part of the diet of young people. In Key Stage One, children are provided with a free piece of fruit at morning break. Key Stage 2 children are allowed to bring a piece of fruit to eat during the morning break. No other snack item is allowed. If children bring in fruit or cereal bars, or any other type of snack, this will be removed and returned to them at the end of the day to take home.

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for children under 5. Parents may buy into the milk scheme for their children to continue to have break time milk after they turn 5.

The school has two water fountains, one on each playground. Children are able to use these during break time. They are also able to refill water bottles from them.

Children are encouraged to bring filled water bottles into school each day. We require these to be clear so that it is apparent that they do not contain juice or fizzy drinks. Depending on the size and operation of the classroom, children will be able to keep their water bottles on their tables they work, or close by. If it is the former, they will generally be allowed to drink as and when they wish. If the latter, there will be times



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when they are required to remain seated and attentive, but for the majority of the time they will be free to access their bottles and refresh themselves.

School trips

A packed lunch will be provided by the school, for all children who are entitled to a free school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and Special Occasions

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try.

Fund Raising

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Special Dietary Requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is the SENCo.

Pupil's food allergies are displayed in a sensitive way in the staff room and kitchen.

No school should state that it is 'nut free'. However, because one of our children has a serious, life threatening allergy, we ask that no nuts be brought onto the school site. If we find that packed lunches include items containing nuts, these will be removed from the lunch box and returned to the child to take home at the end of the day. The item will be accompanied by a standard letter asking the parent not to send this item into school again.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.



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Staff are eligible for a free lunch when required to attend school after 6:30pm e.g. when completing parents' evenings etc.

Parents, carers and family members are encouraged to join their child for lunch on set days. They are encouraged to eat a school dinner as they sit with their child but may bring a packed lunch if they prefer.