

Grand Avenue Primary and Nursery School

Policy for Food and Nutritional Standards

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Updated and agreed - Summer 2020

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1. Statement

We regard Grand Avenue as a healthy school and regard any nutrition taken at school to be subject to healthy school guidance.

2. Aims

To encourage parents and children to embrace the ethos of a healthy lifestyle.

To encourage parents to provide a healthy packed lunch for children each day

To ensure providers of Hot School Meals adhere to nutritional guidance as set out in agreed contract

To provide healthy snacks for children during break time eg fruit

To include healthy eating as part of the taught curriculum eg Science, RHE, Food Technology

To provide access to water on school premises

To encourage children to drink water throughout each day

To ensure children with food allergies are not exposed to substances which may cause a reaction. Eg nuts

To ensure children are encouraged to eat enough at lunchtime to sustain them through the afternoon session

3. Curriculum

The significance of food in our lives means it can and should be used to enrich the curriculum. In turn, the curriculum can enrich pupil's experience of food and healthy eating. The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet. Healthy Eating is taught specifically through the Science, RHE and Design Technology curriculum.

Children are taught about:

- the importance of maintaining a balanced diet
- the different food groups and 'Eat Well Plate'
- the effects of a healthy and non-healthy diet on the physical and mental body
- having a positive relationship with food
- the social effects of food
- preparing food safely and the importance of hygiene

4. Specific Provision

Water

Children are asked to bring into school a personal water bottle (500ml) which is kept in the classroom. Water fountains are also positioned around the building to ensure children have access to water. Regular opportunities are given to drink water and children are regularly reminded and encouraged to drink water at break times.

Allergies and Food Intolerance

Grand Avenue is a nut-free school and there is a school ban on all nuts and nut products. Children with allergies and food intolerances are on display in the staff room and class information folder. Medication, including EpiPens, are localized centrally in the medical room. Off the premises, on a school trips for example, pupils with these allergies will take their medication with them and be supported by a First Aider who can help to administer it.

Morning Snack

Children are offered a piece of fruit or healthy snack during morning break. Children may also bring from home a healthy snack to be consumed during morning break .

Birthdays

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cake or sweets into school for this purpose. Children may donate a book for the class or bring in fruit to share or a healthy alternative.

Celebrations and Festivals

The school recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of our curriculum children will have the opportunity to experience foods significant to different countries and belief.

5. Lunchtimes

School Lunches

School lunches are provided by ISS and all meals must meet the new nutritional government guidelines for school catering as well as the Food for Life Silver standard. ISS only uses red Tractor meat, Marine Stewardship Council fish, locally produced fruit and vegetables, free range eggs and organic milk and bread in its menu. All food is cooked from fresh, daily, on site.

Lunchtime staff are aware of children who have allergies and this is recorded in the SMSA book. Young children with an allergy or food intolerance should wear a clearly labelled lanyard during lunchtime.

Packed Lunches

A recent school survey of packed lunchboxes showed that in general children's lunchboxes contained too much salt, fat and sugar and too little fruit and vegetables. Our School encourages parents and children to pack healthy lunchboxes and provides information and guidance on balanced meals with plenty of fruit and vegetables, protein and a carbohydrate element. If a drink is included, we ask for it to be water.

We encourage parents not to use processed foods. Food not eaten in a packed lunch will be sent home to ensure parents are aware of how much has been eaten.

Dining Environment

The school is committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers. It is recognised that the physical constraints mean we operate several sittings, limiting the time available for serving and eating school dinners and packed lunches. Despite this constraint, the school will aim to provide a calm, ordered environment - conducive to enjoyable eating and good manners.

The school is also committed to:

- Helping children where necessary eg. opening of packets, carrying trays.
- Encouraging children to eat as much of their lunch as is appropriate with a focus on eating fruit and vegetables before dessert.
- Monitoring wasted food.
- Supervising children having school dinners and packed lunches
- Providing water jugs and clean cups on every table.
- Ensuring children wash their hands before eating.

6. Out of School Clubs

Our breakfast and after school clubs provide nutritional food for our children. They follow guidelines set out by the School Food Standards and other school policies. They provide a range of healthy nutritious food, with a high standard of hygiene practices.

7. Concluding Statement

We believe in promoting a healthy lifestyle to everyone in our school community, which includes nutrition, exercise and good mental health. We want to provide our children with correct information, positive experiences and nutritional food hoping to instil lifetime habits.