

FOOD POLICY

AIMS

We aim to:

- provide an approach to nutrition and hygiene that promotes informed, natural and healthy choices
- work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals
- work in partnership with parents to promote healthy breaks and snacks
- enable pleasant eating experiences which enhance the development of each pupil through the social aspect of eating
- support children and staff with known allergies.

MID-MORNING SNACK

All pupils have a healthy snack provided for them at a cost of £1.50 per week.

POSITIVE LUNCHTIME EXPERIENCE

It is our intention that all pupils will have a positive lunchtime experience and make our mealtimes a social occasion. Children will be given whatever assistance they require with cutting etc. while also encouraging independence.

➤ **SCHOOL MEALS**

The monthly menus drawn up by our cook are planned to give variety and interest to the children, while meeting "New Nutritional Standards for School Lunches and Other Food in Schools". They are then endorsed by the SELB and made available to parents. Theme days are linked to curriculum areas or calendar events. Bread, milk and water are available with every meal. Due to the large difference in calorie requirements between infants and juniors, portion sizes are adjusted accordingly.

Our school will monitor lunchtime arrangements to ensure fairness in pupil service e.g. through table rotation.

➤ **PACKED LUNCHES**

Parents are encouraged to provide nutritionally well - balanced packed lunches that are high in protein, fibre and water and low in fat, sugar and salt.

FOOD WITHIN THE SCHOOL

• **Taught Curriculum**

We acknowledge and promote the significant contribution of various subject areas such as World Around Us, Personal Development and Mutual Understanding etc. in developing Healthy Eating practices.

• **Rewards**

Where snacks or confectionery are used as part of a reward system, they must conform to the requirements as outlined in "Nutritional standards for other food and drinks in schools: A guide for implementation".

ALLERGIES

Some of our pupils suffer from allergies that may require emergency treatment. Annual update training is undertaken by staff.

The most common allergy is to nuts. In order to minimise the risk of allergic reaction, all nuts and nut products have been banned from school and from educational visits. Parents are encouraged to read the labels of all items sent to school and to avoid sending those containing nuts or nut-traces.

WATER

Pupils are encouraged to bring their own water bottle to school and are free to drink water during class as well as at break and lunch times.

MEDICAL NEEDS

Our schools meal service will cater for pupils who have special medical conditions. It is the responsibility of the pupil's class teacher to communicate this information to the catering supervisor.