



St. Martin's Primary School Food and Nutrition Policy

Principles

Children and young people need to eat a varied and balanced diet for their concentration and performance at school, their health, growth and development, their resistance to illness and to develop a healthy lifestyle to last into adulthood. A poorly balanced diet can lead to obesity, dental decay, poor resistance to infection, anaemia, and in later life coronary heart disease, cancer and osteoporosis.

Our aim is to give our pupils clear, consistent and positive messages about food, thereby encouraging them to make healthy food choices both in and outside school, now and in the future.

Curriculum

Children are taught about food and healthy eating throughout the school in PSHCE lessons, assemblies and through some science topics. The School Nurses and Dental Hygienist support relevant year groups and all staff have had training in the 'eatwell plate model' from the Health Promotion Manager.

Lunchboxes and Snacks

Children are actively encouraged to bring a healthy, balanced pack lunch to school, which should include sandwiches or similar and some fruit or vegetables. Parents have been given ideas for healthy lunchboxes through the Health Promotion Units display at parents' evening.

Reception children receive a free piece of fruit every break time while children in Key Stage 1 are also asked to eat fruit or vegetables only as their morning snack. In Key Stage 2 children are encouraged to eat fruit only on a Wednesday.

Water

Children are allowed free access to drinking water throughout the school day and are reminded to drink at regular intervals. Only pure water is permitted in the classroom which should be brought to school in a plastic bottle with a sport top. Ideally bottles should be clearly named and taken home each night to be cleaned. Children should refill their bottles at break or lunchtime if necessary from the clearly marked drinking water sources.

Children should keep their bottle on their desk or in a central place specified by their teacher. They should not drink when the teacher is talking or during certain activities such as ICT. Water bottles are in addition to other drinks, preferably healthy ones, which may be drunk during break or lunchtime.

Safety and Hygiene

Glass bottles are not permitted at school.

Parents and staff have been asked not to send nuts of any kind into school in lunchboxes in the interests of children and adults with allergies.

All staff are aware of those children and adults who suffer with allergies and have been trained in safety precautions to prevent reactions, as well as how to recognise symptoms and respond to an emergency, including the use of an epipen. Staff have been given training from the Environmental Health department to ensure that food is prepared and consumed in a clean, safe environment at school. Children preparing food are closely supervised by an adult to ensure safe handling procedures are followed. Children wash their hands before eating. Lunchboxes should be stored in a clean, designated area and taken home daily. In the Infant Department, children are asked to bring a tea towel or similar to use as a placemat. In the Junior Department the children use their lunchbox to eat over. The tables and floors are cleaned by the lunchtime supervisors or monitors before lessons recommence and by cleaning staff at the end of the school day.

Special Occasions

Children and staff are permitted to bring in treats for birthdays but are asked to avoid anything which might contain nuts. Parents are asked to send in fruit and vegetables for Christmas parties as well as traditional party food.

Staff Development

Training and information on healthy eating has been given to all staff through the Health Promotion Unit, School Nurses and Environmental Health Department.

Working with Parents

Parents are informed of any issues relating to food through letters home, including topics covered as part of the science curriculum. Reception parents receive a brief talk from the School Nurse on healthy snacks and lunchbox choices before their children start school and a display by the Health Promotion Unit on this subject has been available at parents' evening.

The children are also consulted on decisions involving food issues, such as break time snacks. This is done through class and school council meetings.

Review and Monitoring

The PSCHE subject leader is responsible for monitoring and evaluating this policy.

April 2008