Uxendon Manor Primary School

Whole School Food and Drink Policy

Mission Statement

At Uxendon Manor Primary School we aim to provide good quality, affordable, healthy food in school whist respecting the environment. We encourage all food brought into school to be good quality and healthy too.

Through education we aim to inspire all pupils and their families to maintain healthy eating habits.

Our Goals

Our school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtime plays in the good health and learning potential of our pupils. We therefore make healthy school lunches and overall dining experience a priority.

Food provided by the school at any time is healthy and nutritious.

Food education plays a fundamental part in our curriculum, taught during Science and Design & Technology lessons. Staff are well equipped to educate our children about food.

The school gardener supports children in their education of planting, growing and harvesting healthy naturally grown produce.

The whole school community will be consulted and updated on school food issues.

We continually attempt to increase the confidence in school food by reviewing our catering company to be able increase school meal uptake whenever possible.

Lunchtimes

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- Freshly preparing food, considering the dietary requirements of all pupils and addressing issues of seasonality, animal welfare and sustainable fishing.
- Ensuring lunchtime supervisors are well trained and familiar with the required food policies.
- Providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations. Please see our packed lunch policy (below) for further information; e.g. food should be wholegrain whenever possible, contain no additives, be low in sugar and provide at least one portion of fruit and vegetables.
- Providing an enjoyable lunchtime experience and environment, in part through promoting our Happy Healthy Lunchtimes Guide (see below).
- Ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes and to learn about our Happy Healthy Lunchtimes Guide.
- Involving parents and guardians in an ongoing healthy packed lunch campaign. (Please see attached our Healthy Packed Lunch Guidelines).
- Offering extra support and guidance to families on the benefits of healthy eating if appropriate.

Drinks
We will ensure that pupils are encouraged to drink water throughout the school day to maintain optimum hydration.

We will achieve this by:

- Providing pupils with access to free, clean and palatable drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- Ensuring that when other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- When pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

Breakfast Club
Food provided at breakfast times will be similarly nutritious.

We will achieve this by:

- Setting our standards for breakfast as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- Pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

Break Time Snacks
EYFS and KS1 pupils will be provided with piece of fruit or vegetables for break time. All other children are encouraged to bring a small piece of fruit or vegetables to enjoy at break times. No other snack options are permitted during break times.

We will do this by:

- Providing children with fruit or vegetable snacks in EYFS or KS1.
- Encouraging and monitoring that KS2 children are bringing and eating their fruit and vegetables from home at break time.

School Trips
Pupils are encouraged to bring healthy packed lunches on all school trips. As well as at least one bottle of water to ensure they are hydrated appropriately. We have a strict no fizzy drink policy.

We will achieve this by:

- Including a brief reminder of what constitutes a healthy packed lunch in the school trip letter sent out to parents.

Parties
Pupils we be encouraged to realise that fun party food can be healthy too.

We will achieve this by:

- Encouraging a wide variety of food to be brought into school through a class rota. This may include cakes and biscuits as well as healthier savoury snacks such as sandwiches and bread sticks and fruit such as strawberries, grapes and sliced apples.
- Fizzy drinks and sweets will not be permitted.

Learning

A well planned curriculum including practical sessions will cover: nutrition, food hygiene and ethical food production will be taught.

We will achieve this by:

- Helping pupils to understand the importance of a well-balance diet.
- Giving pupils the opportunity to plan, prepare and cook healthy tasty meals.
- Giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment in gardening lessons with our onsite gardener as well as in class lessons.
- Encouraging pupils to eat and cook with vegetables that they have grown at school or at home.

Happy Healthy Lunchtime Policy

- Have a seat whilst you're eating at the dining table. Take your time, enjoy your food and eat as much as you can.
- Enjoy a chat with your friends but please don't shout.
- A knife and fork should be used to eat school dinners and a spoon to eat puddings.
- Try to eat one portion of fruit and one portion of vegetables every lunch time to help you to be healthy and to reach your 'five a day'.
- Make sure you have a drink every lunch time. Never pour water back in the jugs.
- Be kind and polite to everyone. Always say please and thank you when necessary.
- Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the dinner ladies know if a spillage does happen. Make sure your tray is cleared away properly and any rubbish goes in the bin or back in your lunch box.
- Try to be patient and behave nicely when you are queuing up.

To be approved by the Board of Governors of Uxendon Manor Primary School – December 2021

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