

STOKE PARK INFANT SCHOOL



Food and Nutrition Policy

Rationale:

- To develop in children an awareness of the importance of good nutrition and of a well balanced diet.
- To ensure that food and drink offered in school is acceptable to and appropriate for the needs of every child and balanced in the provision of nutritional value.
- To ensure that food served to children at lunchtime complies with the National Nutritional Standards for school meals, which came into effect in April 2001.
- To develop in children an awareness and understanding of the needs of others in relation to food allergies and intolerances.

Guidelines:

- Children in the Foundation Stage and Key Stage One are taught the importance of a healthy, balanced diet as part of their planned Curriculum in Knowledge and Understanding of the World, Science, Design and Technology and Personal, Social and Health Education.
- Stoke Park Infant School is a NUT FREE school
- The Hampshire Schools catering service, HC3S, guarantees that all hot lunches provided for children during term time comply with the National Nutritional Standards and meet the compulsory standards for Primary schools laid down by the National Regulations.
- The Headteacher regularly evaluates the food served by the School kitchen in order to ensure that it conforms to required standards and that it is appropriate for the tastes of young children. Feedback is given when appropriate.
- The School subscribes to the National Free Fruit and Vegetables Scheme and every child is offered and encouraged to eat a portion of fresh fruit or vegetable every day. This provides children with a mid-morning snack and no other snacks are permitted in school unless the child has specific medical needs. Children are encouraged to drink either milk or water at this time and sweet drinks are not permitted.

- The School subscribes to a national school milk company (Cool Milk) and milk is available daily to those children whose parents choose to register.
- Children in the Foundation Stage are entitled to free milk until their fifth Birthday.
- Every child has unlimited access to drinking water throughout each day. All children have their own transparent or translucent named water bottle which they can refill when necessary.
- Children are actively encouraged to drink water throughout the day.
- For those children who will not drink water parents must discuss this with the school and be supported by a medical need. This must then be put in writing and then diluted sugar free squash will be provided by parents in water (juice in a bottle is not acceptable)
- Parents whose children have packed lunches are encouraged to provide them with a healthy balanced lunch which **must not** include sweets or chocolate bars (e.g. large bars including mars, twix, chocolate galaxy), **one small funsize** or a chocolate based biscuits (e.g. penguin, viscount, kitkat) is appropriate as a part of this balance
- Any uneaten food is returned home in the lunchbox in order to inform parents of what has been consumed.
- Children are encouraged to try a range of different fruits and vegetables and if they have grown things in classes they are also encouraged to try them. They are taught the responsibilities of growing and maintaining healthy living plants which are then harvested and tasted by the children.
- Children are actively encouraged to try new foods including at lunchtimes
- Parents of children who are reluctant or fussy eaters are always informed if their child has not eaten a reasonable amount of food at lunchtime.
- Parents are encouraged to inform school staff about particular dietary requirements eg for religious reasons or vegetarians. Staff show respect for all such choices and encourage other children to be aware and show respect for differences.
- Children with particular dietary needs, including those with food related allergies and intolerances are notified to the school on enrolment or subsequently as a need arises. Photographs of these children, together with information regarding their dietary needs, are clearly displayed in the school kitchen, the staffroom and in their own classrooms.
- Parents of such children are invited to discuss their child's dietary needs with the school cook so that information is fully shared and the child's needs can be properly met and at lunchtime we ensure that the seating of these children is appropriately monitored.
- It is not acceptable for children to bring in hot food or drinks in from home for lunches/breaks (e.g. thermos flasks. Thermal mugs)

- We expect all parents to teach their children not to share any item of their lunch with others and we endorse this rigorously in school.
- All parents are urged to consider other children with food related allergies when providing packed lunches for their own child, however it is impossible for the school to eliminate the possibility of food which is potentially hazardous for some children being brought onto the premises. It is therefore the responsibility of the parents of children with food related allergies to ensure that they are taught how to keep themselves safe from potential risk. This approach is the one recommended by the Anaphylaxis Society.
- **Children are not permitted to bring sweets into school.**
- Sweets are not used by the school for rewards or incentives.
- If a child comes to school and complains of feeling hungry, they will be asked if they have eaten breakfast. If they have not eaten breakfast they will be offered a drink of milk or fruit juice and a piece of wholemeal toast. The school will inform the parents. If the same situation recurs, the school will invite the parents to come and discuss the matter in order to offer any necessary support or guidance.

Conclusion:-

Children's learning and their enjoyment of school is dependant upon their physical health and well-being. Every child has a right to good, well balanced nutrition in order to thrive both physically and mentally and this Policy demonstrates our commitment to the protection of this right.

Agreed by Governors: December 2022

Review date: December 2025