Newbrough CE Primary School

**Food Policy**

**Mission Statement**

We will provide good quality, affordable, healthy food in school whilst respecting the environment. We will work to ensure that all food brought into school is of good quality and healthy too.

Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

**Our Goals**

The school recognises the important role that healthy food and drink, in a pleasant dining environment, plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and a positive dining experience a priority.

All food provided by the school at any time will also be healthy and nutritious.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food.

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

We will attempt to increase the confidence in school food and increase school meal uptake.

**Lunchtimes**

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

**We will achieve this by:**

* ensuring lunchtime supervisors are well trained and familiar with our 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 healthy drinks 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 /After school club**

Food provided at breakfast times and in after-school club 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.
* At after school club, children will similarly be offered a healthy snack eg sandwiches or toast with fruit. Sometimes the children will be able to make their own snack eg egg on toast.

**Break Time Snacks**

Pupils will be allowed fruit at breaktimes. For younger children, this is provided. Children in Class 3 and 4 will be allowed to bring in fruit (and only fruit) for breaktimes.

**School Trips**

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

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 will be encouraged to realise that fun party food can be healthy too.

We will achieve this by:

Providing party food which has been prepared on the premises.

**Learning**

A well- planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided.

**We will achieve this by:**

* helping pupils to understand the importance of a well -balanced 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.
* encouraging pupils to eat and cook with vegetables that they have grown in school.

This policy will be monitored with annual reports to the governing body. It will be reviewed every three years. If you would like to make any comments about the policy, please feel free to contact us via the school office.

**Happy Healthy Lunchtimes**

* 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 staff know if a spillage does happen. Make sure your plate 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.

**Packed Lunch Guidelines for Newbrough CE Primary School**

For a balanced packed lunch, please try to include one each of these healthy food types and drinks. You will see that there are five components, plus a drink, which make up an ‘ideal’ lunch:

Fruit: Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).

Vegetables: Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.

Protein: Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.

Starchy foods/carbohydrates: Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.

Milk and dairy foods: Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

**Please try to avoid:**

Crisps, chocolate and snacks which are high in fat, sugar or salt

**Drinks**

Water: Fresh, cooled water will be freely available for your child on the table at lunchtime.

Healthy drinks: If you would like to put a drink in your child’s packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies.

Please try not to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).

 **Packed lunches should not include fizzy drinks or sweets.**