

## **Shiplake CE Primary School and Little Squirrels@Shiplake Primary**

### **Food and Drink Policy**

#### **Rationale**

- At Shiplake CE Primary School, including the Foundation Stage, we believe it is essential to provide pupils with positive healthy eating experiences in order to promote their wellbeing.
- We also encourage pupils to look at the long-term effects of a healthy and balanced diet.
- We respect the different dietary, cultural and health needs of all our children, including those in Foundation Stage.
- We realise that the important connection between healthy eating and the positive influence it can have on school attainment, behaviour, punctuality and concentration/attention levels.
- To ensure that the school meets the outcomes of the Every Child Matters legislation.

#### **Implementation of the policy**

The Headteacher and Governors must ensure that:

- A copy of the food and drink policy is included in the induction box for new members of staff, including students and volunteers
- all staff are made fully aware of individual pupils' dietary needs and requirements.
- the Food and Drink Policy is made available to all parent and carers.

#### **Objectives**

- Encourage children, including those in Foundation Stage, to have a positive attitude to food and able to make informed choices both inside and outside of school.
- We want the children to understand that good, nutritious food is essential to their ability to learn as well as their long term health.
- We believe that food has a role in developing the children's social skills. For example in Foundation Stage encouraging the use of please and thank you.

## **Food in School**

### **Snack Time**

For morning snack children, including those in the Foundation Stage, can bring in a piece of fruit, vegetable or cheese from home.

Foundation Stage and KS1 children benefit from the National Fruit Scheme; this entitles them to one piece of fresh fruit or vegetable a day. This is distributed during afternoon play.

Children under the age of 5 years receive a daily drink of milk as part of the National School Milk Scheme for Under 5's. Parents can choose to pay to continue the supply of milk following the child's fifth birthday.

### **Lunch Time (Reception Year +)**

We provide varied, healthy, regular and adequate meals which are cooked on site.

The menu is displayed for all children and read to children in Foundation Stage and KS1.

Children can bring in packed lunches from home. Parents are encouraged to include healthier food in the packed lunches they provide. Parents are encouraged to place an ice-pack in their child's lunch box.

Children are required or at least to try most of the food provided either by the school or in their lunch box.

The lunch time supervisors will help any child during meal times.

The EFYS teacher will eat with the children for the first term of school.

We plan lunch-time as a regular, pleasant and social event.

We encourage the pupils to take turns, share and be polite.

### **Availability of water**

Children are to bring a full water bottle to school each day.

Children are able to refill their water bottles at the cooled water station when needed.

In the Foundation Stage cups are available if children forget to bring in their water bottle.

We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

**Multi-cultural requirements**

Staff respect and make arrangements for pupils' cultural and religious needs.

**Special dietary needs and food allergies**

We use sensitivity in catering for pupils with specific dietary needs.

We update records of children's specific dietary requirements (regularly) and keep these in a prominent place in the kitchen.

**Food in the Curriculum**

We use opportunities within the existing curriculum to discuss and work with food.

We recognise that food has great potential for cross-curricula work.

Foundation Stage children are made aware of healthy food contributing to a healthy lifestyle in line with the EYFS Curriculum.

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May 2023 (3 year review)