**Purpose of the Policy**

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

**Agreed Procedure**

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

We will achieve this by:

* **achieving the Food for Life Bronze Award, 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 this policy.
* providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations.
* providing an enjoyable lunchtime experience and environment, in part through promoting our Happy Healthy Lunchtimes Guide
* 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.
* 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:*** 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:*** Pupils are expected to have fruit or a similar healthy snack…

We will do this by:

* adhering to our drinks policy above.
* offering healthy snacks such as fruit and vegetable sticks.

***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:

* 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.

**Allergies**

* Snacks and lunches brought to the school by children or parents should be peanut and nut free.
* The school will ensure that children and parents are regularly reminded and will monitor the contents of lunchboxes and snack.
* Any birthday treats provided for classes by parents should be wrapped, store bought treats

and should be nut free. These will be handed out at the end of the day for parents to decide

if their child is allowed to eat them.

***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. (we may need a review of school equipment here to see what is currently possible and/or required)
* 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 at home and/or within school.
* This policy will be monitored by the Healthy Food Team termly with annual reports to the governing body. It will be reviewed every other year. If you would like to make any comments about the policy please feel free to contact us via the school office.

**Monitoring of the Policy**

* Is lunchtime a safe and healthy time in the school day?
* Is there evidence of work linked to this linked into the whole curriculum map, PSHE and in books? (Lynn remind me to check that this is explicit in the curriculum map).
* Do the Pupil Voice sessions evidence that children have an understanding of a healthy lifestyle?
* Is there feedback from teachers regarding the children’s attitude to health food, PE and general healthy activity?