



# ENSTONE PRIMARY SCHOOL

## Whole School Food Policy

Please note that due to allergies amongst pupils we are a nut free school.

### Aims

The school recognises the important role that healthy food and drink plays in the good health and learning potential of our pupils.

Food provided by the school will be healthy and nutritious. We will encourage all food brought into school to be good quality and healthy too.

Food education will play a fundamental part in our curriculum. Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

### Lunchtimes

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

#### We will:

- Provide food of consistent nutritional quality at lunchtimes, which, as a minimum, meets the current Government's food regulations.
- Encourage parents to pack healthy lunchboxes. Please see our packed lunch policy (Appendix A) for further information.
- Provide an enjoyable lunchtime experience and environment, in part through promoting our *Happy Healthy Lunchtimes Guide* (see below).
- Ensure 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*.
- Offer extra support and guidance to families on the benefits of healthy eating, as appropriate.

### Drinks

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

#### We will:

- Provide pupils with access to free, clean and palatable drinking water throughout the day.
- Encourage the consumption of water regularly in classrooms and at lunchtimes.
- Ensure that when other drinks are provided by school they are, where possible, fruit or vegetable juices, milk or milk-based drinks and drinks that do not contain added sugars.
- Encourage children to bring water or healthy drinks in their lunchboxes.

If providing fizzy drinks (e.g. lemonade) as an occasional treat, these will be of the sugar free variety.

Please note that children's classroom bottles which they access for hydration throughout the day must contain only plain water. This is for reasons of health and dental hygiene.

## Break Time Snacks

Pupils will be offered the opportunity to eat a piece of fresh fruit at morning break time, which may be brought in from home. Key Stage 1 children are currently provided with fruit daily, under a government scheme.

## School Trips

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

## 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 at home and/or within school.

## Treats and Rewards

We will avoid food-based treats and rewards, except in special circumstances. For example, we may give the children a small chocolate egg at Easter, an ice lolly after sports day, or a treat of some sweets or popcorn on the last day of term, but generally rewards will not be food-based.

## Birthdays

We do not permit cakes or sweets to be brought in for birthday treats. We use other systems to make children feel special on their birthdays, informed by the preferences of the pupils in each class, e.g. a birthday badge, hat, special card, special privileges, etc.

## Cake Sales

We generally limit fundraising Friends' Association cake sales to no more than one per term.

**Date Adopted:** September 2024

**Review Date:** September 2027

**Signature of Chair of Governors:**



**Signature of Headteacher:**



## 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 at least 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'.

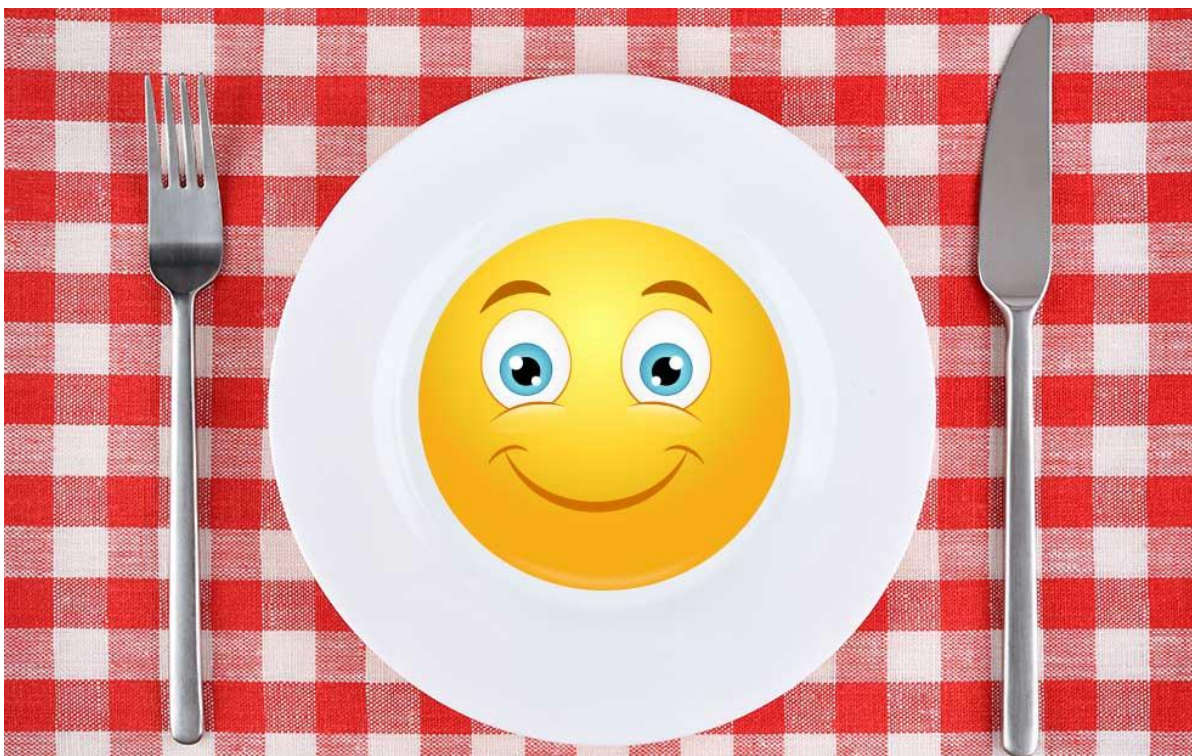
Make sure you have a drink every lunch time - water is best.

Be kind and polite to everyone; always say please and thank you.

Try to keep the hall a nice place to be. Eat carefully to avoid spillages and let the adults know if a spillage does happen.

Make sure your tray is cleared away properly and any rubbish goes back in your lunch box.

Be patient and show expected behaviour when you are queuing up.



## **Appendix A**

### **Healthy Packed Lunch Guidelines for Enstone 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 but be aware of the possible high sugar content).

#### **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 or beans.

#### **Starchy foods/carbohydrates**

Starchy foods are great for energy. These include bread, rice, grains 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.

#### **Drinks**

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

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 added sugar.

Please avoid snacks which are high in fat, sugar or salt (e.g. crisps).

Packed lunches should not include:

- Fizzy drinks
- Chocolate\*
- Sweets
- Nuts\*\*

When choosing lunchbox foods, remember to think about the food pyramid.



We should eat more of the foods at the bottom and fewer of the foods at the top to ensure a healthy diet.

Please only pack as much food as your child will eat in the 30 minutes available, to avoid food waste.

Please try to avoid using cling film, straws or other single use plastics, which are not recyclable.

\* A chocolate covered biscuit, e.g. a Kit Kat, Penguin (or similar) is acceptable, as an occasional treat.

\*\* This is to safeguard children with allergies who are at risk of anaphylaxis.