



Priestsic Primary and Nursery School

Healthy Eating and Drinking Policy

At Priestsic Primary and Nursery School we believe that proper nutrition and fluid intake are essential to all members of the school community if they are to achieve their full potential. Healthy eating and drinking is essential for good health and effective teaching and learning. We believe that all messages about food and drink within the school should be consistent. As a school we want to play our role in establishing and maintaining life-long healthy eating and drinking habits.

Aims

- To further develop and maintain an ethos within school in which a healthy choice is the easy choice
- To provide a cross-curricular curriculum that enables children to make an informed choice
- To involve the whole school community in developing and maintaining healthy eating and drinking habits
- To have a pleasant and sociable dining experience which enhances the social development of all children
- To encourage a balanced diet
- To offer milk and water to drink within school
- To encourage fluid intake with an easily accessible water supply throughout the day
- To take into account and accommodate dietary requirements
- To ensure high standards of hygiene amongst the pupils
- To develop healthy eating habits that will last a lifetime

Breakfast Club

Recognising parental responsibility and school/parent partnership, children are encouraged to have breakfast before leaving home. School does operate a Breakfast Club in the school hall each morning, where children are provided with a healthy and nutritious breakfast and drink.

Magic Breakfast

Priestsic Primary and Nursery School are a Magic Breakfast School. Breakfast (a healthy range of cereals) is served in all classrooms in school, free of charge, every morning from 8:45 am to 9:00 am.

Morning Break

A piece of fruit, or a portion of a vegetable, is provided free of charge for all children in Foundation Stage and Key Stage One.

Key Stage Two children are encouraged to bring a healthy snack from home.

Water

Please ensure that your child comes to school with a bottle filled with **water** every day.

Nut Free School

Please support our school's nut free approach to keep those with severe allergies safe. We are asking for your assistance in ensuring any food containing nuts is **not** sent into school – this includes spreads containing nuts.

Lunchtime

- **School Dinners**

School purchases the school dinner service provided by Nottinghamshire County Council. Water is available to all children eating a hot meal in the school hall during lunchtime. Jugs and cups are located on each table and are regularly replenished by the kitchen staff or midday supervisors.

Children eating a hot meal provided by school are **not** encouraged to bring drinks from home into the school hall.

- **Packed Lunches**

Children bringing packed lunches to school will usually eat these in designated classrooms (due to limited space in the school hall).

A healthy lunchbox should include:

- At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes).
- At least one portion of vegetables (e.g. carrot sticks, cucumber)
- Meat, fish or other source of non-dairy protein (e.g. chicken, ham, turkey, lentils, chickpeas).
- A starchy food such as bread, pasta, rice, potatoes or cereals (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes).
- Dairy food such as milk, cheese, yoghurt, fromage frais, custard).
- Drinks with packed lunches should be water, fruit juice, milk or smoothies. Children are encouraged not to bring over-sized drinks to school.

Aim to avoid:

- Snacks such as crisps. Try savoury crackers or breadsticks instead.
- Chocolate coated biscuits. Try small cakes, shortbread, flapjack or plain biscuits.
- Remains of take-away food.
- Food high in salt or fat e.g. sausage rolls, meat pies, pasties.

Please do not include:

- **Fizzy drinks or drinks in cans or glass bottles**
- **Sweets including chocolate bars**
- **Hot liquids such as soup**
- **Nuts or nut products e.g. peanut butter, nutella – we have children in school who could have a severe reaction if they come into contact with any form of nuts.**

The school is not responsible for providing:

- Fridge space
- Bowls, plates or crockery

When implementing the policy the school will aim to:

Inform parents and carers of the policy via letter, welcome packs and the school website.

Use all opportunities to promote this policy as part of the whole school approach to healthy eating.

Ensure that all school staff including teaching, catering and lunch time staff are informed of the policy and support its implementation.

Help support parents who struggle to provide a healthy lunch box by sending ideas for a healthier lunch box home.

Enable parents to monitor what their child is eating by sending any uneaten food back home.

Special diets and allergies

The school recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a child with diabetes may need an emergency sweet snack in school. In these instances parents and carers are responsible for ensuring the food from home is specific for the child's needs.

Safeguarding

This policy supports the right of every child to be healthy. It also ensures that children with severe allergic reactions are protected from harmful foods.